

Perinatal Wellbeing Programme

Many new and expecting parents experience low mood and anxiety. It doesn't mean you're not going to be a good mum or dad.

SilverCloud[®] by Amwell[®] is a digital therapy course. It supports your mental wellbeing, during pregnancy and for a year after your baby's birth. By taking the *Perinatal Wellbeing* programme you can learn new ways of thinking to help you adapt to your changing life.



Knowledge and Understanding

You will learn how pregnancy, and becoming a parent, can lead to emotional changes for both men and women. The programme will help you recognise different types of worries and learn how to deal with them. You'll find out about the link between what you think, feel and do – and how making small tweaks can help you feel better.



Skills and Strategies

You'll discover ways to reduce tension and worry, and improve your mood, using Cognitive Behavioural Therapy (CBT) and relaxation techniques. You'll learn to spot the factors that affect your mood and how to manage them. As sleep problems are very common during this time, you will also learn how to create healthy sleep habits, which will work for you and your baby.



Moving Ahead

At the end of the programme, you will have learned how to manage your worries in a more balanced way. You'll have the skills you need to start to build a healthier daily routine. And you will know how to build a strong support network to get help when you need it.

Is this programme for me?

This programme is designed to support women and men during pregnancy and in the year after their baby's birth. It can help with the worries that are very common during this time. It can also help with sleep problems.

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

“I have stopped constantly questioning myself and I am much more confident in the fact that I am doing the best for my son and that he is now thriving.”

- Donna, SilverCloud® user



Modules in the *Perinatal Wellbeing* programme:

- **Finding your Feet** – Learn about depression and anxiety in the perinatal period.
- **Tuning in to Feelings** – Take a closer look at the emotions, thoughts, behaviours and physical reactions you might have during the perinatal period.
- **Improving Sleep** – Find out how your sleep can be affected at this time.
- **Taking Action** – Learn how to manage low mood or depression.
- **Dealing With Worry** – Learn how to cope with, and manage, your worries.
- **Staying Well** – Get tips on how to maintain the positive changes you have made and stay well in the future.

The *Perinatal Wellbeing* programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other new and expecting parents deal with their worries. It often helps to realise you are not alone.
- **Quizzes** – Test your knowledge about the perinatal period, and learn about the common myths surrounding it.
- **Progressive Muscle Relaxation (PMR)** – Learn how to relax your body and your mind.
- **White Noise Audio** – Try our recording of the sea to mask disturbances and improve your sleep.
- **Bedtime Routine Tool** – Use our suggestions, or add your own, to create the ideal wind-down plan for you and your baby.

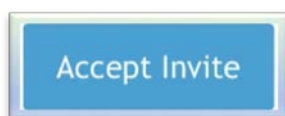
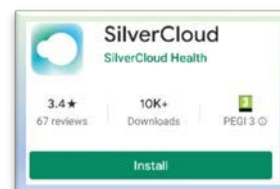
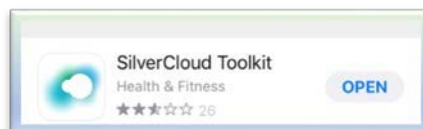
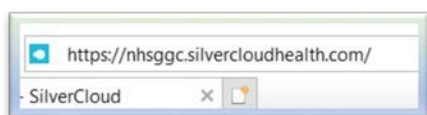
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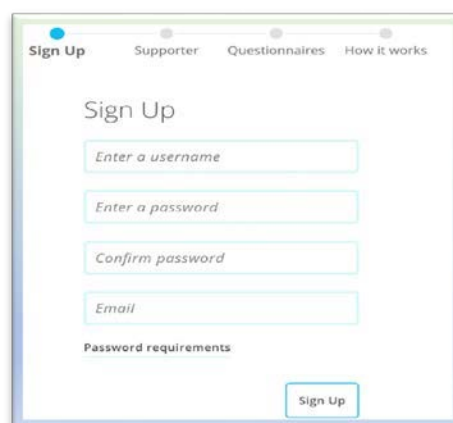
How do I access SilverCloud?

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