



WELCOME TO SILVERCLOUD

Following your consultation with our service, you and your therapist have agreed to begin with the foundation treatment option Silvercloud, which is an online treatment for a depression and / or anxiety and long term health conditions. This information sheet will tell you more about the treatment.

ABOUT THE PROGRAMMES

This programme is based on Cognitive Behavioural Therapy (CBT), which is an evidence-based treatment for depression and anxiety. The programme will introduce you to CBT, help you better understand your difficulties and teach you different coping strategies and techniques that you can use to manage these. The programme is typically spread over 7-8 modules. When you have completed the programme your supporter will offer you a telephone appointment to discuss how you can continue to use what you have learnt or whether further therapy is needed. You are able to access the programme on your computer, laptop or tablet, or download the app to your phone.

WHAT IS EXPECTED OF YOU?

It is normally recommended that you log into the programme and complete at least one module a week (i.e. three modules per three weekly review). There are many interactive activities to help you think about the CBT techniques in relation to your own experiences and difficulties. The programme has a reminder function which can be useful to set up to help you schedule your online sessions. This can be found in the 'account settings'.

HOW ARE YOU SUPPORTED

Your supporter will schedule an online review every three weeks to review your progress on the three modules you have completed, give you feedback on any shared comments or exercises you have completed and answer any questions you have. You do not have to be online on the day of the review. If you feel it would be helpful, these reviews can be done over the telephone, so please let your supporter know if you would like to arrange this.

ATTENDANCE

It is best to treat each module as a treatment session. If you are unable to complete material before a review and do not contact your supporter to discuss this, it will be treated as non-attendance. If you are having difficulties with the programme or wish to speak with someone about your treatment options, we encourage you to get in contact with your supporter. Please be aware that if you have not accessed the programme for two consecutive online reviews, we will assume that you no longer require support from the service and your referral will be closed.

"My confidence in myself and at work has massively improved since using the programme. I have gained skills and knowledge around how to deal with toxic thoughts and worries. [A service user who completed Space from Anxiety]"