

Living well with ADHD video transcript

0:00:00.800,0:00:05.360

This video gives an overview of the living well with ADHD program for people who have been given

0:00:05.360,0:00:10.560

free access through Berkshire Healthcare. The program is provided by SilverCloud and

0:00:10.560,0:00:14.480

is designed to support adults whether they've been diagnosed with ADHD or whether they're

0:00:14.480,0:00:19.760

waiting for an assessment. If you're looking for practical, realistic ways to manage ADHD

0:00:19.760,0:00:25.200

day to day, this is a great place to start. It's based on cognitive behavioural therapy,

0:00:25.200,0:00:28.640

a proven approach that helps you understand the link between your thoughts, feelings,

0:00:28.640,0:00:33.920

and behaviours, and develop practical ways to manage them. It's designed to help manage the

0:00:33.920,0:00:39.600

symptoms of ADHD, support your mental health, and help you live your life more fully. You can access

0:00:39.600,0:00:45.760

the program anytime, anywhere on your phone, tablet, or laptop, so it fits around your life.

0:00:45.760,0:00:50.240

It's structured to simple step-by-step modules that you can work through at your own pace.

0:00:50.240,0:00:54.800

Many people find it helpful to log in little and often. For example, 10 minutes a day or 20 minutes

0:00:54.800,0:01:00.080

every other day. The more you build it into your routine, the more benefit you're likely to see.

0:01:00.080,0:01:04.400

Let me show you what it looks like. The webpage version is the version I'm going to show you,

0:01:04.400,0:01:08.560

but you can download the app once your account is set up. And one thing that's important to

0:01:08.560,0:01:12.960

note before we show you the program is that the ADHD service doesn't see or monitor what you do

0:01:12.960,0:01:18.560

on the program. So, if you do need to contact the service, please do so in the usual way.

0:01:22.880,0:01:27.760

Now you can see an example of the program. You can see this says for is a demo account for mine

0:01:27.760,0:01:33.280

but for you won't have that pop up. When you log in this is the first page that will load and you

0:01:33.280,0:01:37.920

can just click continue to carry on where you were but you can also see the overview of the

0:01:37.920,0:01:42.560

program here. There's also a place for bookmarks. So, if you're looking through the program and

0:01:42.560,0:01:47.600

you decide that you'd like to bookmark where you are and bookmark certain things to look back on,

0:01:47.600,0:01:53.200

they'll appear there. You have your tools here as well. And the tools will show you

0:01:53.200,0:01:56.880

different things like your journal, questionnaires, different things that you complete

0:01:56.880,0:02:02.400

as you go through the program. If you click on your name, you'll be able to see some of your

0:02:02.400,0:02:07.440

settings. This one takes a little while longer to load, but there's a few different things in here.

0:02:07.440,0:02:12.560

The most important one to notice really is the reminders. Now, you can change your reminder

0:02:12.560,0:02:16.720

message, and you can also choose which days and

times you receive a reminder. So, for example,

0:02:16.720,0:02:23.040

you could say on a Monday, Wednesday, Thursday, and Saturday, you want to be reminded at 1

0:02:23.040,0:02:27.200

and this is a suggested message, but if you prefer to write something else in there, you can. And as

0:02:27.200,0:02:32.960

you can see, there's other account settings there as well. Any notifications will appear here.

0:02:32.960,0:02:38.000

and if you need any help, there's some SilverCloud help, but also some support for any urgent help

0:02:38.000,0:02:41.520

and support that you might need. So, if you do ever need that urgent help or support,

0:02:41.520,0:02:46.240

that's also there on the program. And clicking back on the SilverCloud logo will again just

0:02:46.240,0:02:50.720

take you back to that program page and take you through the program.