



The Association  
for Child and Adolescent  
Mental Health

# Integrating AI and Digital Tools into Everyday Clinical Practice

Digital technologies are becoming an increasingly common part of psychological care, but deciding how and when to use them requires clinical judgement.

Digital tools may help to:

Improve access to  
psychological support

Support monitoring  
between appointments

Offer greater flexibility in  
how care is delivered

Enhance psychoeducation  
and self-management

Successful implementation involves more than  
choosing the right technology

Before introducing a digital tool into practice, consider:

1. *What clinical need is it intended to address?*
2. *What evidence supports its use in this context?*
3. *Is it appropriate and accessible for this young person or family?*
4. *How might it affect engagement and the therapeutic relationship?*
5. *What privacy and safeguarding issues need to be addressed?*
6. *How will it be integrated into care and evaluated?*

Build confidence in safely, ethically and effectively integrating AI and digital tools into everyday clinical practice with children, young people and families. Click here to join this practical, evidence-informed workshop.