

Patient Information Sheet

What is SilverCloud?

SilverCloud provides confidential and secure access anywhere, anytime, to evidence-based, online programs that will help teach you techniques to reduce symptoms of stress, anxiety, low mood, or depression. Based on cognitive behavioural therapy, mindfulness, and positive psychology, SilverCloud is very interactive and very flexible. It can be used on your phone or tablet device so that you always have access to it.

How will it help me?

SilverCloud will help you to pinpoint and change unhelpful ways of thinking that can affect how you feel, while teaching you more effective ways of solving problems.

What is Cognitive Behavioural Therapy (CBT)?

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. It has been widely studied and proven to work, especially for depression and anxiety.

How to use Silver Cloud?

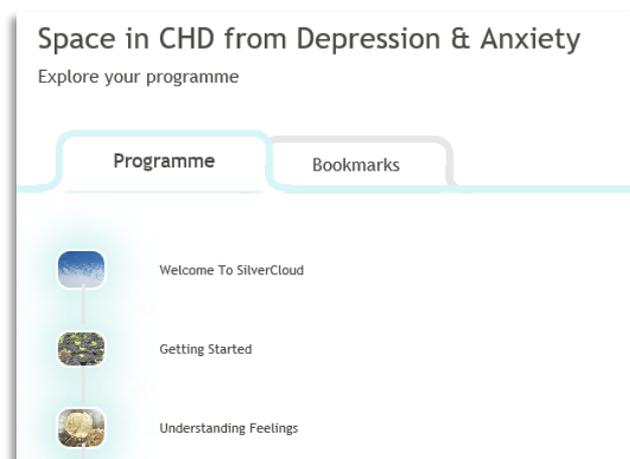
We recommend that you spend around 40 minutes per week, over 6 to 8 weeks on SilverCloud, at a regular time if possible. This could be done all at once or broken down into 10-15 minutes, 3 or 4 times a week at convenient times spaced throughout your routine. If you are busy or unable to login, you can reschedule or postpone until a later time. However, although there is no 'appointment' to attend, regular logins are recommended.

Why Use it?

SilverCloud programs have demonstrated a high improvement rates for stress, anxiety and depression. As above, because you set your own pace you do not have to take time to attend rigid appointments and can review information from previous logins at any time.

Where can I complete the program?

The programme can be accessed using any internet enabled device - either a desktop computer, laptop, tablet or Smartphone and compatible web browser. The course can therefore be completed in your home or in a community site such as a library.





How do can I/do I access Silver Cloud?

To access the program you will need to be referred by a doctor or nurse at your GP Practice or another Medical Professional. They will need your consent to share your email address with the cCBT service.

You will then receive an email from the cCBT Team containing a link to activate your account. If you do not receive an email (or wish to engage with the treatment) please contact silvercloudcbt@nhstlothian.scot.nhs.uk / 0131 537 1247 (10-4 Mon-Fri).

Any contact outside of working hours will be responded to by the same or next working day.

Sign Up Supporter Questionnaires How it works

Sign Up

Enter a username

Enter a password

Confirm password

Email

Password requirements

Sign Up

Is the information I put in confidential?

Yes. With your chosen username and password no-one else can access the details you enter and all your data is stored in an encrypted database. Some data (clinical questionnaires) is routinely collected during the course of the treatment to share only with the clinician who referred you. Some data without any of your personal details will be used in service improvement and evaluation. This may be shared with other Health Boards or nationally with NHS 24 and is always fully anonymised, so your confidentiality is maintained. Contact us if you have any queries prior to treatment.

Reporting suicidal thoughts

During a review you will be asked if you have had thoughts of harming yourself. If you answer that you have, your cCBT co-ordinator will inform the person that referred you to the programme. If you are completing the course outside of standard working hours it is recommended you contact NHS 24 to discuss these feelings.

The cCBT coordinator will then inform your referrer in the morning of the next working day.

What are Reviews?

Every four weeks during your online treatment you will be asked to take part in a 'Review'. You will be asked to complete questionnaires specific to your treatment and share any comments that you have made over the course of completing the SilverCloud modules.

This information on your progress can be passed back to your referrer during your access to the website, but also when you are discharged from the cCBT service on completion.

If you have not logged in since your last review they will be in touch by phone or by letter to offer any assistance to help you login again before your next review is due. Should you require assistance with cCBT, you can contact the team as above.

Any information in the review will not be read prior to the review date.

The cCBT team are not clinicians; the support that they will be able to give you will be to help you access the treatment and use the modules and to help you to get going.

If you need Urgent Help or Support at any stage throughout the online treatment please contact your referrer/GP/Psychologist/Therapist/Healthcare Worker or phone NHS 24 on 111 (including out of hours).