

# NHS Wales Online Perinatal Wellbeing Support

Improve your mental health during pregnancy, birth and beyond.

Around 1 in 5 women and 1 in 10 men will develop a mental health concern, such as anxiety or low mood, during the perinatal period.

Caring for your baby starts with caring for you. Guided self-help programme, *Space for Perinatal Wellbeing*, can help new parents and parents-to-be improve wellbeing and access online support, on your terms.

## What are SilverCloud® Programmes?

- A free, online supported self-help programme that you can work through at your own pace over 12 weeks.
- Supports you to improve wellbeing and manage worry, stress and low mood using techniques based on Cognitive Behavioural Therapy (CBT).

- Sign up without a GP referral and access the programme online 24/7.
- Receive written online feedback and advice from a trained SilverCloud® Supporter every two weeks.

## What is CBT?

Cognitive Behavioural Therapy (CBT) works by helping you better understand how your thoughts, feelings, and behaviours interact. CBT can teach you skills to tackle problems in the here and now and manage anxiety and low mood.



← Sign up [nhs.wales.silvercloudhealth.com/signup](https://nhs.wales.silvercloudhealth.com/signup)

# Space for Perinatal Wellbeing

## For people aged 16+

Build skills to manage anxiety and low mood; learn to reflect on your symptoms; discover ways to reduce tension and worry and improve your mood.



## You will explore:

### Finding your feet

Learn about depression and anxiety in the perinatal period, and how this programme can help you to improve your wellbeing.

### Tuning into feelings

Consider the different emotions, thoughts, behaviours and physical reactions you might experience during the perinatal period.

### Improving sleep

Understand more about sleep and how it can be affected during the perinatal period.

### Taking action

Explore how you can manage low mood or depression with an evidence-based intervention called Behavioural Activation (BA).

### Dealing with worry

Learn how to cope with and manage your worries more effectively.

### Staying well

Help to maintain positive changes and stay well in the future.



# Is this service right for me?

## Who is this programme for?

This programme is designed to support parents, caregivers and parents-to-be during the perinatal period. It can be useful for new mums and dads, people adopting a child, and surrogates, particularly those who are experiencing (or may be at risk of experiencing) mild-to-moderate symptoms of depression and/or anxiety.

## How do I sign up?

- Visit: <https://nhswales.silvercloudhealth.com/signup/>
- Review the programme summary of Space for Perinatal Wellbeing and select 'sign up' to choose the programme. Please ensure you read the pre-signup information, including the client contract.
- Once you've created an account, you'll be asked to complete a series of questionnaires; this helps us assess if this is the right service for your needs. If yes, you'll be allocated a SilverCloud® Supporter and you're good to go. If no – it's not you, it's us: please contact your GP for help finding the right support for your needs

**100% of clients in our pilot study said the programme helped them to manage symptoms more effectively.**

**“Ideal for busy new parents as you can fit it in as and when you can.**

Space for Perinatal Wellbeing user. ”



## What will I need to do?

You will be expected to work through the programme at your own pace over a period of 12 weeks. For best results, we recommend spending 15-20 minutes, 3-4 times a week engaging with your programme. Every fortnight on a scheduled date we'll ask you to complete some online questionnaires to help your Supporter monitor your progress; you'll also have the option to share with your Supporter any comments made while working through the programme modules. We ask that you let your GP or midwife know when you sign up to this programme so they can support you if needed.

## What is a SilverCloud® Supporter and what will they do?

You'll be allocated a SilverCloud® Supporter when you sign up. This is a member of NHS staff trained to provide online mental health support. Your Supporter will send

you written online feedback every two weeks. They will be able to view your questionnaires and any written comments you choose to share with them online and will, in turn, send you guidance and advice via the messaging page. Please note that reviews and supporter contact all take place online through the SilverCloud® platform, not by phone or face-to-face

## What happens to the information I share with you?

SilverCloud® programmes are confidential and secure. When you sign up, you'll receive a unique username and will create a password. No one else will have access to your account. Please note that your Supporter will be able to see your responses to any questionnaires you complete as well as any comments you choose to share with them. All patient information is stored in a secure database and is covered by NHS GDPR policies.

**Sign up → [nswales.silvercloudhealth.com/signup](https://nswales.silvercloudhealth.com/signup) →**



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