

# Digital health technologies to help manage symptoms of psychosis and prevent relapse in adults and young people

Information for the public

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NICE has said that the following digital health technologies can be used in the NHS to help manage symptoms of psychosis or prevent relapse for adults:

- AVATAR Therapy, for managing auditory verbal hallucinations (hearing voices)
- SlowMo, for managing distressing thoughts or paranoia
- CareLoop, for monitoring symptoms of psychosis to prevent relapse.

These technologies can only be used once they have appropriate regulatory approval, including Digital Technology Assessment Criteria (DTAC) approval from NHS England.

For young people, these technologies can only be used as part of a research study.

Digital health technologies are apps or online software. AVATAR Therapy and SlowMo help manage symptoms of psychosis, through online sessions delivered by mental health professionals. CareLoop is an app that people can use to record and monitor their psychosis symptoms. CareLoop then identifies and shares worsening symptoms with mental health professionals to help prevent relapse.

The NHS is collecting more evidence for these technologies. You might be asked if details of your treatment can be collected as evidence. You can ask your healthcare professional about how your information will be stored and used.

## 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 [our webpage on making decisions about your care](#).

## Questions to think about

- How well does it work compared with other treatments?
- What are the risks or side effects? How likely are they?
- How will the treatment affect my day-to-day life?
- What happens if the treatment does not work?
- What happens if I do not want to have treatment? Are there other treatments available?
- How will my information be used, if it is collected?

## Information and support

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

[Rethink Mental Illness](#) (0808 801 0525) can give you advice and support.

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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