

What is SilverCloud?

SilverCloud provides confidential and secure access anywhere, anytime, to evidence-based, online programmes. These can teach you techniques to help with poor sleep or stress. They can also build resilience (emotional health and wellbeing). Based on cognitive behavioural therapy, mindfulness, and positive psychology, SilverCloud is very interactive and flexible. It can be used on your phone or tablet device so that you always have access to it.

How will it help me?

These are structured programmes which focus on supporting your wellbeing, mental health, resilience, stress and sleep. CBT is a psychological therapy that works on the relationships between thoughts (cognitions), behaviours, and feelings. CBT teaches the individual how to recognise and tackle problems here and now - rather than in the past.

PROGRAMME OPTIONS:

Space from Sleep

This programme will teach you the skills for overcoming your sleep difficulties and improving sleep quality, so that you wake feeling more refreshed.

- Understand the causes of poor sleep and how it can affect you.
- Accurately assess how you are currently sleeping and track your progress.
- Learn proven techniques for developing and maintaining a healthy sleep cycle.

Space from Stress

This programme will help enhance existing stress-busting strengths and skills and build new ones.

- Learn to manage stress, build resilience and improve self-esteem.
- Learn to set SMART goals for your life.
- Learn to problem-solve and communicate assertively.

Space from Resilience

This programme helps you achieve a sense of wellbeing and satisfaction, in all areas of your life.

- Enjoy physical, social, mental and emotional health.
- Increase your ability to overcome difficult experiences.
- Appreciate your strengths and build positive self-esteem.

Space from Challenging Times

This programme is designed to help cope with periods of uncertainty, stress or major life challenges by building practical coping skills.

- Understanding common emotional reactions to difficult situations.
- Managing stress, anxiety and worry.
- Learning techniques to regulate emotions and tolerate distress.

Space from Money Worries

This programme is designed to help manage the emotional and practical impact of financial stress, where their concerns are affecting their wellbeing.

- Understanding the relationship between money worries and mental health.
- Recognising and challenging unhelpful thoughts and beliefs about money.

- Managing stress, anxiety and excessive worry related to finances.

Space from Positive Body Image

The programme is designed to help develop a healthier relationship with their body by improving body image, reducing self-criticism, and building self-acceptance.

- Understanding the factors that influence body image and self-esteem.
- Recognising and challenging unhelpful thoughts and beliefs about appearance.
- Reducing body checking, avoidance, and appearance-focused behaviours.

Each of these is called a Psycho-educational module and you can self-refer to these:

wellbeing.silvercloudhealth.com/signup (Access Code: [Scotland2020](#))

They are stand-alone, self-referral modules which offer a brief wellbeing intervention. You can **access these via the links below on the website without referral:**

- [Resilience link](#)
- [Stress link](#)
- [Sleep link](#)
- [Challenging Times link](#)
- [Money Worries link](#)
- [Positive Body Image](#)

On completion of one module, you can access the other three modules from the same login and contact the cCBT team for any technical assistance. Please note that this is an unsupported programme - which means that you will work on your own without anyone checking your progress or how you are.