

Video transcript for 'SilverCloud online therapy programmes - NHS Berkshire Talking Therapies'

0:00:00.480,0:00:05.840

SilverCloud online therapy programmes use videos, audio guides, activities,

0:00:05.840,0:00:10.960

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

0:00:10.960,0:00:15.440

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

0:00:15.440,0:00:22.720

you. We have programmes to treat a wide range of common difficulties, including feeling low,

0:00:22.720,0:00:29.280

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

0:00:30.320,0:00:36.240

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

0:00:36.240,0:00:42.000

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

0:00:42.000,0:00:47.360

experience by setting you interactive tasks and activities, as well as helping plan the

0:00:47.360,0:00:52.960

next steps for once you finish therapy. To use SilverCloud, you will need a reliable internet

0:00:52.960,0:01:00.400

connection and access to a smartphone, a tablet, or computer that can play videos with sound. You

0:01:00.400,0:01:07.200

will only be able to use the app once we have set you up on our system. Each programme takes 6 to 12

0:01:07.200,0:01:12.720

weeks to complete, and you'll usually have up to six reviews with your therapist during that time.

0:01:13.360,0:01:19.040

These reviews will usually be your therapist logging in on an agreed day to leave you a

0:01:19.040,0:01:24.400

detailed message with feedback on your progress so far and advice on what to focus on moving

0:01:24.400,0:01:31.440

forwards. You don't have to be logged in at this time. You can keep access to your account and

0:01:31.440,0:01:38.000

all of your therapist reviews for 12 months from sign up or around 9 months after your treatment

0:01:38.000,0:01:44.320

has ended, so you can refer back to what you've

learned and maintain your progress as needed.

0:01:44.320,0:01:50.320

To access SilverCloud online therapy programmes, you will need to complete a wellbeing assessment

0:01:50.320,0:01:55.600

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

0:01:55.600,0:02:02.480

treatment if we feel another therapy or service is better suited to your needs. You can refer

0:02:02.480,0:02:08.240

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