

## HOW TO GET IN TOUCH

### How long does it take?

Each module takes approximately 1 hour to complete, and we recommend you complete around one module a week. There are extra components to complete in each module if you so wish, and most people complete the programme in between 6 to 12 weeks. Please complete all work you wish your Supporter to see the day before you review date, so they are able to monitor your progress. Like any form of Cognitive Behavioural Therapy, the more you put in the more progress you will make.



### What happens next?

Many people find that the online, hassle-free approach to therapy is all that they need to improve their mood or reduce anxiety. However, if you feel you need further support after completing your programme, your Supporter will review this with you.

### Primary Care Wellbeing Service

Longdon House  
St George's Court  
Donnington Wood  
Telford  
TF2 7BF

**01952 613 822**

Email us

[wellbeing.telford@sssft.nhs.uk](mailto:wellbeing.telford@sssft.nhs.uk)

Visit our webpage

[telfordwellbeingservice.sssft.nhs.uk](http://telfordwellbeingservice.sssft.nhs.uk)

If you are thinking seriously about harming yourself or others please call your GP or the following help lines:

Samaritans  
(open 24 hours)  
Sane Line - 08457 678000  
(open 6-11pm)



**01952 613822**



@Telford\_IAPT

## What is SilverCloud?

**SilverCloud** is an online therapy programme that allows people to access Cognitive Behavioural Therapy techniques in a way that suits them. SilverCloud allows people to complete therapy in their own time and at their own pace, whilst still having regular online reviews with a trained Practitioner within our team.

## Is it right for me?

SilverCloud is suitable for people who:

- Have access to a computer, smart phone or tablet.
- Feel confident in using the internet and apps in daily life
- Feel motivated to change something in their life, and have clear goals to work towards
- Have busy schedules and may struggle to make regular appointment times



## How can SilverCloud help me?

SilverCloud offers various programmes, consisting of evidence-based Cognitive Behavioural Therapy Techniques. The programmes are made up of a variety of different modules, looking at how the way we think, the way we behave and the way we feel. The modules consist of videos, activities to complete and case studies to read, as well as quizzes, audio guides and your own journal.

The **Depression** programme looks at Understanding Feelings, Boosting Behaviour and Challenging Thoughts, as well as ways to bring all three elements together.

The **Anxiety** programme looks at Understanding Feelings, Facing Fears and Challenging Thoughts, with separate programmes for:

- **Worry**
- **Panic**
- **Social Anxiety**
- **Obsessive Compulsive Disorder**
- **Health Anxiety**

SilverCloud's **Stress** programme looks at Problem Solving techniques, time management and lifestyle choices.

There are optional modules to complete on **Sleep Difficulties, Relaxation, Self-Esteem, Employment Support and Anger Management**

## How will it work?

Once you have completed your assessment with our team and decided that SilverCloud is the best approach for you, you will be provided with an email sign-up link. Once registered, you can access Silver Cloud at any time you choose.

Your progress will be monitored by a Qualified Practitioner within our team, called your Supporter. Your Supporter will log in once every two weeks on an agreed date to check your progress and read any comments you have left them. In return, they will leave comments and suggestions about materials that may be useful to you.

You will be offered up to 6 review dates with your Supporter, and after these reviews are completed you can continue to access SilverCloud for up to a year from the date of registration. You do not need to be online for your review, however the next time you log on you will be asked to complete questionnaires monitoring your current mood.