

Case Study

Speak Health

Speak is transforming youth mental health care by developing scalable gold standard care for complex and acute cases. Our first service addresses self-harm, and we have created the first-ever digital delivery of DBT-A (the NICE-recommended treatment). Our tech-enabled services are family-inclusive, and we offer CYP+Parent and Parent-only interventions.

The social problem

1 in 5 teenagers in the UK self-harms, but an overburdened NHS system leaves many waiting 2-3 years for treatment. Furthermore, shame and distress can lead to isolation and deteriorating mental health of caregivers. Expensive therapy options remain inaccessible to most families, widening the care gap.

The venture's solution

Speak delivers specialist, scalable support to young people and their caregivers. Our tech-enabled services equip families with key behavioural, emotional and coping skills that promote lifetime recovery. Our continuing investment in technology means we can offer the most efficient and cost-effective care to our patients and partner health systems.

The venture's challenges

Speak is currently expanding from NHS-focussed sales to other partnerships (e.g. insurance) and direct-to-consumer sales. We face challenges in navigating a changing healthcare landscape with the UK slowly starting to depend less on the NHS for its mental healthcare needs, in building B2C visibility, and in resourcing for growth.

How can you help?

Speak seeks partners to scale nationally. Help needed includes NHS and health insurance sales expertise, connections to NHS Trusts and authorities, support in B2C growth strategy, and access to parent networks. Expertise in digital marketing, school engagement, and social care integration would accelerate Speak's mission to empower families across the UK.

Get in touch

To learn more about our ventures or explore support opportunities, please get in touch with us at londonsocialventures@qmul.ac.uk.