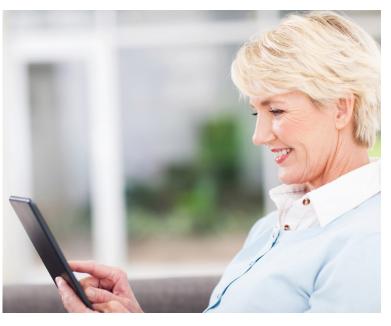


GETTING STARTED IS EASY

- 1 Create a secure username and password
- 2 Read our support agreement
- **3** Complete some questionnaires
- 4 Download the app. Search "SilverCloud Toolkit" in the App Store and "SilverCloud" in Google Play

1 IN 4 OF US STRUGGLE WITH MENTAL HEALTH CHALLENGES, LIKE FEELING LOW, ANXIOUS OR STRESSED.

- SilverCloud programmes are based on
 2 decades of clinical research and proven therapies.
- SilverCloud online programmes help you to reduce symptoms of low mood, anxiety and stress.
- Giving you the tools and skills to feel better and stay better.



FOR FURTHER INFORMATION PLEASE CONTACT TAYSIDE CCBT TEAM BY TELEPHONE ON 01382 346162 OR EMAIL TAY-UHB.TAYSIDECCBT@NHS.NET SilverCloud



Digital training to optimise your emotional health

=	B Help		pols ctise the skills you h	anave gained ()
Where you wan	t to get to		Tools	
What do you want fror <i>I want to</i>	n this program?		My journal	Questionnaires
Feel calmer	Feel more hopeful		Mood Monitor	My TFB Cycles
»»	0		Core Tools	~
Be more active	Feel better about myself		Lists Quizzes	~
<u>26</u> °	t P	କ	Audio	~
Improve my relationships	Enjoy my life more		_	



Available on any internet enabled device



Diverse activities, tools, videos, exercises and mindfulness



Online supporter

What is it?

- Online programmes to help reduce symptoms of low mood, anxiety and stress
- Based on proven methods like cognitive behavioural therapy and positive psychology
- Goal-based programmes
- Interactive activities and tools

When should I use it?

- Whenever you need it
- Recommended use is 40 minutes a week, over 6-8 weeks
- Set a regular time to use it, 3-4 times a week

Why Use it?

SilverCloud programmes have demonstrated high improvement rates for stress, anxiety and depression.

What is the role of the Supporter?

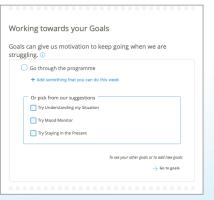
- Help you to set goals for using your programme
- Help you to apply your learnings from SilverCloud to your daily life
- Deepen your understanding of the programme's content
- Identify progress and celebrate your success

What should I expect from my Supporter?

- To review your progress
- Send you messages in the SilverCloud platform on a scheduled day
- Add personalised recommendations

	MY PROGRAM
	Full program
	YOU WERE LAST READING Understanding Feelings
Calledon .	
al al	Continue →
MY SUPPORTER	×
	Introduction to SilverCloud
Dear James,	
Welcome to SilverCloud, your customized support program to hel	
you to optimize your emotional health. You can compl	
Read More 🧹	
All Messages /Leave a Message	→
All Messages /Leave a Message	÷
All Messages /Leave a Message	
	MY TOOLS
All Messages /Leave a Message	
	MY TOOLS





Access your programme from the

homepage, or you can go to the programme page from the main menu to get started.

Reminders

self, if there is anything that you want to remind yourself to do Inders are turned on 🗸
Days
× Tuesday
× Friday
× Sunday
Time
17:30
This is the reminder message you will get, you can customise it here if you would like to:
Have you had a chance to log in or put something
you have learned into practice today? Whenever you put something into practice, it's helpful to
reflect on it; either by commenting in your journal
Receive reminder by email

0

Personal journal

Use the journal to help you to clarify your thoughts and feelings, reduce stress and solve problems more effectively.

Practice

mindfulness

with a number

of relaxation

and breathing

exercises that

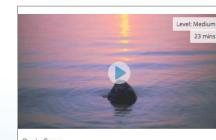
help you to be

your daily life.

more mindful in

Set goals

to track your progress and help motivate you through the programme.



Body Scan This exercise lets you become clearly and non-judgmentally aware of every part of your body and also of it as a whole.

Download mp3 🛓

Set reminders To login or put

what you have learned into practice.