

Depression & Anxiety Programme for Diabetes

Living with diabetes can have a major impact on your mental health and wellbeing. This can make it harder for you to manage your diabetes.

SilverCloud® by Amwell® is a digital therapy course. It can help you to feel better by learning new ways of thinking. By taking the *Diabetes* programme, you can improve your mental and physical health, and boost your quality of life.



Knowledge and Understanding

Feeling low or anxious can make it harder for you to manage your diabetes. And if your diabetes is not well controlled it will affect your mood. This programme will help you to understand this cycle and find out how to break it. You'll find out about the link between what you think, how you feel, and what you do.



Skills and Strategies

You'll learn to catch unhelpful thoughts that can stop you from managing your diabetes well. By challenging these worries you can stop them from taking over your thinking. The programme will help you to find activities you enjoy and to feel confident doing them. You will learn it all in small, easy steps.



Forging Ahead

At the end of the programme, you will understand your diabetes better, and know how your thoughts can affect the way you manage it. You will make a plan, to help you continue your progress and stay well in the future.

Is this programme for me?

This programme can help you learn how to manage the emotional and physical symptoms of diabetes.

You can access the programme on your phone, computer or tablet – wherever and whenever you need it. There are nine modules to work through at your own pace. For most people it takes about eight weeks.

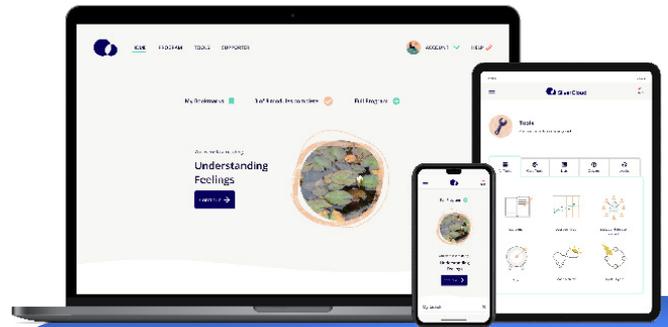
There may be days when you don't feel like using your programme – but even just taking a moment to log your mood or do a relaxation exercise can help you to keep going. The smallest actions can make a real difference to how you're feeling.

Cognitive behaviour therapy

This programme is based on Cognitive Behavioural Therapy, or CBT for short. CBT has been used for many years, as an effective treatment for anxiety and depression. It allows you to become more aware of how you are feeling and teaches you how to make the changes you need to feel better.

Modules in the *Diabetes* programme:

- **Getting Started** – Find out about CBT and how it can help you to feel better.
- **Boosting Behaviour** – Doing things differently can boost your mood. This module shows you how.
- **Spotting Thoughts** – Spot those negative thoughts that pop into your mind and stop you from seeing things as they really are.
- **Challenging Thoughts** – Learn how to tackle negative thinking.
- **Managing Worry** – See the role that worry plays in anxiety and learn how to manage it.
- **Bringing it All Together** – Reflect on what you have learned, and how you can put it into practice whenever challenges emerge.



“I didn't know that my mood was linked to my diabetes, so it was a relief to find out that other people find it hard too. Working through the programme gave me some control back. Knowledge is power!”

- Aarna, SilverCloud® user

The *Diabetes* programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other people experience low mood and anxiety caused by diabetes and how this programme helped them. You will realise you are not alone.
- **Quizzes** – Test your knowledge about diabetes and wellbeing. Learn the factors that influence it.
- **Mindfulness exercises** – Take a moment to slow down and find peace with our relaxation podcasts.
- **Personal journal** – Keeping a journal can clarify your thoughts and feelings. It can help you to solve problems, too.
- **Worry Tree** – Break down problems and find some solutions.
- **Mood Monitor** – Track your moods. See how they are impacted by your lifestyle choices.

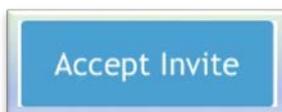
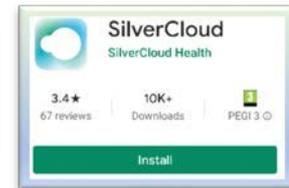
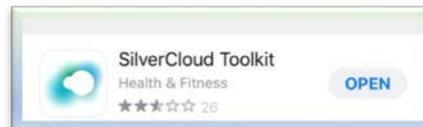
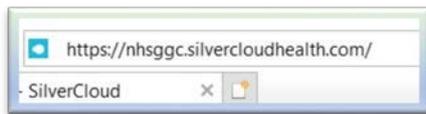
Find out more



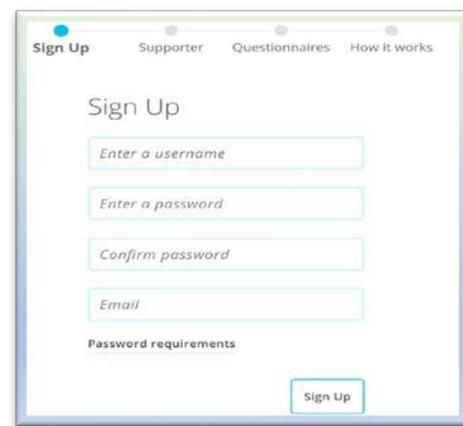
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How do I access SilverCloud?

You can access SilverCloud through an internet browser or mobile application ('SilverCloud Toolkit' in the Apple Store, and 'SilverCloud' in the Google Play store). In addition to this information leaflet you will receive sign-up instructions in an email sent by SilverCloud/ Digital Therapies service.



Simply click on the "Accept Invite" link in your SilverCloud welcome email and follow on screen instructions.



You should provide a secure username and password, along with your email address. Remember to keep your password safe, you will use this password each time you log in. You will be asked to read the support agreement and complete short questionnaires.

After these steps have been completed you will be able to get started with SilverCloud.

Where can I complete the programme?

The course can be completed 24/7 in your home or during opening hours at any local library or other community setting using either a desktop computer, laptop, tablet or smartphone.

Is the information I provide confidential?

Yes. You have a username and password so that no-one else can access the details you enter. All your data is stored in an encrypted database. Sometimes data that is routinely collected during the course of treatment will be used for service improvement and evaluation. The information may be shared with other Health Boards, nationally and with NHS 24. This information is always anonymised. This means that all information that could be used to identify you is removed and your confidentiality is maintained.

What are reviews?

You will find that routinely (approximately every 3 weeks) during online treatment you will be asked to take part in a "review" on an agreed review date. Through the SilverCloud messaging system, you are able to leave key messages for the Supporter Team at any point and the team will then pick up your message at your

next review date. You also have the option to share your journal and mood monitoring activities if you wish to do so. During a review you will be asked to complete questionnaires and share any comments that you have. A Supporter from the Digital Therapies service will then provide written feedback and additional advice which will appear on your Homepage and Message page. The role of the Supporter is to guide and encourage you through your treatment programme and sign post you to resources for your needs. **Please note, if you feel you require additional treatment for your mental health please contact your GP or discuss with a Mental Health Practitioner.**

Reporting Suicidal Thoughts

During a review you will be asked if you have had thoughts of harming yourself. If you confirm that you have, the Digital Therapies service will inform your GP the next working day. If you were referred by a Mental Health professional and continue to have contact with them then they will be contacted instead. Below is a list of useful contact numbers if you feel you wish to speak with someone. If you feel you need to speak to someone more urgently then it is recommended that you contact your GP or NHS 24 on 111 to discuss these feelings.

Useful Contact Numbers:

- **Breathing Space** on 0800 838 587. They are open from 6pm to 2am Monday to Thursday, and 6pm to 6am Friday to Monday morning.
- **The Samaritans offer a 24-hour telephone helpline Call on:** 116 123. You can also contact them via email to jo@samaritans.org
- **NHS 24 - 111.** The NHS 24 111 service provides urgent care advice day or night and health and dental support when your GP practice or dentist is closed.
- **In an Emergency call 999.**

If you require further information or assistance in activating your account, please contact us using below details:

NHS Greater Glasgow and Clyde Digital Therapies Team (Mon – Fri 9-5)

Email: - DTT@ggc.scot.nhs.uk

Phone:- 0141 287 0295