



SilverCloud Wales

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# **Online Cognitive Behavioural Therapy Programme Guide**

# What is SilverCloud?

An online therapy service using proven methods like Cognitive Behavioural Therapy (CBT) to help people manage their problems by encouraging them to change the way they think and behave.

People aged 16 and over, who are experiencing mild to moderate anxiety, depression or stress, can sign-up for a free 12-week course of online therapy via their smartphone, tablet, laptop or desktop computer.

## How does it work?

Users choose one of the following online mental health and wellbeing programmes to complete at their own pace over 12 weeks.

All programmes feature activities and interactive tools to help users develop skills to manage their psychological wellbeing with more confidence.

Although an online self-help service, SilverCloud Wales is backed up and supported by a team of psychologists and online cognitive behavioural therapy co-ordinators.

These 'SilverCloud Supporters' guide users through the programme by monitoring progress, sending messages and adding personalised recommendations where necessary.



# Programmes Available (Users select ONE of these)

## Mental Health Programmes

Space from Anxiety\*  
Space from GAD (Generalised Anxiety Disorder)  
Space from Health Anxiety  
Space from OCD (Obsessive Compulsive Disorder)  
Space for Panic  
Space for Phobia  
Space from Social Anxiety  
Space from Depression\*+  
Space from Depression & Anxiety

## Wellbeing Programmes

Space for Sleep  
Space for Resilience\*  
Space from Money Worries  
Space from Stress\*  
Space from COVID-19  
Space for Positive Body Image

# Additional Modules Available (SilverCloud Supporter can add TWO)

|                               |                             |
|-------------------------------|-----------------------------|
| Challenging Times             | Self Esteem                 |
| Sleep Difficulties            | Low Mood and Getting Active |
| Grief & Loss                  | Worry                       |
| Relaxation                    | Facing Your Fears           |
| Communication & Relationships | Money Worries               |
| Employment Support            |                             |
| Anger Management              |                             |
| Behavioural Experiments       |                             |

\* Student version available - clinical content is the same as the main programme but videos and case studies are presented by a younger cohort and examples/activities are based on student situations.

+Available in Welsh



# Mental Health Programmes - Anxiety

Symptoms of anxiety can become overwhelming, ongoing and ultimately debilitating. Our programmes are developed to help manage these symptoms and the causes of them.

## Space from Anxiety

This programme teaches users the skills and strategies to help manage their anxiety, challenge anxious thoughts and feel better.

## Space from Generalised Anxiety Disorder (GAD)

Addresses the intolerance of uncertainty and the intense and uncontrollable worry that occurs, helping to build effective skills & techniques to manage worry in a more balanced way.



## **Space from Health Anxiety**

This programme addresses the issues of persistent and excessive worrying about health status by teaching skills and techniques to challenge and change unhealthy thoughts and behaviours.

## **Space from Obsessive Compulsive Disorder (OCD)**

Designed to help users understand and manage intrusive negative thoughts and repetitive behaviours. Effective techniques help them to respond to obsessional thoughts, without engaging in compulsive behaviour.

## **Space from Panic**

Tackles the fear of losing control, or that something very bad may happen or is happening, and persistent fear about future panic attacks. Effective techniques such as gradual exposure help users to face their fears and cope with anxiety.

## **Space from Phobia**

Helps relieve the symptoms of phobia and helps users to face and manage the overwhelming fear caused by a situation or object. The programme teaches techniques to look at anxiety-provoking situations in new, less frightening ways and enables users to develop better coping skills.

## **Space from Social Anxiety**

Users learn to overcome the persistent fear of social situations and to manage feelings of discomfort brought about by excessive self-consciousness that can occur. Learning to challenge the negative, unhelpful thoughts that trigger and fuel social anxiety and replacing them with more balanced views.

# Mental Health Programmes – Depression

When we're depressed, we tend to withdraw from our ordinary lives, which can result in feelings of loneliness and hopelessness. Our programmes are developed to help you manage these thoughts, feelings, and behaviours, as well as their causes.

## Space from Depression

Learn techniques to overcome and manage the symptoms of low mood and depression. Includes practical strategies to help tackle unhelpful thoughts and behaviours and the unpleasant physical feelings and sometimes difficult emotions associated with depression.

## Space from Depression and Anxiety

Learn the skills to manage and overcome the symptoms of co-morbid depression and anxiety. Learn to understand the link between thoughts, mood and behaviour and how to identify and change unhelpful patterns.



# Wellbeing Programmes



**Our programmes are designed to help people manage and optimise the many factors that can influence our wellbeing including sleep habits, the ability to overcome challenges, manage financial difficulties and build self esteem and resilience, in order to ultimately improve overall wellbeing**

- **Space for Sleep**

Based on Cognitive Behavioural Therapy for insomnia (CBTi) Space for Sleep helps to create healthy sleep habits and relieve the symptoms of sleeping problems such as insomnia.

- **Space for Resilience**

A preventative programme to enhance wellbeing and strengthen a person's ability to bounce back from challenges and even be strengthened by difficult experiences.

- **Space from Money Worries**

Tackles the practical and emotional challenges of financial difficulties. Users learn to manage unhelpful thoughts around finances, how to stop avoiding money problems and feel more confident facing their financial fears.

- **Space from Stress**

A pro active and practical programme that provides the tools and techniques for users to manage stress and bring balance into their life.

- **Space from COVID 19**

This programme aims to support users in finding helpful ways to cope and adjust to new challenges around COVID 19 that are having an impact on our mental health.

- **Space for Positive Body Image**

Interactive tools and strategies help users to build a positive body image and boost their self esteem.

# Additional Modules



**These can be unlocked by the SilverCloud Supporters to tailor programmes further depending on the person's needs.<sup>1</sup>**

- **Challenging Times**

The scale of the COVID-19 crisis is disrupting our personal and working lives. We are facing new challenges that are having an impact on our mental health. This module aims to support users in finding helpful ways to cope and adjust.

- **Sleep Difficulties**

Helps users to get more restful and restorative sleep by taking a closer look at what causes sleep issues.

- **Grief & Loss**

Explores the experience of loss and helps users to learn to understand and accept their own unique grieving process.

- **Relaxation**

Users learn some helpful relaxation techniques that can be used in day-to-day life to unwind and de-stress.

- **Communication & Relationships**

Focuses on the way users communicate and relate to people and helps them to find new ways to make relationships satisfying.

- **Employment Support**

Helps users to understand some of the common difficulties they may encounter at work, or when returning to work after a period of unemployment.

<sup>1</sup>Not all additional modules are available on all programmes

- **Anger Management**

Education about anger and how to manage it effectively.

- **Behavioural Experiments**

Users learn how to test negative thoughts and predictions, to see if they are true.

- **Self-Esteem**

Enables users to strengthen their relationship with themselves by exploring self-beliefs and changing how they act and talk towards themselves.

- **Low Mood and Getting Active**

Understand the cycle of low mood and its emotional, cognitive, physical and behavioural aspects.

- **Worry**

Practical strategies for managing worry that help people feel empowered and in control, including use of the Worry Tree tool.

- **Facing Your Fears**

Helps users make a plan to gradually overcome their fears using a CBT technique called 'graded exposure'.

- **Money Worries**

Reduce worry, self-criticism and shame about money problems, and increase hope and ability to cope with finances in future.





# Additional Modules Available by Programme

## ADDITIONAL MODULES

| PROGRAMMES                                     | Challenging Times | Sleep Difficulties | Grief & Loss | Relaxation | Communication & Relationships | Employment Support | Anger Management | Behavioural Experiments | Self Esteem | Low Mood and Getting Active | Worry | Facing Your Fears | Money Worries  |
|--|-------------------|--------------------|--------------|------------|-------------------------------|--------------------|------------------|-------------------------|-------------|-----------------------------|-------|-------------------|----------------|
| Space from Anxiety                             | ●                 | ●                  | ●            | ●          | ●                             | ●                  | ●                | ●                       | ●           | ●                           | ●     | ●                 | ●              |
| Space from GAD (Generalised Anxiety Disorder)  | ●                 | ●                  | ●            | ●          | ●                             | ●                  | ●                | ●                       | ●           | ●                           | ●     | ●                 | ●              |
| Space from Health Anxiety                      | ●                 | ●                  | ●            | ●          | ●                             | ●                  | ●                | ●                       | ●           | ●                           | ●     | ●                 | ●              |
| Space from OCD (Obsessive Compulsive Disorder) | ●                 | ●                  | ●            | ●          | ●                             | ●                  | ●                | ●                       | ●           | ●                           | ●     | ●                 | ●              |
| Space from Panic                               | ●                 | ●                  | ●            | ●          | ●                             | ●                  | ●                | ●                       | ●           | ●                           | ●     | ●                 | ●              |
| Space from Phobia                              | ●                 | ●                  | ●            | ●          | ●                             | ●                  | ●                | ●                       | ●           | ●                           | ●     | ●                 | ●              |
| Space from Social Anxiety                      | ●                 | ●                  | ●            | ●          | ●                             | ●                  | ●                | ●                       | ●           | ●                           | ●     | ●                 | ●              |
| Space from Depression*+                        | ●                 | ●                  | ●            | ●          | ●                             | ●                  | ●                | ●                       | ●           | ●                           | ●     | ●                 | ●              |
| Space from Depression & Anxiety                | ●                 | ●                  | ●            | ●          | ●                             | ●                  | ●                | ●                       | ●           | ●                           | ●     | ●                 | ●              |
| Space from Sleep                               | ●                 | ●                  | ●            | ●          | ●                             | ●                  | ●                | ●                       | ●           | ●                           | ●     | ●                 | ●              |
| Space from Resilience*                         | ●                 | ●                  | ●            | ●          | ●                             | ●                  | ●                | ●                       | ●           | ●                           | ●     | ●                 | ●              |
| Space from Money Worries                       | ●                 | ●                  | ●            | ●          | ●                             | ●                  | ●                | ●                       | ●           | ●                           | ●     | ●                 | ●              |
| Space from Stress*                             | ●                 | ●                  | ●            | ●          | ●                             | ●                  | ●                | ●                       | ●           | ●                           | ●     | ●                 | ●              |
| Space from COVID-19                            | ●                 | ●                  | ●            | ●          | ●                             | ●                  | ●                | ●                       | ●           | ●                           | ●     | ●                 | ● <sup>1</sup> |
| Space from Positive Body Image                 | ●                 | ●                  | ●            | ●          | ●                             | ●                  | ●                | ●                       | ●           | ●                           | ●     | ●                 | ●              |

● Module available

● Module not available

\* Student version available

+Available in Welsh

<sup>1</sup>Already included as a module



To sign up, please visit:

**[nhs.wales.silvercloudhealth.com/signup](https://nhs.wales.silvercloudhealth.com/signup)**

**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](mailto:silver.cloud@wales.nhs.uk)**

or call **01874 712 428**



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