SilverCloud
Digital Mental Health Platform

A New Way to a Healthier Mind

NHS Lothian

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 LTC Diabetes?

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
Selecting Type 1 or Type 2 Diabetes:
[**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 (found in 'LTC – *Resources and Links*') to silvercloudcbt@nhslothian.scot.nhs.uk

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 modules are available?

Core Modules
- ❏ Welcome To SilverCloud
- ❏ Getting Started
- ❏ Facing Your Fears
- ❏ Spotting Thoughts
- ❏ Challenging Thoughts
- ❏ Managing Worry
- ❏ Boosting Behaviour
- ❏ Core Beliefs
- ❏ Understanding Feelings/Emotions
- ❏ Bringing It All Together

These modules are designed specifically for this treatment. Patients can access these in a "non-linear" path based on their experience with CBT techniques or their co-morbidity with their condition.

Additional Modules
- ⏱ Challenging Times (COVID-19)*
- ⏱ My Self-Esteem and I
- ⏱ Sleep Difficulties
- ⏱ Relaxation
- ⏱ Employment Support
- ⏱ Behavioural Experiments
- ⏱ Anger Management
- ⏱ Communication & Relationships
- ⏱ Grief & Loss

These modules are added as default for patients to engage if they feel the may be beneficial to accompany their main treatment.
If you **DO NOT** wish for any/all of these to be added, please specify either in SCI GW REFERRAL TEXT or the non-SCI GW form.

Referral Guidelines for NHS Lothian LTC Diabetes (Type 1 and Type 2)

Who can I refer in?
Patients with mild to moderate depression and/or anxiety (including phobias and panic) associated with **T1/T2 Diabetes**. Patients can engage one treatment at a time.
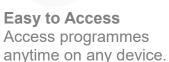
Not suitable for patients:
- With active suicidal ideas or plans
- Who are unable to read or write English
- Who have severe and enduring mental health difficulties
- With significant cognitive impairment
- Who have a primary alcohol or substance misuse problem
- Who are currently undertaking another 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?

24/7
Easy to Access
Access programmes anytime on any device.

Login, Learn & Practice
Receive regular feedback from an online supporter.

Easy to Use
82% of people find the programmes easy to use.

Proven Outcomes
It's proven in trials to work as well as face to face therapy.

Unsupported Psycho-educational modules: wellbeing.silvercloudhealth.com (PIN: 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)

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