



## What is SilverCloud?

SilverCloud is a website which offers secure access to supported, flexible programmes designed to help you learn techniques to overcome low mood, anxiety and stress.

Because Silvercloud is online, there's no need to attend rigid or time consuming appointments, you can do it any time and anywhere using a computer, tablet or smartphone!

SilverCloud programmes are based on Cognitive Behavioural Therapy (CBT) - an effective way of learning about thoughts, feelings and behaviours and how they influence each other. SilverCloud has been clinically tested and the programmes have demonstrated high improvement rates for low mood, anxiety and stress.

## How does it work?

Each programme consists of 7-8 modules, you will complete these independently, in your own time and at your own pace.

It is advisable to complete one module per week. Each module takes around 40 minutes. This doesn't have to be completed in one go; SilverCloud saves your progress.

## How do I sign up?

If SilverCloud would be helpful for you, then the first step is to visit Silvercloud @

[northkentmind.silvercloudhealth.com/signup/](http://northkentmind.silvercloudhealth.com/signup/)

If you have a query you can email;

[alexvale@northkentmind.co.uk](mailto:alexvale@northkentmind.co.uk)

Call;

01322 533155

## How will I be supported?

You will have a supporter who is a mental health professional within the North Kent Mind IAPT service who will review your progress and offer guidance.

You are encouraged to share content such as goals and activities with your supporter.

Your supporter will complete online reviews which will be scheduled. After this you can continue using the programme for free for up to a year.

Your supporter is there to help guide you through the content and help direct you to activities that might be helpful. You will be able to securely message your supporter who can read messages at your scheduled review; replies to any messages may not be instant.

## Who is it for?

It is aimed to help individuals suffering from mild to moderate symptoms of anxiety and depression or a mixture of both and is designed to be able to fit in with your lifestyle.

SilverCloud is available to people over 18 who are registered with a GP in Dartford, Gravesham and Swanley.

## How much does it cost?

FREE! Health in Mind is a free NHS service. SilverCloud is simply the platform we use to enable people to access support online from the Health in Mind service.

## How do I get the most out of it?

People who make the most progress on SilverCloud are those who regularly use the programme and try out the techniques in their day to day life (not just when online). The more you put in the more you will get out!

Asking questions, setting goals and practising the techniques regularly are great ways of improving and will ensure you are making the most of the programme.

Contact will be predominantly online; however we may initially call you when you register or; if your supporter recognises any potential risk to you or others they may contact you by phone or letter to discuss this further and will also inform your GP.

## What are the benefits?

- Accessible - This programme is designed to be able to use whenever and wherever you are e.g. lunch breaks, on the bus, in the evening etc.
- Flexible - no fixed or rigid appointments allowing you to set your own pace.
- Easy to use – interactive tools make our experience interesting and motivational.
- Supported – your supporter will be able to log on, view your progress, answer any questions you may have and be able to give you additional information, feedback and guidance on things to help you manage your mood better.

### Find silvercloud @

[northkentmind.silvercloudhealth.com/signup/](http://northkentmind.silvercloudhealth.com/signup/)



## North Kent Mind's other services

### Wellbeing Services:

A range of open and activity sessions, courses and groups, and mentoring.

### Psychological Therapies:

Talking therapies provided on behalf of the NHS: Counselling, CBT, Psycho-education, Guided Self-Help, and Group Work.

### Low-cost Counselling:

Individual Counselling without rigid limits as to the number of sessions available. Fees from £8.00 per session.

### Supported Housing:

Long and short-term supported housing.

### Education:

Placements for social work students, mental health nurse trainees and trainee counsellors. Mental health training sessions in various settings.

### Training Services

Mental health training.

### Springboard Employment Services

A range of services to support people into employment, volunteering or training.

All our leaflets are available in large print, Braille, or other formats, on request.

In North Kent Mind we are committed to continuously improve our services through quality review and service user feedback.

01322 291380

[www.northkentmind.co.uk](http://www.northkentmind.co.uk)

### North Kent Mind

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# Silvercloud Online Help

