DHC talking therapies

SilverCloud® by Amwell®

NHS Surrey Talking Therapies

Digital Therapy To Support Your Mental Health

Thinking about using a SilverCloud® programme to support you with low mood or anxiety? This leaflet tells you what it is, how it works and why it can help you with your mental health.

> I'm feeling a lot better about myself and much more confident. I know that my worries may never go away, but I feel like I am much more able to manage them now.

What is the SilverCloud® platform?

It is a guided mental health support that you can do online, via an app or a website. It's free, and usually there's no wait to get started.

What problems can the platform help with?

Using the SilverCloud programmes can help you manage difficult feelings. You might be:

- Worried all the time
- Panicky and/or stressed
- Overwhelmed
- Sad or upset

You also might not feel like doing things you once enjoyed, so you avoid friends or social events. Everyone has these feelings sometimes, but if they won't go away, or they're stopping you from doing things you want to do, it's a good idea to get some help.

Will I feel better?

SilverCloud programmes use Cognitive Behavioural Therapy, or CBT for short. CBT helps you understand your thoughts and feelings. It also helps you to change them, so you can feel more positive and in control, now and in the future. It's really good at helping people who feel anxious or low.

The SilverCloud platform is recommended by NICE – the National Institute for Clinical Excellence. (This is the organisation responsible for public health guidelines in the UK.)

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How does it work?

Refer yourself

Refer yourself to cCBT with SilverCloud. A wellbeing quiz to help you choose which programme will be relevant to you.
A member of our team may contact you to discuss your specific requirements and to make sure cCBT with SilverCloud is the most helpful treatment option for you.

Starting SilverCloud

SilverCloud is available immediately upon sign-up. You will be assigned a Psychological Wellbeing Practitioner (PWP) who will regularly review your progress and support you to put techniques into practice.

First Review

SilverCloud and DHC Talking Therapies will inform you that your first review has been booked.
Your PWP will explain how to get the most from your SilverCloud programme and you will be able to discuss your progress and ask questions.

Ongoing Reviews

Ongoing reviews can be via telephone or online messaging.
Our therapists will work with you to ensure that your treatment is working well. You will be able to continue accessing your SilverCloud programme for one year after signing up, even after your therapist reviews have finished.

> Having been sceptical about online therapy, it actually suited me and was helpful - I learned some relevant, effective techniques.

See more about SilverCloud cCBT and refer yourself on our website, www.dhctalkingtherapies.co.uk

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