

# Digitally enabled therapies for adults with depression: early value assessment

Information for the public

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NICE has said that Space from Depression can be used in the NHS to treat depression in adults, once it has approval from NHS England.

It should be used with support from a trained practitioner or therapist in NHS Talking Therapies for anxiety and depression services.

Digitally enabled therapy involves working through resources and interactive tools online or through an app, on your own, in your own time. You'll be supported by a trained practitioner or therapist through telephone calls or online messaging.

The NHS is collecting more evidence for Space from Depression on how well it works, how it is used and if it has any side effects.

You might be asked if details of your treatment can be collected for more evidence. You can ask your healthcare professional for more information about being involved and how your information will be stored and used.

NICE also looked at Iona Mind, Minddistrict and Wysa and said there's not enough evidence to recommend them for use in the NHS. They should only be used in research to treat depression in adults.

## Is this treatment right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. See [NICE's information on making decisions about your care](#).

## Questions to think about

- How well does it work compared with other types of therapy?
- What kind of support will I get from my therapist or practitioner?
- Are there any risks associated with this type of therapy? How likely are they?
- What happens if the therapy does not work?
- What happens if I do not want to have this type of therapy? Are there other therapies available?

## Information and support

The [NHS webpage on depression](#) may be a good place to find out more.

These organisations can give you advice and support:

- [Anxiety UK](#), 03444 775 774
- [Mind](#), 0300 123 3393

You can also get support from your local [Healthwatch](#).

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

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