

SilverCloud User information Leaflet

What is SilverCloud?

SilverCloud provides convenient secure access anywhere anytime to evidence-based online treatments to help you manage depression and/or stress and anxiety. You will work through a series of topics to address specific needs. This course is designed to be completed in your own time at your own pace. Based on cognitive behavioural therapy (CBT), mindfulness and positive psychology, SilverCloud is both interactive and flexible. Our therapists within the service will offer up to 6 reviews (approximately every 1- 2 weeks) to encourage and guide you through the modules and signpost you to resources within the programme that may be particularly relevant to you. The programme can be run on a desktop or laptop computer, a smartphone (internet-enabled mobile phone) or tablet device.

How will this help me?

This is a supported online therapy which aims to help you develop techniques and tools to manage psychological difficulties. SilverCloud uses CBT to help you make changes to the way you think, feel, and behave.

What is CBT?

CBT is a psychological therapy that works on the relationship between thoughts (cognitions), behaviours and feelings. CBT teaches the individual how to recognise and make changes to thoughts, feelings, and behaviours in the present, rather than focusing on the past. It has been widely studied and is proven to be effective, particularly with depression and anxiety. CBT works best when you actively engage with treatment, the more you engage with the modules the more you will hopefully take from this programme and feel confident in managing your current difficulties. Engaging in this programme will enable the Supporter Team to guide you through the modules and support you to get the most out of the programme

How to use SilverCloud?

We recommend using SilverCloud for 10-15 minutes 3 or 4 times a week (for a total of 40-60 minutes per week) over 6-8 weeks. You should try to complete modules at a regular time where possible and when you have some quiet time to yourself. As with most things, it may take time and practice to make progress

Why use it?

SilverCloud programmes have been shown to be effective in the treatment of stress, anxiety and depression. SilverCloud offers flexibility, you can set your own pace, it is not time consuming, and you don't have to stick to rigid appointments

How can you access it?

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/ cCBT 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.



for anxiety and depression

Service provided by Pennine Care NHS Foundation Trust

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.

What are reviews?

You will find that routinely (approximately every 1-2 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 cCBT 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.

Risk management

During a review you will be asked if you have had thoughts of harming yourself via the questionnaire function. If it is confirmed that you have or your risk towards yourself increases, your Supporter may contact you to complete a wellbeing check. We additionally may inform your GP if we are concerned about your risk.

Getting help in a crisis.

NHS Stockport Talking Therapies is not a crisis or urgent response service; please contact your GP if you feel that this is what is needed.

For urgent support and advice you can contact:

The Samaritans: Free phone 116 123. Offering confidential, emotional support 24 hours each day every day. You can also email jo@samaritans.org.

Papyrus: A voluntary organisation supporting teenagers and young adults who are feeling suicidal. 0800 068 4141 Txt: 07786209697. E: pat@papyrus-uk.org (Mon - Fri 09:00am -10:00pm 2:00pm – 10:00pm weekends. 2:00 pm – 5:00 pm Bank Holidays).

SANE: Runs a national, out-of-hours mental health helpline offering specialist emotional support to anyone affected by mental illness, including friends, family and carers. Open every day of the year from 4.30pm – 10.30pm. 0300 304 700 (local rate)

SHOUT: 24/7 Text Service. If you're experiencing a personal crisis, are unable to cope and need support, text Shout to 85258. Shout can help with urgent issues such as suicidal thoughts, abuse or assault, self-harm, bullying and relationship challenges. <https://www.giveusashout.org>**Silver Line:** Older people can call 0800 4 70 80 90 for free, confidential information, friendship and advice.

Hub of Hope: This is a national mental health database that shows all the support that's available in your local area: www.hubofhope.co.uk

Pennine Care Helpline: Our helpline is here to support our patients and carers of all ages:

<https://www.penninecare.nhs.uk/help>**Open Door: Stockport citizens** (aged 18+) are now able to access this new helpline, Open Door, by calling 0800 138 7276. The helpline provides immediate 24/7 mental health crisis support and also tailored support via telephone and video <https://makingspace.co.uk/services/centres/open-door>

Shining a light on Suicide: This website aims to support anyone who is thinking about suicide or who has been affected by it. www.shiningalightonsuicide.org.uk

The Samaritans: Free phone 116 123. You can also email jo@samaritans.org .

Your General Practitioner in person or by telephone.