NIHR | Applied Research Collaboration

Impact Inclusion Innovation Investment

Analogue to digital

Online Support and Intervention (OSI): digital therapy for childhood anxiety

ARC OxTV (now NIHR ARC Thames Valley)



The challenge
One in five children and young people in England experience a probable mental health disorder, yet access to evidence-based treatment remains limited.

The approach
The Online Support and Intervention (OSI) platform, developed with ARC OxTV support, is a therapist-guided, parent-led cognitive behavioural therapy tool for children aged 5–12 with anxiety disorders.

The outcomes and impact
OSI reduces therapist time by 40% whilst maintaining clinical outcomes comparable to face-to-face treatment, making it highly scalable for stretched NHS services. Over 1,000 families have used the platform, and it has been recommended by NICE through an Early Value Assessment. OSI is now being delivered across NHS child mental health services in more than 20 areas of England, including Oxfordshire, Buckinghamshire, West Sussex, Manchester, and London.

The programme has secured £7 million in Wellcome funding to expand internationally to Japan, Chile, Pakistan, the Philippines, and Thailand, reaching 1,600 children and establishing a model for global implementation of digital mental health interventions.

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