

## What is SilverCloud?

SilverCloud provides confidential and secure access anywhere, anytime, to evidence-based, online programmes. These can help teach you techniques to help with poor sleep or stress, including those relating to Covid-19. They can also build resilience (emotional health and wellbeing). Based on cognitive behavioural therapy, mindfulness, and positive psychology, SilverCloud is very interactive and flexible. It can be used on your phone or tablet device so that you always have access to it.

## How will it help me?

These are structured programmes based on Cognitive Behavioural Therapy (CBT), which focus on supporting your wellbeing, including managing your mental health, resilience, stress and sleep. CBT is a psychological therapy that works on the relationships between thoughts (cognitions), behaviours, and feelings. CBT teaches the individual how to recognise and tackle problems here and now - rather than in the past.

### **PROGRAMME OPTIONS:**

#### **Space for Sleep**

This program will teach you the skills for overcoming your sleep difficulties, allowing you to achieve better quality sleep and wake up feeling refreshed.

- Understand the causes of poor sleep and how it can affect you.
- Accurately assess how you are currently sleeping and track your progress.
- Learn proven techniques for developing and maintaining a healthy sleep cycle.

#### **Space from Stress**

This program will help enhance existing stress-busting strengths and skills, and build new ones.

- Learn to manage stress, build resilience and improve self-esteem.
- Learn to set SMART goals for your life.
- Learn to problem-solve and communicate assertively.

#### **Space for Resilience**

This programme helps you achieve a sense of wellbeing and satisfaction, in all areas of your life.

- Enjoy physical, social, mental and emotional health.
- Increase your ability to overcome difficult experiences.
- Appreciate your strengths and build positive self-esteem.

### **Each of these is called a Psycho-educational module and you can self-refer to these:**

[wellbeing.silvercloudhealth.com/signup](https://wellbeing.silvercloudhealth.com/signup) (Access Code: [Scotland2020](#))

They are stand-alone, self-referral modules which offer a brief wellbeing intervention. You can access these via the [links below](#) on the website without referral:

[COVID-19](#)

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[Resilience](#)

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[Stress](#)

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[Sleep](#)

On completion of one module, you can access the other three modules from the same login and contact the cCBT team for any technical assistance – 0131 537 1247 / [silvercloudbt@nhslothian.scot.nhs.uk](mailto:silvercloudbt@nhslothian.scot.nhs.uk). If you email the team please include a phone number.

– Please note that this is an unsupported programme - which means that you will work on your own without anyone checking your progress or how you are.