



Depression & Anxiety Programme

Most people will get symptoms of depression and anxiety at some time in their life. But if these symptoms are not going away, or are causing problems in your daily life, you might need some help to feel better.

SilverCloud® by Amwell® is a digital therapy programme. It will help you to learn how to manage your symptoms of depression and anxiety. And you'll see how making small changes in your life can help you to feel better.



Understanding and knowledge

The tools and activities in the programme will help you to unpick your thoughts and feelings, and how they have an impact on what you do. You'll also learn how what you do can affect how you feel.



Skills and Strategies

Motivating yourself can be hard if you're facing depression and anxiety. This programme will help you to find things you enjoy and make them part of your daily life. You will learn about negative thoughts, and how to challenge them. And you'll find out how to tackle some of the tough physical and emotional feelings that can come with depression and anxiety.



Forging Ahead

At the end of the programme you will have learned how to feel better about yourself and more hopeful about your future. Before you finish you'll make a plan to continue your progress and stay well.

Is this programme for me?

This programme can help you, if you want to learn to manage the symptoms of depression and anxiety and regain control of your life.

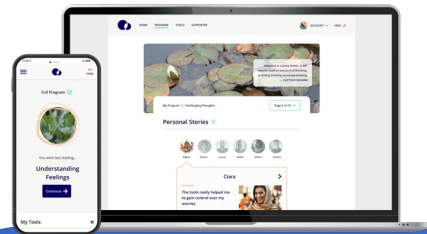
You can access the *Depression & Anxiety* programme on your phone, computer or tablet, wherever and whenever you need it. Simply work through it at your own pace. For most people it takes about eight weeks.

Modules in the *Depression & Anxiety* programme:

- **Getting Started** – Learn how CBT can help you to feel better.
- **Understanding Depression and Anxiety** – Find out about the effects of depression and anxiety. Start to use CBT to manage your symptoms.
- **Noticing Feelings** – Tune in to how you're feeling so you can spot the source of your low mood and anxiety.
- **Boosting Behaviour** – Find out how small changes can help you feel better. Look at new ways of moving from slumps to action.
- **Spotting Thoughts** – Spot those 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** – Make plans to stay well. Set goals to build the life you want.

Cognitive Behavioural 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 depression and anxiety. It allows you to become more aware of your moods and teaches you how to make the changes you need to feel better.



“Learning about the effectiveness of CBT in treating depression was a bit of a revelation for me. It made me feel more in control of my situation, like it might be something I had the power to fix.”

- Julianna, SilverCloud® user

Tools and activities

The *Depression & Anxiety* programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other people experience depression and anxiety, and how this programme helped them. You'll also realise you are not alone.
- **Mood Monitor** – Track your moods. See how they are impacted by your lifestyle choices.
- **CBT Cycle tool** – Understand the link between your thoughts, feelings and behaviours.
- **Quizzes** – Test your knowledge about depression and anxiety. Learn about the factors that influence it.
- **Mindfulness exercises** – Take a moment to slow down and find peace with our podcasts.

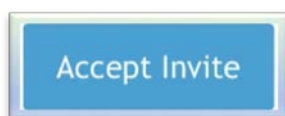
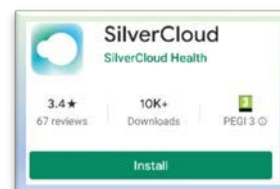
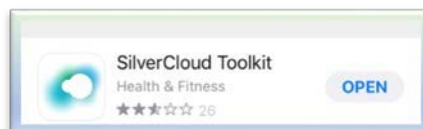
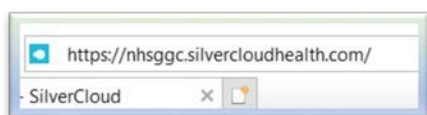
Find out more



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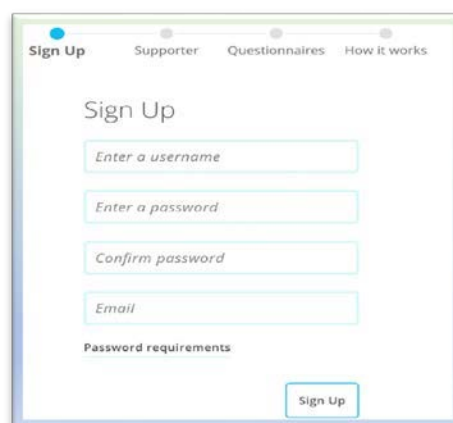
How do I access SilverCloud?

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