

## How do I sign up?

If you think SilverCloud could be helpful then the first step is to sign up here:

<https://liftpsychology.silvercloudhealth.com/signup/>

**GETTING STARTED**

1. Select your GP surgery & programme choice
2. Create a username and password
3. Tick to show you understand the agreement
4. Complete the referral form
5. Complete 5 short questionnaires

**SELECT YOUR GP SURGERY**

Abbey Meads Medical Centre

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A LIFT Practitioner will then send an email which provides some further information about the programme, and arrange a first review session.

SilverCloud is available to anyone aged 16+ who is registered with a GP surgery in Swindon

If you have any queries please contact us on:

01793 836 836

Ask to speak with Ellie. W or Prab

Opening times: Monday to Friday – 9:00 am to 5:00 pm



## Silvercloud Online CBT

SilverCloud programmes are based on **Cognitive Behavioural Therapy (CBT)** - an effective way of learning about thoughts, feelings and behaviours and how they influence each other. SilverCloud has been **clinically tested** and the programmes have demonstrated **high improvement** rates for low mood, anxiety and stress.



### Its Flexible

Access it 24/7, on your computer, tablet or mobile phone. At home, at work or elsewhere



### Work at your own pace

Your supporter will provide feedback on your progress

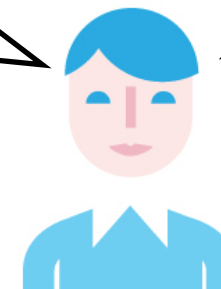


### It's easy to use

Interesting tools and activities make your experience engaging and motivating

“Using the journal to write down problems helped me to achieve more clarity and look at ways to help myself”

“I found the tools very handy, particularly the mood diaries...I liked that I could stop and start



## Programmes Available

<u>Space for Positive Body Image</u>	<input type="checkbox"/>	<u>Space from Stress</u>	<input type="checkbox"/>
<u>Space from Anxiety</u>	<input type="checkbox"/>	<u>Space from Stress (Student)</u>	<input type="checkbox"/>
<u>Space from Anxiety (Student)</u>	<input type="checkbox"/>	<u>Space for Resilience</u>	<input type="checkbox"/>
<u>Space from Depression</u>	<input type="checkbox"/>	<u>Space for Resilience (Student)</u>	<input type="checkbox"/>
<u>Space from Depression (Student)</u>	<input type="checkbox"/>	<u>Space from Money Worries</u>	<input type="checkbox"/>
<u>Space from Depression and Anxiety</u>	<input type="checkbox"/>	<u>Space for Mindfulness</u>	<input type="checkbox"/>
<u>Space from GAD</u>	<input type="checkbox"/>	<u>Space for Sleep</u>	<input type="checkbox"/>
<u>Space from Health Anxiety</u>	<input type="checkbox"/>	<u>Space in CHD from Depression &amp; Anxiety</u>	<input type="checkbox"/>
<u>Space from OCD</u>	<input type="checkbox"/>	<u>Space in Chronic Pain from Depression &amp; Anxiety</u>	<input type="checkbox"/>
<u>Space from Panic</u>	<input type="checkbox"/>	<u>Space in COPD from Depression &amp; Anxiety</u>	<input type="checkbox"/>
<u>Space from Phobia</u>	<input type="checkbox"/>	<u>Space in Diabetes from Depression &amp; Anxiety</u>	<input type="checkbox"/>
<u>Space from Social Anxiety</u>	<input type="checkbox"/>	<u>Space for Perinatal Wellbeing (referral only)</u>	<input type="checkbox"/>
<u>Space From COVID19</u>	<input type="checkbox"/>		

## How does it work?

- Each programme consists of **7–8 modules**, you will complete these **independently**, at your own time and pace. Your supporter can also unlock further modules that may be relevant for you, such as; ‘employment support’, ‘relaxation’, ‘sleep difficulties’, ‘anger management’ and ‘my self-esteem and I’.
- It is advised to complete **one module** per week, which will take around **40 minutes**. This doesn’t have to be completed in one go; SilverCloud saves your progress.
- You will have a **supporter** who is a mental health professional within the Swindon LIFT Psychology service who will **review** your progress and offer **guidance**.
- You are encouraged to **share** content such as **goals** and **activities** with your supporter.
- Your supporter will arrange review dates with you; these can be **over the phone or via the Silvercloud messaging service**. After your reviews have finished you can **continue** to access the programme freely for up to a year from the point of sign-up.
- Your supporter is there to help **guide** you through the content and help **direct** you to activities that might be helpful. They are **not** going to **tell** you what to do!
- You will be able to securely message your supporter who can read messages at your scheduled review; replies to any messages will not be instant.

**Ultimately, you are in control of how you use the programme. The more you put into SilverCloud, the more you will get out of it!**