



Space for Perinatal Wellbeing

What is SilverCloud?

SilverCloud provides private and secure access anywhere, anytime, to evidence-based, online programmes 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 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 has been proven to work especially on depression and anxiety.

How to use Silver Cloud?

We recommended 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 when you have time to yourself. For example, on your lunch breaks, on the bus home, in the evening, when the kids are in bed. As with most things, it may take time and practice to make progress.

Why Use it?

SilverCloud programmes have demonstrated high improvement rates for stress, anxiety and depression. You set your own pace, it is not time consuming, and you don't have to stick to rigid appointments.

Space for Perinatal Wellbeing
Explore your programme

Programme Bookmarks

8 pages

Findine Your Feet

Sign Up Supporter Questionnaires How it works

Sign Up

Enter a username

Enter a password

Confirm password

Email

Password requirements

Sign Up

NHS
Lothian



SilverCloud

How do I access Space for Perinatal Wellbeing?

To access the programme you will need to be referred by a doctor or nurse at your GP Practice or another Medical Professional.

You will then receive an email from the Digital Interventions Team containing a link to activate your account.

Where can I complete the programme?

The course can be completed in your home or in a community site such as a library. Using either a desktop computer, laptop, tablet or Smartphone.

Is the information I put in confidential?

Yes. You have a username and password so that no-one else can access the details you enter, and all your data is stored in an encrypted database. Sometimes data that is routinely collected during the course of the treatment will be used in service improvement and evaluation. The information may be shared with other Health Boards or nationally with NHS 24. This information is always anonymised. This means that all information which could be used to identify you is removed and your confidentiality is maintained.

What are Reviews?

Every 2 weeks during your online treatment you will be asked to take part in a 'review' on an agreed date. During a review you will be asked to complete questionnaires and share any comments that you have made over the course of completing the SilverCloud modules. The Digital Interventions Team will then provide written feedback and additional advice that will appear on your Homepage and the Messages page. The feedback and advice provided will not be clinical in nature. If you need clinical support at any stage throughout the online treatment, please contact your referring clinician to discuss this.

Reporting suicidal thoughts

Should it become apparent that you or someone else is at serious risk of harm, the Digital Interventions Team will inform the person that referred you to the programme the next working day. If you are completing the course outside of standard working hours, it is recommended you contact NHS 24 to discuss these feelings.



Space for Perinatal Wellbeing – SilverCloud Modules

Core Modules

Finding your feet- This module will introduce you to depression and anxiety in the perinatal period and demonstrate how this programme can help you to improve your wellbeing

Tuning in to feelings - This module takes a closer look at the different emotions, thoughts, behaviours and physical reactions you might experience during the perinatal period.

Improving Sleep - This module will go over sleep, and how this can be affected during the perinatal period.

Taking Action - This module shows you how you can manage low mood or depression with Behavioural Activation

Dealing With Worry – This module introduces you to the role of worry and anxiety in the perinatal period and will help you cope with and manage your worries more effectively.

Staying Well - This final module brings together all the skills that you have learned so far and gives you tips on how to maintain these positive changes and stay well in the future.

Additional Modules

Challenging Times- The scale of the COVID-19 crisis is disrupting our personal and working lives. This module aims to support you in finding helpful ways to cope and adjust to these extraordinary circumstances.

Money Worries - Reduce the impact of money problems on wellbeing and mental health with some practical solutions.

My Self-Esteem and I - This module is about an often ignored relationship: the one we have with ourselves. This involves our beliefs about ourselves and how we tend to act towards ourselves.

Relaxation - This module introduces you to some relaxation techniques that you can use in your day-to-day life.

Employment Support - This module takes a look at some of the difficulties you may encounter in work, or when returning to work after a period of unemployment.

Behavioural Experiments - In this module, you will learn how to test your negative thoughts and predictions.

Anger Management - This module will help you to gain a better understanding of your anger. You will learn to how to manage your anger more effectively.

Communication & Relationships - This module focuses on the way we communicate and relate to people in our lives. It looks at what we can do to make our relationships satisfying.

Grief & Loss - This module explores the experience of loss and helps you to understand your own unique grieving process.