

A New Way to a Healthier Mind



1 in 4 of your patients will struggle with mental health challenges, like feeling low or anxious.

Based on 2 decades of clinical research and proven therapies - SilverCloud computerised CBT (cCBT) programmes give them the tools and skills to feel better and stay better.

NHS Lothian offers access via referral to Silvercloud's free online cognitive behavioural therapy (CBT) programme addressing the psychological impact of a number of conditions.

cCBT is an evidence based treatment (**NICE** and **SIGN**) used to improve wellbeing. It is accessible from any internet enabled device - including Smartphones/tablets. <https://www.silvercloudhealth.com/uk/about-us>

How do I refer into to a Silvercloud programme?

Step 1 Confirm patient's email address* and consent to receive an email link
Email links are typically sent the next working day from referral
Patients without an email can be phoned by the cCBT team to discuss options

Step 2 Complete a SCI Gateway referral

[**Lothian >**
Lothian Non-GP >
Royal Edinburgh >
General Psychiatry]

cCBT - Anxiety/Depression (Beating the Blues)
LTC - Chronic Pain (Silver Cloud)
LTC - Diabetes Type 1 (Silver Cloud)
LTC - Diabetes Type 2 (Silver Cloud)
LTC - COVID-19 (2020 ONLY)
LTC - CHD
LTC - Lung Conditions
LTC - Health Anxiety
LTC - Social Anxiety
LTC - RA from Depression

OR Send a cCBT referral form (selecting 'LTC - *programme*') to silvercloudcbt@nhslothian.scot.nhs.uk **[LINK TO FORM ON REFHELP]**

Step 3 cCBT team will add the patient's email to the selected programme
A link will be generated to access the programme and sent via Silvercloud
If there is no access treatment after 4 weeks they will be phoned and sent a reminder letter with further information, allowing them to contact the team

What programmes are available?

<p>COVID-19 Help to deal with worry, sleep issues, loss, isolation and work-life balance.</p>	<p>Diabetes Improve the symptoms of depression and anxiety</p>
<p>Health Anxiety Learn skills to manage persistent and excessive worry around the status of your health.</p>	<p>Chronic Pain Improve the symptoms of low mood and anxiety that can impact on your ability to manage your chronic pain.</p>
<p>Social Anxiety Overcome persistent fear of social situations and manage feelings of excessive self-consciousness.</p>	<p>Rheumatoid Arthritis (RA) Improve symptoms of low mood and motivational factors associated with rheumatoid arthritis.</p>
<p>Coronary Heart Disease Improve symptoms of low mood and anxiety associated with coronary heart disease.</p>	<p>Lung Conditions Improve symptoms of low mood or anxiety associated with lung conditions.</p>

Referral Guidelines for NHS Lothian

Who can I refer in?

Patients with mild to moderate depression and/or anxiety (including phobias and panic) associated with any of the above conditions. Patients can engage one treatment at a time.

Not suitable for patients:

- With active suicidal ideas or plans
- Who are unable to read or write English
- Who have severe and enduring mental health difficulties
- With significant cognitive impairment
- Who have a primary alcohol or substance misuse problem
- Who are currently undertaking another cCBT treatment (i.e 'Beating the Blues')

An email is required to provide a secure link to the treatment

This link will expire after 4 weeks, at which point the cCBT team will contact the patient to offer a renewal. Patient progress will also be reviewed every 4 weeks following referral.

How does Silvercloud cCBT work?

<p>Easy to Access Access programmes anytime on any device.</p>	<p>Login, Learn & Practice Receive regular feedback from an online supporter.</p>	<p>Easy to Use 82% of people find the programmes easy to use.</p>	<p>Proven Outcomes It's proven in trials to work as well as face to face therapy.</p>
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Psycho-educational modules: wellbeing.silvercloudhealth.com/signup (Access Code: **Scotland2020**)

These are stand-alone, self-referral modules which offer a brief wellbeing intervention. Patients can access these via an unsupported website without referral:

COVID-19 | **Resilience** | **Stress** | **Sleep**

Upon completion of one module, patients can access the other three modules from the same login and contact the cCBT team for any technical assistance.

silvercloudcbt@nhslothian.scot.nhs.uk

0131 537 1247 (Monday to Friday)