User Information Leaflet – Space from Perinatal Wellbeing

What is SilverCloud?

SilverCloud provides convenient secure access anywhere anytime to evidence-based online treatments to help you manage depression and/or stress and anxiety. You will work through a series of topics to address specific needs. This course is designed to be completed in your own time at your own pace. Based on cognitive behavioural therapy (CBT), mindfulness and positive psychology, SilverCloud is both interactive and flexible. Our small team of Supporters within the cCBT Service will be there at regular intervals (approximately every 3 weeks) to encourage and guide you through the modules and sign-post you to resources within the programme that may be particularly relevant to you.

The programme can be run on a desktop or laptop computer, a smartphone (internet-enabled mobile phone) or tablet device.

How will it help me?

This is a supported online therapy which aims to help you develop techniques and tools to manage psychological difficulties. SilverCloud uses CBT to help you make changes to the way you think, feel, and behave.

What is CBT?

CBT is a psychological therapy that works on the relationship between thoughts (cognitions), behaviours and feelings. CBT teaches the individual how to recognise and make changes to thoughts, feelings, and behaviours in the present, rather than focusing on the past. It has been widely studied and is proven to be effective, particularly with depression and anxiety. CBT works best when you actively engage with treatment, the more you engage with the modules the more you will hopefully take from this programme and feel confident in managing your current difficulties. Engaging in this programme will enable the Supporter Team to guide you through the modules and support you to get the most out of the programme.

How to use SilverCloud?

We recommend using SilverCloud for 10-15 minutes 3 or 4 times a week (for a total of 40-60 minutes per week) over 6-8 weeks. You should try to complete modules at a regular time where possible and when you have some quiet time to yourself. As with most things, it may take time and practice to make progress.

Why Use it?

SilverCloud programmes have been shown to be effective in the treatment of stress, anxiety and depression. SilverCloud offers flexibility, you can set your own pace, it is not time consuming, and you don't have to stick to rigid appointments.

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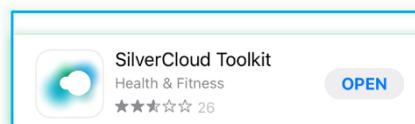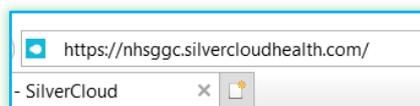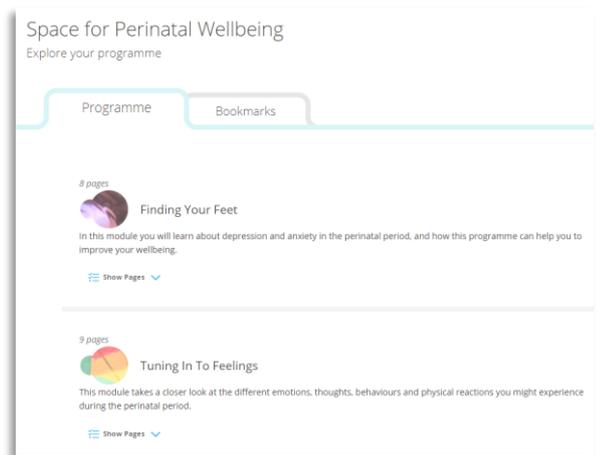
Simply click on the "Accept Invite" link in your SilverCloud welcome email and follow on screen instructions.

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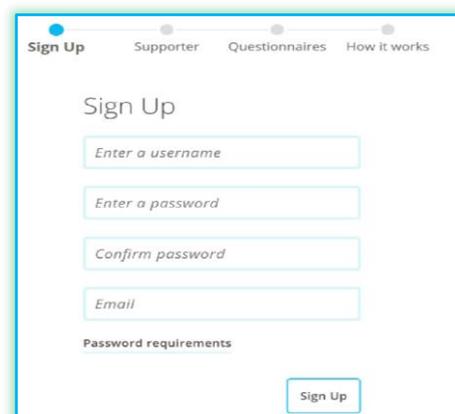
After these steps have been completed you will be able to get started with SilverCloud.

Please call or email the cCBT service on 0141 287 0295 if you require assistance.

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 cCBT service will then provide written feedback and additional advice which will appear on your Homepage and Message page. The feedback and advice provided will not be clinical in nature. Rather, it aims to guide and encourage you through your journey on the programme and sign post you to resources for your needs. **Please note if you need clinical support at any stage throughout this online treatment please contact your referring clinician to discuss your concerns.**

Reporting Suicidal Thoughts

During a review you will be asked if you have had thoughts of harming yourself. If you confirm that you have, your cCBT co-ordinator will inform the person that referred you to the programme the next working day. 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
- **SHOUT -** which is a free text service https://giveusashout.org/ - Text SHOUT to 85258
- **NHS 24 -** 111

CONTACT US
NHS Greater Glasgow and Clyde Computerised CBT Service (Mon – Fri 9-5)
Email: - CCBT@ggc.scot.nhs.uk
Phone:- 0141 287 0295

Space from Perinatal Wellbeing Modules

Finding Your Feet - This module will introduce you to depression and anxiety in the perinatal period and demonstrate how this program can help you to improve your wellbeing

Tuning In To Feelings - This module takes a closer look at the different emotions, thoughts, behaviours and physical reactions you might experience during the perinatal period.

Improving Sleep - In this module, you will learn more about sleep and how this can be affected during the perinatal period.

Taking Action - In this module, you will learn more about how you can manage low mood or depression with an evidence-based intervention called Behavioural Activation (BA).

Dealing with worry - This module introduces you to the role of worry and anxiety in the perinatal period. You will learn how to cope with and manage your worries more effectively.

Staying Well - This final module brings together all the skills you have learned and ideas you have gathered so far, giving you tips on how to maintain these positive changes and stay well in the future.

Unlockable Additional Modules
Please contact us via email (ccbt@ggc.scot.nhs.uk) or phone (0141 287 0295) with your full name and date of birth if you would like any of these unlocked ☺

Money Worries – This module shows you how to reduce the impact of money problems on wellbeing and mental health with some practical solutions.

Challenging Times – The scale of the COVID-19 crisis is disrupting our personal and working lives. This module aims to support you in finding helpful ways to cope and adjust to these extraordinary circumstances.

Relaxation - This module introduces you to some relaxation techniques that you can use in your day-to-day life.

My Self-Esteem and I - Strengthen your relationship with yourself by exploring your self-beliefs and changing how you act and talk towards yourself.

Behavioural Experiments - In this module, you will learn how to test your negative thoughts and predictions.

Anger Management - This module will help you to gain a better understanding of your anger. You will learn to how to manage your anger more effectively.

Grief & Loss - This module explores the experience of loss and helps you to understand your own unique grieving process.

Communication & Relationships - This module focuses on the way we communicate and relate to people in our lives. It looks at what we can do to make our relationships satisfying.

Employment Support - This module takes a look at some of the difficulties you may encounter in work, or when returning to work after a period of unemployment.