

# Low Mood and Anxiety Programme for Chronic Pain

[EN-GB]

30% or 15 million people in the U.K. live with a long-term condition, and of those, 4 million also have a mental health problem.<sup>1</sup> The *Low Mood and Anxiety Programme for Chronic Pain* provides insightful content and tools to support individuals living with chronic pain and was designed to reduce symptoms of low mood and anxiety while encouraging adjustment and acceptance. The programme uses both traditional Cognitive Behavioural Therapy (CBT) and “third wave CBT” elements to help individuals understand and manage difficult thoughts, feelings and behaviours. The programmes also include Acceptance and Commitment Therapy (ACT) to guide individuals to reconnect with activities that they value to motivate behavioural change.



## Skills & Strategies

Individuals will gain an understanding that they are in control of their wellbeing and will learn to make small changes to feel better. Individuals will learn about the bi-directional relationship between their body and mind and explore tips on how to deal with distressing thoughts and emotions, sleep difficulties, fatigue, flare-ups, and pacing. They will also be encouraged to identify their values and passions, and to explore how to reengage with activities once again in the context of their physical limitations.



## Balancing Thoughts

Participants will explore common emotions and thoughts that are often related to chronic pain, such as low mood, stress, shame, anxiety, and anger. They will learn that labelling and tracking emotions over a period of weeks can uncover patterns that may be happening between certain situations that cause a particular emotional reaction.



## Forging Ahead

Participants will learn about the warning signs of low mood and how to develop a plan to stay well. Users will also learn about the importance of focusing attention on tasks or things that are important and meaningful to them, encouraging them to focus on their passions and values, identify their goals, and determine if their thoughts and emotions are helpful or unhelpful in achieving their goals. They will be encouraged to expand their support network with tips on how to handle their relationships when it comes to their pain.

## Who Should Be Prescribed Access to This Programme?

Individuals who experience chronic pain and would potentially benefit from additional mental health support such as building strategies to tackle mild to moderate feelings of anxiety and depression caused by their pain, identify and accept thoughts, determine if their thoughts are helpful or unhelpful, understand how physical pain can impact overall wellbeing, and learn to take action.

### Cognitive Behavioural Therapy

With CBT, participants will better understand their thoughts, feelings, and behaviours and learn how to make positive changes – proven to reduce symptoms and better manage their mental health and wellbeing. Participants walk away with the tools to better manage their mental health now and in the future.

### Acceptance and Commitment Therapy

ACT extends previous forms of CBT and integrates many CBT-related variables such as behavioural activation and exposure. Instead of trying to avoid or suppress distressing thought or feelings, ACT teaches a person to accept unhelpful thoughts and feelings, not allow these cognitions to define or deter them, and to still carry out the behaviour. ACT helps individuals develop the skills to address their challenges instead of attempting to suppress experiences.



### Interactive Tools

- Goal Setting
- Activity Tracker
- CBT Cycle
- Mood Monitor
- Problem Solving Tool

### Modules

- Getting Started
- CP & You
- Coping with CP
- CP & Your Mood
- CP & Your Mind
- CP & Relationships
- Committed Action
- Moving Forward

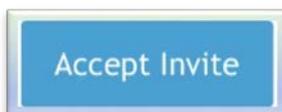
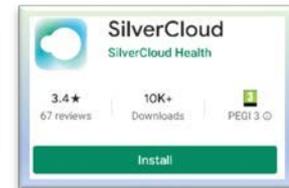
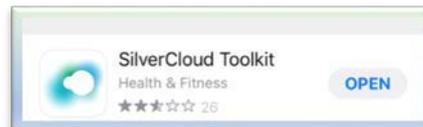
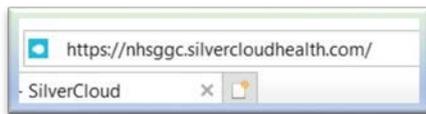
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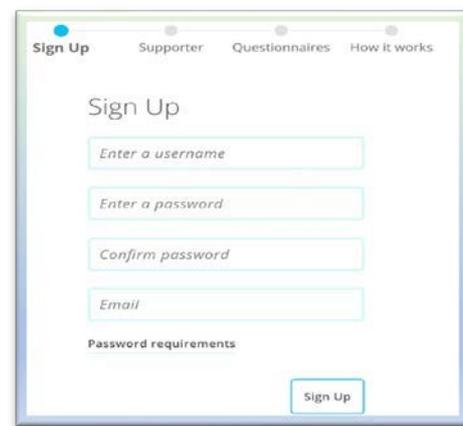
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## How do I access SilverCloud?

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