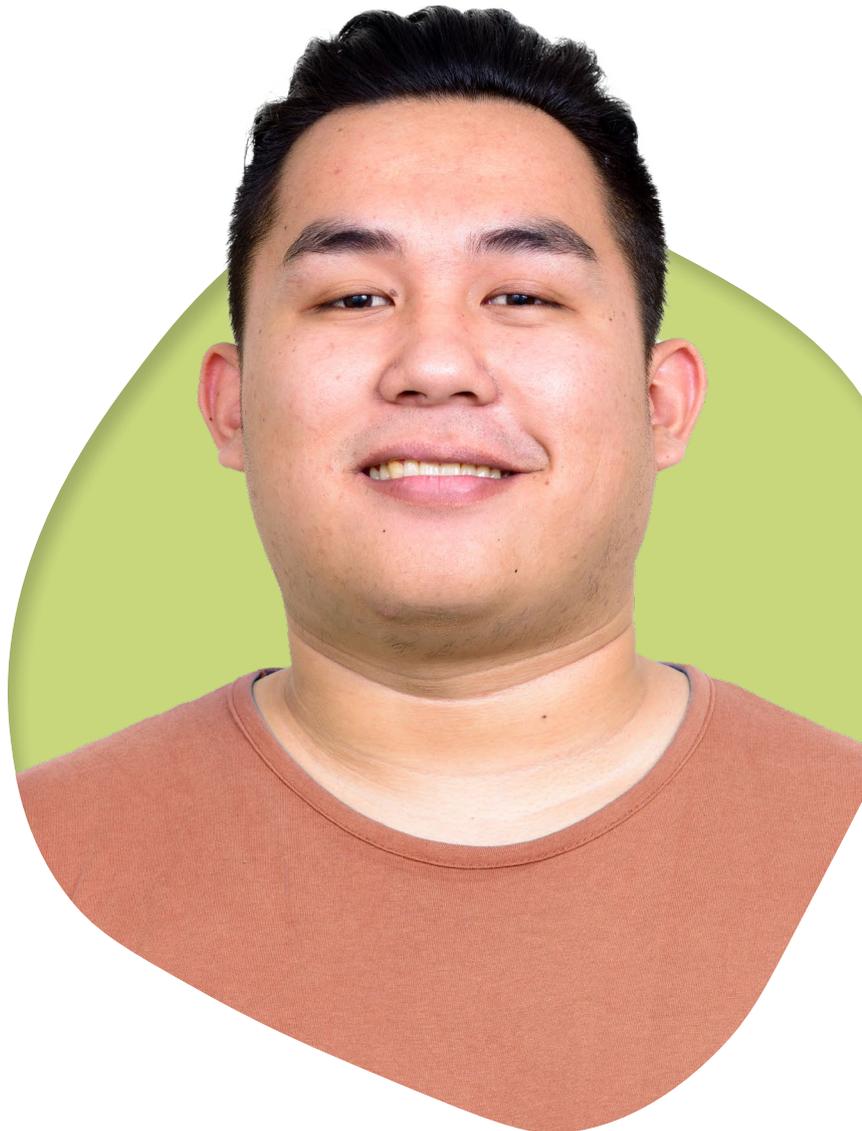


# Obsessive Compulsive Disorder (OCD) Programme

Obsessive Compulsive Disorder (OCD) is one of the most common forms of anxiety. If you have OCD you'll carry out repetitive actions to try to relieve the feelings of anxiety caused by obsessive thoughts.

SilverCloud<sup>®</sup> by Amwell<sup>®</sup> is a digital therapy programme. It can help you to feel better by learning new ways of thinking. By taking the **OCD** programme, you can learn to manage your thoughts without using compulsive behaviours. You can regain control and improve the quality of your life.



## Knowledge and Understanding

You will learn about the anxiety cycle, which shows how your emotions, thoughts, physical sensations and actions are connected. Using the tools provided by the programme you can start to unpick the issues that affect how you are feeling.



## Skills and Strategies

By tuning in to your emotions and physical feelings you can start to spot patterns and triggers. You will learn how to catch negative thoughts and begin to challenge them. As you move through the programme, you will begin to overcome your fears in small, manageable steps.



## Forging Ahead

By the end of the programme, you will have learned how to manage your worries in a more balanced way. You'll make a plan to build a strong support network so you can continue your progress and stay well.

## Is this programme for me?

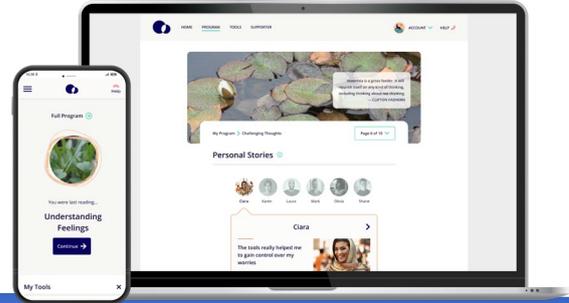
This SilverCloud programme can help you learn to manage the tough emotional and physical symptoms of OCD.

You can access the **OCD** programme on your phone, computer or tablet, wherever and whenever you need it. There are seven 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 behaviour therapy, or CBT for short. CBT has been used for many years as an effective treatment for OCD. 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.



“I was spending the majority of my day decontaminating everything that I would come into contact with. I knew I couldn't go on like this. At first, it was a little scary facing my problems, but the programme really helped. Sure, I still have days where I feel anxious, but it doesn't seem to last as long.”

- Jonathan, SilverCloud® user

## Modules in the OCD programme:

- **Getting Started** – Find out about CBT and how it can help you to feel better.
- **Understanding OCD** – Take a look at how anxiety affects you. Start to use CBT to manage your symptoms.
- **Noticing Feelings** – Tune in to how you're feeling to get to the source of your anxiety.
- **Compulsion and OCD** – Learn about the role of compulsions in anxiety. Then learn how to face your fears, in a slow and safe way.
- **Spotting Thoughts** – Catch any thoughts that pop into your mind and stop you from seeing things as they really are.
- **Challenging Thoughts** – Learn how to tackle negative thinking.
- **Bringing it All Together** – Reflect on what you have learned and how you can put it into practice when challenges emerge.

## Tools and activities

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

- **Personal stories** – Find out how other people experience OCD and what they have learned about managing it. Most importantly, you will realise you are not alone.
- **Quizzes** – Test your knowledge about OCD, and increase your understanding of how it is impacting your life.
- **Relaxation and Mindfulness** – Reduce tension and feel more grounded, with a relaxation podcast.
- **Personal journal** – Keeping a journal can help you to make sense of your thoughts and feelings, reduce stress and solve problems.
- **Mood Monitor** – Track your moods and see how they are affected by your lifestyle choices.

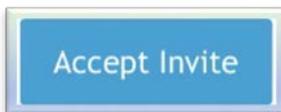
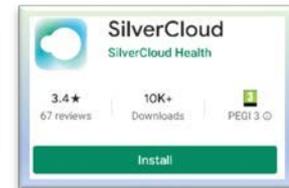
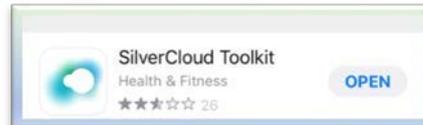
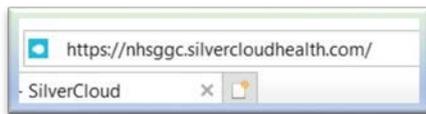
Find out more



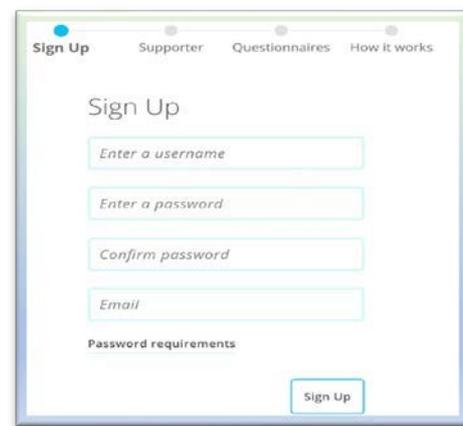
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## How do I access SilverCloud?

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](mailto: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](mailto:DTT@ggc.scot.nhs.uk)

Phone:- 0141 287 0295