

SilverCloud online therapy programmes video transcript

0:00:00.800,0:00:06.240

SilverCloud online therapy programs
use video, audio guides, activities,

0:00:06.240,0:00:12.560

and quizzes to help you change the way that you
think and feel for the better. They are a great

0:00:12.560,0:00:17.280

option if you have a busy lifestyle as you
can work through them at times that suit you.

0:00:17.840,0:00:23.520

We have programs to treat a wide range of
common difficulties including feeling low,

0:00:23.520,0:00:30.640

lacking motivation, sleep problems, panic attacks,
and worries related to a physical health problem.

0:00:30.640,0:00:35.600

They are designed to help you understand your
situation, to recognise the signs and symptoms,

0:00:35.600,0:00:41.680

and to learn practical ways to improve your mood
and wellbeing. Your therapist can personalise

0:00:41.680,0:00:47.520

your experience by setting you interactive tasks

and activities, as well as helping plan the next

0:00:47.520,0:00:53.920

steps once you finish therapy. To use SilverCloud, you will need a reliable internet connection and

0:00:53.920,0:01:01.600

access to a device like a smartphone, tablet, or computer that can play videos with sound. You will

0:01:01.600,0:01:07.440

only be able to use the app once we have set you up on our system. Your therapist will review your

0:01:07.440,0:01:14.880

progress every two weeks by phone or video call or by sending you a message in your app. Each program

0:01:14.880,0:01:21.120

we have takes between 6 to 12 weeks to complete and you'll usually have up to six review sessions

0:01:21.120,0:01:28.000

with your therapist. You can keep access to your account for around 9 months after your treatment,

0:01:28.000,0:01:33.840

so you can refer back to what you've learned and maintain your progress as needed. To access

0:01:33.840,0:01:39.120

SilverCloud online therapy programs, you need to complete a wellbeing assessment and be offered

0:01:39.120,0:01:44.160

this treatment by one of our therapists. You may be offered a different treatment if we

0:01:44.160,0:01:50.400

find another therapy or service that's better suited to your needs. You can refer yourself

0:01:50.400,0:01:56.640

for a wellbeing assessment by completing the online form which can be found on our web page.