

20/03/2026

NN-ICB/26-1524

Dear Requestor

Re: Freedom of Information Request

Thank you for your request for information, received on 25 February 2026, regarding digital mental health. We have processed your request in accordance with the Freedom of Information Act 2000 (FOIA).

Under the FOIA, public authorities like ours are required to respond to requests for information within 20 working days. In response to your request, I can confirm that we do hold the information requested.

Please find below our response to your request:

1. Does the ICB commission or use any digital mental health and wellbeing platforms for its young people?

The ICB jointly commissions the NottAlone website and the online counselling service Kooth.

2. Does the ICB commission or provide free access to digital mental health app for its young people?

The ICB does not commission a free mental health app.

3. Which department, such as Public Health or Children's Services, manages the commissioning of the digital services in this area?

The ICB's Commissioning Team manages the commissioning of children and young people's digital mental health services.

4. When does the current contract for this digital service with the ICB expire, and is it due to be recommissioned?

The NottAlone website agreement is jointly funded with Nottingham City and Nottinghamshire County local authorities, and the current funding agreement expires on 31 March 2026.

Future commissioning arrangements are currently being reviewed through ICB governance processes.

The Kooth service is contracted until 31 March 2027.

5. Does the ICB provide access to any digital peer support services?

No, the ICB does not provide access to any digital peer support services.

6. Does the ICB provide access to any digital mental health services specifically for Autism?

The ICB commissions the 'Minds of all Kinds' website. This resource is for young people, families, and adults. This is not specifically designed to address mental health concerns but is commissioned to

provide self-help and pathway information for individuals with Autism, ADHD or other neurodevelopmental needs.

7. Does the ICB provide access to any digital mental health services specifically for those who are jobseekers?

The ICB does not commission a specific digital mental health service for jobseekers.

If you are unhappy with the way in which your request has been handled, NHS Nottingham and Nottinghamshire Integrated Care Board (ICB) has an internal review procedure through which you can raise any concerns you might have. Further details of this procedure can be obtained by contacting Lucy Branson, Director of Corporate Governance and Assurance via lucy.branson@nhs.net or by writing to FOI Team at NHS Nottingham and Nottinghamshire ICB, Sir John Robinson House, Sir John Robinson Way, Arnold, Daybrook, Nottingham NG5 6DA.

If you remain dissatisfied with the outcome of the internal review, you can apply to the Information Commissioner's Office (ICO), who will consider whether the organisation has complied with its obligations under the Act and can require the organisation to remedy any problems. Generally, the ICO cannot make a decision unless you have exhausted the complaints procedure provided by NHS Nottingham and Nottinghamshire ICB. You can find out more about how to do this, and about the Act in general, on the Information Commissioner's Office website at: <https://ico.org.uk/for-the-public/>.

Complaints to the Information Commissioner's Office should be sent to:

FOI/EIR Complaints Resolution, Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF. Telephone 0303 123 1113 or report a concern via <https://ico.org.uk/concerns/>.

Yours sincerely

Freedom of Information (FOI) Officer on behalf of NHS Nottingham and Nottinghamshire Integrated Care Board nnicb-nn.foi@nhs.net

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