SilverCloud®
by Amwell®

Panic Programme

When anxiety leads to a panic attack, it can be scary and upsetting. Sometimes, the fear of future panic attacks is itself the cause of more anxiety.

SilverCloud® by Amwell® is a digital therapy programme. It can help you to understand your thoughts and feelings, and how they affect what you do. By taking the *Panic* programme, you can learn to manage your fears and improve the quality of your life.

Knowledge and Understanding

You will learn about the anxiety cycle, which shows how your emotions, thoughts, physical sensations and actions are connected. Using the tools in the programme, you can start to unpick the factors that are affecting how you are feeling.

Taking control

By tuning in to your emotions and physical feelings you can start to spot patterns and triggers. You will learn how to catch negative thoughts and begin to challenge them. As you move through the programme, you will begin to overcome your fears in small, manageable steps.

Forging Ahead

By the end of the programme, you will have learned how to manage your panic and anxiety. You'll know how to prevent relapses and can make a plan to continue your progress and stay well.

Is this programme for me?

This SilverCloud programme can help you learn how to manage the tough emotional and physical symptoms of anxiety and panic.

The *Panic* programme is easy to access on your phone, computer or tablet, wherever and whenever you need it. You can work through the programme at your own pace. For most people it takes about eight weeks to complete.

There may be days when you don't feel like using your programme. 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.

Cognitive behaviour therapy

This programme is based on cognitive behaviour therapy, or CBT for short. CBT has been used for many years as an effective treatment for anxiety. It allows you to become more aware of how you are feeling and teaches you to make the changes you need to feel better.
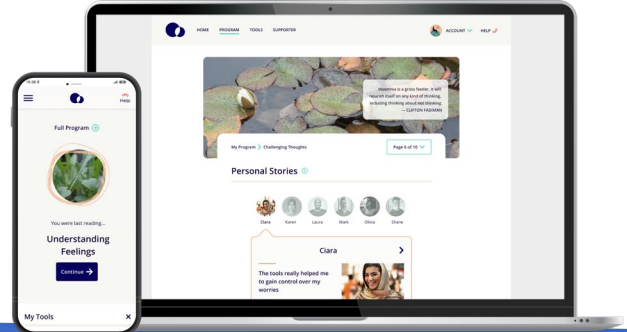
"My anxiety had been overwhelming and the more I tried to push my anxious thoughts away, the more frequent and intense the panic attacks became. Now, I can enjoy myself without constantly worrying about the future. I feel like I'm getting my life back."

- Adam, SilverCloud® user

Modules in the *Panic* programme:

- **Getting Started** – Learn how CBT can help you to feel better.

- **Understanding Panic** – Find out about the effects of anxiety, and start to use CBT to manage your symptoms.

- **Noticing Feelings** – Tune in to how you're feeling to get to the source of your anxiety.

- **Facing your Fears** – Learn how to face your fears, by breaking them into small, safe steps.

- **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 *Panic* programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other people experience anxiety and panic and what they have learned about managing it. This will help you realise you are not alone.

- **Quizzes** – Test your knowledge about anxiety and panic. Increase your understanding of how it is impacting your life.

- **Relaxation and Mindfulness** – Feel more grounded and reduce tension with our podcasts.

- **Personal journal** – Keeping a journal can help you to work through your thoughts and feelings, reduce stress and solve problems.

- **Mood Monitor** – Track your moods and see how they are affected by your lifestyle choices.

Find out more

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