Referrer Information Sheet

SilverCloud — MAKING SPACE FOR HEALTHY MINDS

GIG CYMRU NHS WALES — Bwrdd Iechyd Addysgu Powys / Powys Teaching Health Board

What is SilverCloud?

SilverCloud is an online course which offers a range of programmes and modules based on Cognitive Behavioural Therapy (CBT), empowering service users to develop skills to manage their psychological wellbeing with more confidence, any time, any place, anywhere. Users decide how much they want to do each week and have an online 'SilverCloud Supporter' to guide them through the programme.

How does it work?

The course is made up of one programme and up to 2 modules which can be selected by the referrer for users to complete at their own pace - average timeframe for completion is 12 weeks but users can take more time if needed. Users can dip in and out as much or as little as they feel is comfortable; the course is very easy to use and interactive tools makes it interesting and motivational. An unsupported service is available to the user for another 9 months.

Programmes Available (Select 1 of these)

See Page No for more details

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*Student versions available - clinical content is the same as the main programme but videos and case studies are presented by a younger cohort and examples/activities are based on student situations.

Modules Available (Select up to 2 of these)

See Page 16 for more details

- ➢ Challenging Times
- ➢ Sleep Difficulties
- ➢ Grief & Loss
- ➢ Relaxation
- ➢ Communication & Relationships
- ➢ Employment Support
- ➢ Anger Management
- ➢ Behavioural Experiments
- ➢ Self Esteem

GP/Clinician Referral Process

Referral*	Complete the **Standard (Blue)** or **Blended (Pink)** electronic referral form and email it to Silver.Cloud@wales.nhs.uk. **Reminder: Double check the email address – if it's not correct, the user cannot be registered**. SilverCloud sends an activation email - *remind users to check their junk/trash mailbox if they haven't received it.*
Register*	User registers, sets up their online account and agrees to the Client Contract – this explains that Silver Cloud is not an emergency service and confirms that if in crisis, they will need to seek help from family, friends, GP or other contacts listed on the Find Help page of their SilverCloud account. User completes the questionnaires based on PHQ-9, GAD7, IAPT and Risk and starts the course.
Non-Activation*	If a service user does not activate their account within 5 weeks they will be discharged from the service.
Bi-weekly Reviews	Every 2 weeks the user completes the questionnaires again and the SilverCloud Supporter provides a review - this continues for up to 12 weeks (6 reviews in total). The SilverCloud supporter also offers advice and encouragement throughout the course and will also provide administrative and technical support. Should the user require clinical advice, they will be advised to contact their GP or referring clinician.

Risk Alerts	Following a review, if a user indicates
	    A. They are having suicidal thoughts and their level of intent is 5 or above *(on a scale of 0 to 8)*
	    B. They indicate criminal intent
	    C. There is deterioration in scores over 3 reviews
	The SilverCloud Supporter will notify the GP and/or referring healthcare professional, in line with PTHB's Online CBT Risk Alert Policy, Deterioration and Criminal Intent Protocols.

Course Completed or User Disengaged	SilverCloud Supporter will send a progress report to the GP and/or referring healthcare professional– including results from each questionnaire (PHQ9 and GAD7) completed.

*GP/Referring healthcare professional will be informed where agreed at these stages.

Further Information

If you have any enquiries about the Online CBT service, SilverCloud, please contact the PTHB SilverCloud Supporter by telephone on 01874 712 428 or by email to Silver.Cloud@wales.nhs.uk.

SilverCloud Programmes in more Detail

Space from COVID-19

- ➢ Normalise and validate common emotions and reactions in a time of crisis
- ➢ Provide a simple mental framework for dealing with challenging situations
- ➢ Support users to tolerate and regulate distress, emotional responses and worry
- ➢ Empower users to focus on what is within their control
- ➢ Provide helpful strategies for maintaining well-being in times of distress
- ➢ Educate users on the importance of maintaining social connections while needing to maintain physical distance
- ➢ Promote the maintenance of normality self-care for optimal physical and mental health
- ➢ Support users in prioritising what is most important, in order to reduce overwhelm
- ➢ Encourage the user to actively engage in methods for increasing their sense of hope, resilience and balanced optimism
- ➢ Provide education regarding common causes of and behaviours that maintain sleep disturbance and facilitate users to gain insight into their sleep patterns
- ➢ Support users to reflect on the impact of sleep hygiene techniques on quality of sleep
- ➢ Provide education regarding relaxation and its benefits
- ➢ Support users in the continued practice of relaxation techniques to develop relaxation skills and to reflect on the impact on their wellbeing
- ➢ Provide education regarding mindfulness, its core concepts and the benefits of practicing it
- ➢ Empower users to integrate mindfulness into everyday lives to reduce symptoms of mental and physical distress
- ➢ Normalise the grief process and encourage users to actively express their grief
- ➢ Introduce common emotional responses to grief and support users in identifying their own unique responses
- ➢ Promote restorative practices that help the user to rebuild their lives

Space from Depression & Anxiety

- ➢ Improve understanding of depression and anxiety and introduce the TFB Cycle
- ➢ Learn about the role of thoughts, feelings and behaviours in depression and anxiety and how emotions play a role in the TFB Cycle.
- ➢ Recognise difficult emotions and physical body reactions
- ➢ Explore the impact of lifestyle choices on depression, anxiety and general wellbeing
- ➢ Learn about the link between mood and behaviours
- ➢ Learn tips on how to get motivated during periods of low mood
- ➢ Recognise the importance of pleasurable activities and achievements in boosting mood
- ➢ Identify activities to target distressing physical sensations associated with depression
- ➢ Recognise negative automatic thoughts, hot thoughts, thinking/behavioural traps and understand how to challenge and overcome these
- ➢ Recognise situations where it is necessary to use thoughts to cope
- ➢ Improve knowledge of practical and hypothetical worries and their role in anxiety
- ➢ Use the Worry Tree and identify other strategies to manage worries
- ➢ Improve understanding of core beliefs and where they come from
- ➢ Learn how to challenge core beliefs by finding evidence and use balanced alternatives
- ➢ Planning for staying well

Space from Anxiety

- ➢ Improve understanding of anxiety
- ➢ Introduce the TFB Cycle and learn about the role of thoughts, feelings and behaviours in anxiety
- ➢ Learn about emotions and their role in the TFB Cycle
- ➢ Recognise emotions that are difficult to cope with and physical body reactions
- ➢ Explore the impact of lifestyle choices on anxiety and general wellbeing
- ➢ Learn about the role of avoidance in maintaining fears and anxiety
- ➢ Recognise safety behaviours
- ➢ Face fears using graded exposure
- ➢ Recognise negative automatic thoughts, hot thoughts, thinking traps and understand how to challenge and overcome these
- ➢ Recognise situations where it is necessary to use thoughts to cope

- ➢ Planning for staying well and set goals for the future

Space from Stress

- ➢ Provide education regarding how stress impacts emotions, physical symptoms, behaviour and thinking patterns
- ➢ Facilitate users to gain insight into personal causes of stress
- ➢ Support users to identify and cultivate personal resources to manage stress
- ➢ Provide education regarding common coping styles and facilitate the recognition of unhelpful coping styles
- ➢ Encourage recognition of time spent in each life area and the levels of stress and satisfaction gained from each
- ➢ Provide education and encourage the use of stress and wellbeing techniques to reduce and manage stress
- ➢ Empower users to use SMART goals and enhance problem solving skills
- ➢ Facilitate users to learn techniques to manage your time more effectively including coping with procrastination
- ➢ Provide education regarding the impact of distorted thoughts on mood
- ➢ Facilitate users to recognise and challenge unhelpful thinking styles
- ➢ Provide education and empower development regarding the benefits of balanced optimism
- ➢ Provide education regarding the impact of lifestyle factors such as exercise, diet, sleep and relationships on mood and facilitate changes in lifestyle
- ➢ Facilitated to identify the importance of social relationships to enhance wellbeing
- ➢ Provide education regarding assertive, aggressive and passive communication styles
- ➢ Facilitated to identify users' own communication style and the impact relationships can have in causing and relieving stress
- ➢ Support users to learn tools to improve communication in relationships through active listening, gratitude and forgiveness
- ➢ Facilitated to identify early warning signs and utilise support
- ➢ Supported to set goals for the future

Space from Depression

- ➢ Improve understanding of depression
- ➢ Introduce the Thoughts, Feelings, Behaviour (TFB) Cycle and its role in depression
- ➢ Learn to connect with the present moment
- ➢ Recognise physical body reactions and difficult emotions and explore their role in the TFB Cycle

- ➢ Recognise negative automatic thoughts, hot thoughts, and thinking/behavioural traps and understand how to challenge and overcome these.
- ➢ Explore the impact of lifestyle choices on depression and well-being
- ➢ Learn about the link between mood and behaviours
- ➢ Learn tips on how to get motivated during periods of low mood
- ➢ Recognise the importance of pleasurable activities and achievements in boosting mood
- ➢ Identify activities to target distressing physical sensations associated with depression
- ➢ Recognise situations where it is necessary to use thoughts to cope
- ➢ Recognise the importance of social support in staying well
- ➢ Identify warning signs
- ➢ Planning for staying well and set goals for the future

Space in Chronic Pain from Depression & Anxiety

- ➢ Improve understanding of depression, anxiety and how they link to chronic pain (CP).
- ➢ Introduce the Thoughts, Feelings, Behaviour (TFB) Cycle in depression and anxiety and its role in the experience of pain
- ➢ Link mood and overall wellbeing when living with CP
- ➢ Learn relaxation exercises
- ➢ Recognise challenging emotions and physical body reactions
- ➢ Recognise negative automatic thoughts, hot thoughts, thinking/behavioural traps, unhelpful behaviours and understand how to challenge and overcome these
- ➢ Explore the impact of lifestyle choices on depression, anxiety and general wellbeing
- ➢ Encourages physical activity in a paced and flexible manner
- ➢ Learn about the link between mood and behaviours
- ➢ Learn tips on how to get motivated during periods of low mood
- ➢ Recognise the importance of pleasurable activities and achievements in boosting mood
- ➢ Identify activities to target distressing physical sensations associated with depression
- ➢ Recognise situations where it is necessary to use thoughts to cope
- ➢ Improve knowledge of worry and its role in anxiety
- ➢ Recognise practical or hypothetical worries
- ➢ Identify strategies to manage worry including the Worry Tree

- ➢ Learning about the role of unhelpful behaviours in Health Anxiety and the link between CP and health anxiety
- ➢ Planning for staying well and set SMART goals for the future

Space in Diabetes from Depression & Anxiety

- ➢ Improve understanding of depression, anxiety and how they link to managing Diabetes.
- ➢ Introduce the Thoughts, Feelings, Behaviour (TFB) Cycle in depression and anxiety while managing Diabetes
- ➢ Understand the link between mood and overall wellbeing when living Diabetes
- ➢ Introduce relaxation exercises
- ➢ Explore the impact of lifestyle choices on depression, anxiety and general wellbeing
- ➢ Encourage engaging in physical activity in a paced and flexible manner
- ➢ Learn about the link between mood and behaviours
- ➢ Recognise challenging emotions and physical body reactions
- ➢ Recognise negative automatic thoughts, thinking/behavioural traps, unhelpful behaviours and understand how to challenge and overcome these
- ➢ Learn tips on how to get motivated during periods of low mood
- ➢ Recognise the importance of pleasurable activities and achievements in boosting mood
- ➢ Identify activities to target distressing physical sensations associated with depression

Space in Coronary Heart Disease (CHD) from Depression & Anxiety

- ➢ Improve understanding of CHD and co-morbid depression and anxiety
- ➢ Link physical and psychological health and wellbeing
- ➢ Learn about the role of thoughts, feelings and behaviours (TFB) in CHD and depression and anxiety through the TFB Cycle
- ➢ Recognise the importance of relaxation
- ➢ Explore the impact of lifestyle choices on depression, anxiety, CHD and well-being
- ➢ Learn about the link between mood and behaviours
- ➢ Recognise challenging emotions and physical body reactions
- ➢ Recognise negative automatic thoughts, hot thoughts, thinking/behavioural traps, unhelpful behaviours and understand how to challenge and overcome these
- ➢ Learn tips on how to get motivated during periods of low mood

- ➢ Recognise the importance of pleasurable activities and achievements in boosting mood
- ➢ Learning about maintaining and pacing activity levels
- ➢ Identify activities to target distressing physical sensations associated with depression
- ➢ Recognise situations where it is necessary to use thoughts to cope
- ➢ Learn about the role of avoidance in maintaining fears and anxiety
- ➢ Recognise safety behaviours
- ➢ Develop a hierarchy of fears
- ➢ Face fears using graded exposure
- ➢ The role of worry in maintaining anxiety
- ➢ Practical Vs. Hypothetical Worries
- ➢ Identify strategies to manage worry including the Worry Tree

Space in Lung Conditions from Depression & Anxiety

- ➢ Improve understanding of depression and anxiety in relation to Lung Conditions
- ➢ Facilitate understanding of link between mood, behaviours and overall wellbeing when living with lung conditions
- ➢ Learn about the role of thoughts, feelings and behaviours (TFB) in depression and anxiety and their role in the experience of pain
- ➢ Learn about emotions and their role in the TFB Cycle
- ➢ Recognise challenging emotions and physical body reactions
- ➢ Explore the impact of lifestyle choices on depression, anxiety and general wellbeing
- ➢ Encourage engaging in physical activity in a paced and flexible manner
- ➢ Introduce relaxation exercises
- ➢ Recognise negative automatic thoughts, thinking/behavioural traps, unhelpful behaviours and understand how to challenge and overcome these
- ➢ Learn tips on how to get motivated during periods of low mood
- ➢ Recognise the importance of pleasurable activities and achievements in boosting mood
- ➢ Identify activities to target distressing physical sensations associated with depression

Space from Money Worries

- ➢ Improve understanding of relationship between finances and mental health

- ➢ Introduce the Thoughts, Feelings and Behaviour (TFB) Cycle in relation to managing finances
- ➢ Normalise problems thereby reducing shame and self-criticism
- ➢ Start to monitor link between mood and money for themselves
- ➢ Introduced to mindfulness
- ➢ Learn about the impact of thoughts about finances on mood within the TFB cycle
- ➢ Understand the role of thoughts in unhelpful financial coping
- ➢ Recognise negative automatic thoughts, thinking errors about money/finances and understand how to challenge and overcome these
- ➢ Be more balanced in thinking about finances
- ➢ Be more aware when overestimating likelihood of worse case scenarios happening
- ➢ Recognise financial situations where it is necessary to use thoughts to cope.
- ➢ Learn about the link between mood and behaviours
- ➢ Improve knowledge of common behavioural traps and how to beat them on a budget
- ➢ Be more active thereby lifting mood
- ➢ Reduce rumination about finances
- ➢ Learn tips on how to get motivated during periods of low mood without spending lots
- ➢ Recognise the importance of pleasurable activities and achievements in boosting mood
- ➢ Identify activities to target distressing physical sensations associated with depression
- ➢ Learn about the role of avoiding finances in maintaining of anxiety and financial problems
- ➢ Develop a hierarchy of fears around getting on top of finances and face these using graded exposure
- ➢ Learn skills to be more assertive when managing finances
- ➢ Learn problem solving techniques to improve financial situation and feel more in control

Space for Resilience

- ➢ Introduce the concept of resilience and how it is linked to well-being
- ➢ Support users in assessing which aspects of resilience they need to focus on
- ➢ Provide education on the importance of setting goals and encourage users to set goals for the programme

- ➢ Introduce mindfulness and why it is important for resilience Support users in identifying their values and passions
- ➢ Provide education on the importance of having a sense of purpose in life
- ➢ Encourage users to find a balance between their key life areas (e.g. self, relationships, work) and support users in setting priorities and guiding values for their life roles
- ➢ Promote and enhance positive self-esteem and self-efficacy
- ➢ Facilitate users identifying personal strengths and encourage them to use these strengths
- ➢ Support users in becoming more aware of their critical self and promote the development of compassionate self
- ➢ Encourage the user to reflect on their current social network (personal relationships and communities) and provide education on the importance of human connections
- ➢ Enhance the user's ability to engage in their relationships and develop their communities
- ➢ Provide education about the role of a healthy body in overall wellbeing and resilience
- ➢ Encourage the user to be aware of their current lifestyle and its impact on their wellbeing
- ➢ Promote looking after the body through a healthy lifestyle (nutrition, sleep and exercise)
- ➢ Empower the user to implement these lifestyle changes via motivational techniques
- ➢ Provide education about the impact of the user's thoughts on their wellbeing
- ➢ Support users in identifying and challenging maladaptive thoughts and replacing them by more positive ones
- ➢ Encourage users to gain a brighter outlook by enhancing their attention for and the discovery of positive aspects in their lives
- ➢ Encourage users to see the value in problems
- ➢ Provide education on the difference between emotion-focused coping and problem solving
- ➢ Introduce users to effective and helpful active coping strategies
- ➢ Support users in implementing problem solving strategies
- ➢ Encourage users to reflect on their progress and make plans for the future

Space for Mindfulness

- ➢ Provide education regarding mindfulness and its core concepts and benefits

- ➤ Facilitate users to gain insight into the experiences and challenges of practising mindfulness daily through personal stories
- ➤ Support users to improve ability to practice mindfulness
- ➤ Empower users to integrate mindfulness into everyday lives to reduce symptoms of mental and physical distress and prevent relapse
- ➤ *Please note that this is a short, one module programme*

Space for Sleep

- ➤ Improve understanding of sleep, insomnia and other sleep difficulties
- ➤ Learn about the role of thoughts, feelings and behaviours in sleep difficulties in the TFB Cycle
- ➤ Gather information about current sleep efficiency to create a baseline for the tools and Supporter to tailor the programme to their own needs
- ➤ Learn a tool to improve sleep and reduce muscle tension via techniques such as Progressive Muscle Relaxation(PMR)
- ➤ Improve understanding of helpful and unhelpful sleep habits and the importance of a good sleep routine
- ➤ Build a time for bed routine and learn a relaxation method to use in the time for bed routine
- ➤ Identifying sleep associations
- ➤ Learning and improving bed and sleep association How to relax for sleep
- ➤ Learn about recognising negative thoughts and how to challenge these
- ➤ Learn how to overcome worries using planning and preparation time at the end of each day and using problem solving for practical worries.
- ➤ Use strategies to counteract thoughts that affect sleeping
- ➤ Use worry time to manage worries more effectively
- ➤ Recognise the importance of maintaining a healthy sleep cycle
- ➤ Learn the difference between a bad night and the pattern of a poor sleep cycle building
- ➤ Use strategies to keep skills learnt fresh
- ➤ Gain tips on maintaining good sleep

Space for Positive Body Image

- ➤ Improve understanding of body image and the impact on Depression and Anxiety;
- ➤ Focuses on what factors influence body image and how to improve perceptions of body image;
- ➤ Introduce the known risk factors of eating disorders;
- ➤ Improve understanding of the effect of the media on understanding of the "ideal body";

- ➢ Encourages reduction of individuals thin-ideal internalisation through analysis of media messages;
- ➢ Introduce Self-Esteem and focuses on where it comes from and how to boost it;
- ➢ Introduce the reciprocal relationship between how we feel and how we eat, using the CBT model of TFB cycle;
- ➢ Recognise emotional eating, mindful eating and how to have a healthy relationship with food;
- ➢ Recognise negative automatic thoughts and how to challenge them;
- ➢ Introduction to Mindfulness;
- ➢ Self-Esteem enhancement through activities.
- ➢ Recognise the importance of social support in staying well.

Bipolar Toolkit

- ➢ Set their own goals about recovery
- ➢ Identify problematic areas and determine specific actions
- ➢ to handle them.
- ➢ Introduce daily situations to clarify thoughts and feelings
- ➢ Add helpful web resources
- ➢ Keep track of the medication taken so far and how useful it was.
- ➢ Keep track of their mood and they can add associated lifestyle choices.
- ➢ Create their own list with the symptoms that characterise their depressive and manic episodes.
- ➢ Encouraged to identify their Early Warning Signs (EWS) triggers and how to cope them.
- ➢ Activity Scheduling where they can program pleasurable activities.
- ➢ Include a Support Network of different individuals and order them
- ➢ in terms of closeness.
- ➢ Encouraged to list the strategies, resources and persons which might be available and helpful in a time of crisis.
- ➢ Audio exercises are included to practice relaxation skills.
- ➢ Sleep tracker - included as a lifestyle choice inside the mood tracker.
- ➢ Tips for sleeping well - create their list of tips to improve their sleep.

Space from Social Anxiety

- ➢ Improve knowledge of anxiety in general and understanding of social anxiety
- ➢ Learn about thoughts, feelings, behaviours and emotions in anxiety and their role in the TFB Cycle
- ➢ Recognise physical body reactions and difficult emotions
- ➢ Explore the impact of lifestyle choices on anxiety and well-being
- ➢ Learn about the role of avoidance in maintaining fears and anxiety

- ➢ Recognise safety behaviours
- ➢ Face fears using graded exposure
- ➢ Recognise negative automatic thoughts, hot thoughts, thinking/behavioural traps, unhelpful behaviours and understand how to challenge and overcome these
- ➢ Recognise situations where it is necessary to use thoughts to cope
- ➢ Planning for staying well

Space from Generalised Anxiety Disorder (GAD)

- ➢ Improve knowledge of anxiety in general
- ➢ Learn about emotions, thoughts, feelings and behaviours in anxiety and their role in the TFB Cycle
- ➢ Connect with the present moment
- ➢ Recognise emotions that are difficult to cope with and physical body reactions
- ➢ Explore the impact of lifestyle choices on anxiety and well-being
- ➢ Improve knowledge of worry and its role in anxiety
- ➢ Recognise practical or hypothetical worries
- ➢ Use the Worry Tree and other strategies to manage worries
- ➢ Recognise negative automatic thoughts, hot thoughts, and thinking/behavioural traps and understand how to challenge and overcome these
- ➢ Recognise situations where it is necessary to use thoughts to cope
- ➢ Recognise the importance of social support in staying well
- ➢ Planning for staying well

Space from Health Anxiety

- ➢ Improve knowledge of anxiety in general and understanding of health anxiety
- ➢ Learn about emotions, thoughts, feelings and behaviours in anxiety and their role in the TFB Cycle
- ➢ Connect with the present moment
- ➢ Recognise physical body reactions and difficult emotions
- ➢ Explore the impact of lifestyle choices on anxiety and well-being
- ➢ Recognise negative automatic thoughts, hot thoughts, thinking/behavioural traps, unhelpful behaviours and understand how to challenge and overcome these
- ➢ Learn how to recognise and change unhelpful behaviours

- ➢ Learn about the role of avoidance in maintaining fears and anxiety
- ➢ Recognise safety behaviours
- ➢ Face fears using graded exposure
- ➢ Recognise situations where it is necessary to use thoughts to cope
- ➢ Recognise the importance of social support in staying well
- ➢ Identify warning signs
- ➢ Planning for staying well, set goals for the future

Space from Obsessive Compulsory Disorder (OCD)

- ➢ Improve knowledge of anxiety in general and understanding of OCD
- ➢ Learn about emotions, thoughts, feelings and behaviours in anxiety and their role in the TFB Cycle
- ➢ Connect with the present moment
- ➢ Recognise difficult emotions and physical body reactions
- ➢ Explore the impact of lifestyle choices on anxiety and well-being
- ➢ Learn about the role of compulsions in maintaining fears and anxiety in OCD
- ➢ Recognise compulsions
- ➢ Plan and record graded exposure activities
- ➢ Face fears using Exposure Response Prevention (ERP) strategy
- ➢ Recognise negative automatic thoughts, hot thoughts, thinking/behavioural traps, unhelpful behaviours and understand how to challenge and overcome these
- ➢ Recognise situations where it is necessary to use thoughts to cope
- ➢ Recognise the importance of social support in staying well
- ➢ Identify warning signs

Space from Panic

- ➢ Improve knowledge of anxiety in general and understanding of panic
- ➢ Learn about emotions, thoughts, feelings and behaviours in anxiety and their role in the TFB Cycle
- ➢ Connect with the present moment - relaxation and grounding methods
- ➢ Recognise difficult emotions and physical body reactions
- ➢ Explore the impact of lifestyle choices on anxiety and well-being
- ➢ Learn about the role of avoidance in maintaining fears and anxiety
- ➢ Recognise safety behaviours
- ➢ Face fears using graded exposure
- ➢ Recognise negative automatic thoughts, hot thoughts, thinking/behavioural traps, unhelpful behaviours and understand how to challenge and overcome these

- ➢ Recognise situations where it is necessary to use thoughts to cope
- ➢ Recognise the importance of social support in staying well
- ➢ Identify triggers and warning signs

Space from Phobia

- ➢ Improve knowledge of anxiety in general and understanding of phobia
- ➢ Learn about emotions, thoughts, feelings and behaviours in anxiety and their role in the TFB Cycle.
- ➢ Recognise difficult emotions and physical body reactions
- ➢ Explore the impact of lifestyle choices on anxiety and well-being
- ➢ Learn about the role of avoidance/withdrawal in maintaining fears and anxiety
- ➢ Recognise safety behaviours
- ➢ Face fears using graded exposure
- ➢ Recognise negative automatic thoughts, hot thoughts, thinking/behavioural traps, unhelpful behaviours and understand how to challenge and overcome these
- ➢ Recognise situations where it is necessary to challenge negative automatic thoughts to cope better
- ➢ Planning for staying well

Additional Modules

These can be unlocked by a SilverCloud Supporter at any point during the reviews if it is felt that it will be relevant to the User

❖ **Challenging Times**

This module aims to support service users in finding helpful ways to cope and adjust to these extraordinary circumstances. This module is particularly focusing on the COVID-19 crisis is which is disrupting both personal and working lives. This module aims to support service users to tolerate and regulate distress, emotional responses and worry by providing helpful strategies for maintaining well-being and promoting self-care, self-compassion and self-talk in times of distress.

❖ **Sleep Difficulties**

What can contribute to and maintain sleep difficulties. Helps to identify changes to improve sleep and promote good sleep hygiene.

❖ **Grief & Loss**

Explores the nature of grief and debunks myths around the 'right way' that someone should grieve, provides suggestions on how to confront grief, rebuild and make sense of the loss they have experienced.

❖ **Relaxation**

The '3 minute breathing space', Progressive Muscle Relaxation and Visualisation.

❖ **Communications and Relationships**

Looks at the way we communicate and relate to the people in our lives, what we can do to make our relationships more positive and satisfying.

❖ **Employment Support**

Tips about coping with stress at work, maintaining a healthy work-life balance, job search, CV and interview tips.

❖ **Anger Management**

What anger is, how this relates to the 'thoughts, feelings, and behaviour cycle'. Helps to identify anger warning signs and some simple techniques to help manage anger.

❖ **Behavioural Experiments**

What a behavioural experiment is and allows clients to set up and record their own behavioural experiments.

❖ **Self Esteem**

What self-esteem is, how to be compassionate to yourself and how to increase positive self-talk.