



Press Release

28th March 2007

NHS National Guidelines Endorsement Of CCBT Limited's (ST Solutions) "FearFighter™" Is Set To Launch a New Era in Mental Health

Health Secretary Patricia Hewitt today said Computer-based therapy for milder, but more common mental health conditions such as depression and anxiety should be made available to any patients in England who could benefit from it in April.

The NHS today launched the cCBT implementation guidance for its Improving Access to Psychological Therapies (IAPT) Programme to implement Computerised Cognitive Behaviour Therapy. CCBT Limited (ST Solutions), the provider of online, interactive healthcare, has entered into a framework agreement with the NHS to deliver FearFighter™ for the treatment of Panic, Phobia and Anxiety.

FearFighter™ is being made available nationwide on the internet as part of an innovative new Department of Health initiative to provide more treatment choice for patients and faster access to effective mental health services. FearFighter™ is the only computerised Cognitive Behavioural Therapy (cCBT) program approved by the National Institute for Health and Clinical Excellence (NICE) for the treatment of Panic and Phobia.

CCBT Limited's CEO Stuart Toole said: "One in six adults experience common mental health difficulties during their lives, with over a million people on incapacity benefit due to mental illness. The shortage of therapists and resultant long waiting lists for treatment has led companies such as ours to identify alternative solutions. New technologies modelled on proven existing treatments offer new solutions to long standing challenges."

“The launch of the cCBT implementation guidelines offers a unique opportunity to effectively treat all sufferers of panic, anxiety and phobias with proven clinical effectiveness in a timely and cost-effective manner. This will mean that patients will be able to be treated within days of a GP referral”.

CCBT Limited believe that FearFighter™ is a value-for-money approach to delivering cognitive behaviour therapy in primary care, giving choice to patients and economies of scale to the NHS. FearFighter™ costs only one third the cost of face to face therapy and could save the NHS £41 million a year.

For further information contact:

Stuart Toole

Managing Director

Direct line: 0121 233 8930

Out of hours: 07881526096

Email: stuart@fearfighter.com

Sophie Toole

Marketing Manager

Direct line: 0121 233 8945

Out of hours: 07854024440

Email: sophie@fearfighter.com

Notes to editors:

CCBT Limited is an award winning computer Technology Company which specialises in healthcare and mental health problems. The Company is a world leader in the delivery of computerised Cognitive Behavioural Therapy via the internet for the NHS.

CCBT Limited has developed three cCBT products on the internet to provide solutions for the NHS to treat mental health sufferers effectively and efficiently. Their product FearFighter™, is the only cCBT product to be approved by NICE for Panic and Phobia and has been proven to be both clinically and cost effective.

CCBT Limited's other internet products include COPE for depression and OCFighter for OCD – OCFighter's 'absolute clinical efficacy' is recognised by NICE.

All three products of CCBT Ltd have been developed using the proven techniques of Cognitive Behaviour Therapy but unlike the usual treatment which is face to face these products can be accessed over the internet using a secure login name and password. All three products allow healthcare providers to track patients' progress.

The NHS are now realising the benefits of offering cCBT as well as face to face CBT in order to reduce long waiting lists and free up the time of therapists so they can concentrate on the most severe cases. The launch of the implementation guidelines on 28th March 2007 will enhance a national implementation of FearFighter™, allowing anyone who is suitable for treatment to benefit from it.