

What Do I Need?

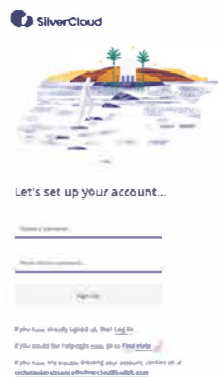
Access to the internet and **any one** of the following pieces of equipment:

- Laptop, computer, SMART phone, tablet, iPad



How Do I Access SilverCloud?

- You will receive an email with a link to the site.
- Open the Welcome to SilverCloud email and click on the 'Get Started' button.
- Set up your account and sign in.



For more information on how to sign up for SilverCloud please speak to your GP or Healthcare Provider to make a referral on your behalf.

Enquiries regarding referrals can be directed to gram.ccbt@nhs.scot



Space from Covid-19



What is SilverCloud?

- Online programmes to help reduce symptoms of low mood, anxiety and stress
- Based on proven methods like cognitive behavioural therapy and positive psychology
- Goal-based programmes
- Interactive activities and tools

Why use it?

SilverCloud programmes have demonstrated high improvement rates for stress, anxiety and depression.

When should I use it?

- Whenever you need it
- Recommended use is 40 minutes a week, over 6-8 weeks
- Set a regular time to use it, 3-4 times a week
- The average module takes 30 minutes to complete and is accessible 24/7 from a smartphone, tablet or computer.



What is Space From Covid-19?

The Space from COVID-19 programme is based on Cognitive Behavioural Therapy and provides structured support to help you improve your quality of life by addressing challenges.

Drawing on research about what helps people in an emergency, the programme aims to promote a sense of safety, calm, self-efficacy, connectedness, and hope, both in individuals and in communities. It is made up of several modules, each addressing issues you may be experiencing due to the COVID-19 Pandemic.

Each module provides clinically-backed support for trouble sleeping, coping with stress, developing mindfulness, financial worries and experiencing grief and loss.

This programme is designed for those who are looking to develop coping strategies like relaxation exercises and self-care, implement healthy sleep hygiene techniques, and learn practical strategies for grieving and financial worries. It Explores ways to cope with unpleasant emotions that are common during challenging times. Empower yourself with practical tools and strategies to help you draw on your resources. Find helpful ways to adjust to your new reality and deal with feelings of loss..

“Our idea of normal has changed, but you can start returning to what feels right for you with free clinically-proven mental health support from SilverCloud, a digital mental wellbeing platform trusted by the NHS.”

There are variety of interactive tools and apps help you to develop skills to manage your symptoms and build resilience, including:

- CBT Cycle, Breathing Exercises, Worry Tree, Bedtime Routine List
- Goal Setting
- White Noise Audio Tool
- Relaxation Techniques

What is the role of the Supporter?

- Help you to set goals for using your programme
- Help you to apply your learnings from SilverCloud to your daily life
- Deepen your understanding of the programme’s content
- Identify progress and celebrate your success

What should I expect from my Supporter?

- To review your progress
- Send you messages in the SilverCloud platform on a scheduled day
- Add personalised recommendations