

Depression Programme for Rheumatoid Arthritis



Living with a chronic condition such as Rheumatoid Arthritis (RA) is hard. And if you're also struggling with low mood and depression, it can feel even harder.

SilverCloud[®] by Amwell[®] is a digital therapy course. By following the **RA** programme, you can find new ways to manage how you're feeling, and begin to make some changes that will help you to feel better.



Knowledge and Understanding

The symptoms of RA don't only affect your body. They also impact on your daily life, as well as affecting how you feel about yourself, and that can be hard to cope with. These emotional difficulties can stop you from doing things you enjoy or that would help you to manage your RA. In this programme you'll learn about the connection between your mental and physical health – and how working on one can help with the other.



Skills and Strategies

You'll learn how to catch unhelpful thoughts and deal with them so they don't take over your thinking. The programme will help you to find things you enjoy, and to feel better about doing them. You will learn it all in small, easy steps.



Forging Ahead

By the end of the programme, you will know how to look after your emotional health to improve your wellbeing. And you can make a plan to continue your progress and stay mentally well in the future.

Is this programme for me?

This programme can help you to manage the emotional and psychological symptoms of RA.

You can access it on your phone, computer or tablet – wherever and whenever you need it. Just work through it 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.

“I'm still adjusting to my life with RA, but I know I have a toolkit of skills now, that I can rely on when I'm feeling low.”

- Jeremy, SilverCloud® user

Cognitive behaviour 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. It allows you to become more aware of how you are feeling and teaches you to make the changes you need to feel better.



Modules in the RA programme:

- **Getting Started** – Find out about CBT and how it can help you to feel better.
- **Understanding Feelings** – Tune in to how you're feeling so you can spot the source of any anxiety.
- **Boosting Behaviour** – Doing things differently can boost your mood. This module shows you how.
- **Spotting Thoughts** – Catch 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.
- **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 RA programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other people experience depression and anxiety linked to RA. Hearing how this programme helped them, will show you that you're not alone.
- **Quizzes** – Test your knowledge about RA and wellbeing. Learn about the factors that affect it.
- **Mindfulness exercises** – Take a moment to slow down and find peace with our podcasts.
- **Personal journal** – Keeping a journal can help to sort through your thoughts and feelings. It can help you solve problems, too.
- **Mood Monitor** – Track your mood. See how it is impacted by your lifestyle choices.

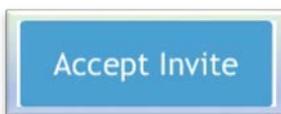
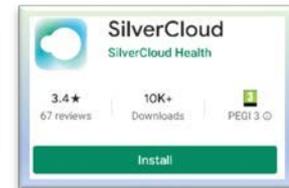
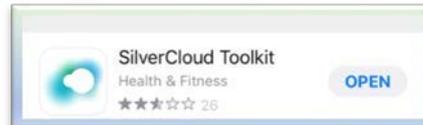
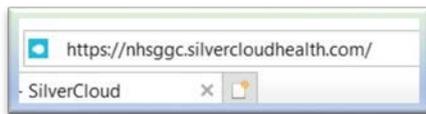
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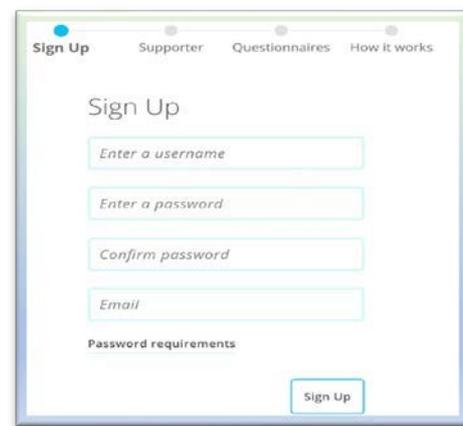
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How do I access SilverCloud?

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
- **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