

Online Cognitive Behavioural Therapy

A Quick Reference Guide for GPs & Healthcare Professionals

What is SilverCloud?

SilverCloud is a clinically-proven online platform with a range of mental health and wellbeing programmes that help reduce symptoms of depression and anxiety.

How it Works:

Access anytime, anywhere

People aged 16+ can sign-up for a 12-week course of online therapy via their smartphone, tablet, laptop or desktop computer.

Complete at your own pace

Users choose one of 10+ online programmes to complete at their own pace over 12 weeks. Programmes include help with anxiety, depression, stress, sleep, and money worries.

Engaging and interactive programmes

Programmes feature activities, tools, videos and exercises to help users develop skills to manage their mental health and wellbeing.

Online therapy with a human touch

Users are allocated a 'SilverCloud Supporter' who will check-in with them online every fortnight to review progress and provide feedback.

What is the evidence behind SilverCloud?

Using proven therapies, such as Cognitive Behavioural Therapy (CBT), SilverCloud programmes are based on two decades of clinical research, including 30+ peer reviewed studies using real-world populations.

Real word results show:

Up to

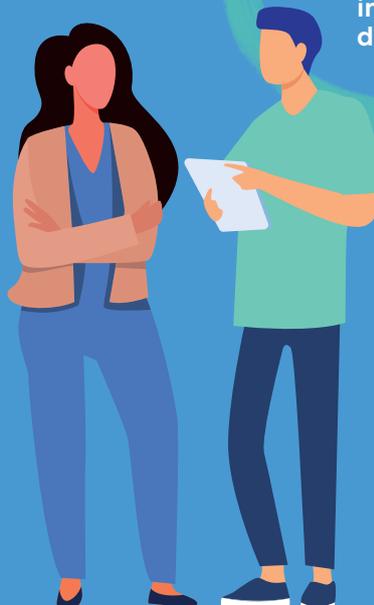
75%

Decrease in depression
& anxiety symptoms

Up to

65%

Significant clinical
improvement in
depression & anxiety



#SILVERCLOUDWALES
#SILVERCLOUDCYMRU

Quick Reference Guide

Who is SilverCloud suitable for?

SilverCloud is suitable for many people across all ages.

Suitability Checklist

- People aged 16+
- Experiencing mild to moderate anxiety, depression or stress
- Able to formulate clear goals
- Year 6 reading level (ages 10-11)
- Basic IT literacy - email address, access to a smartphone, tablet, or computer
- Willingness to use an online programme

How do I refer my patients?

Patients can sign up online at:
nhs.wales.silvercloudhealth.com/signup



The Referral Conversation

Emphasise CBT

- Evidence base for anxiety and depression
- Thoughts Feelings Behaviours Cycle
- Goal-orientated
- Skill building

Content

- Customisable, easy to navigate
- Varied content formats
- Compatible with any learning style

Your SilverCloud Supporter

- Will review your work fortnightly
- Will leave regular written feedback
- Help you stay motivated and engaged with the programme

Usage Recommendation

- Frequent brief logins
- Recommended use 15-20 minutes a day, 3-4 times a week
- Login anytime, anywhere, any device

Further Information

If you have any queries about the SilverCloud Online CBT service, please email the SilverCloud Wales team on Silver.Cloud@Wales.nhs.uk or call **01874 712 428**.