

## Depression Programme

Many people experience depression. It can affect anyone, whatever their age, gender or background. If your low mood doesn't go away, or is causing problems in your daily life, you might need some help.

SilverCloud<sup>®</sup> by Amwell<sup>®</sup> is a digital therapy programme. It can help you to feel better by learning new ways of thinking. By taking the *Depression* programme, you'll learn how to make some changes in your life and start to overcome the symptoms of depression.



### Knowledge and Understanding

The tools and activities in the programme help you to figure out your thoughts and feelings, and how they have an impact on what you do. You'll also learn how what you do can affect how you feel.



### Skills and Strategies

Motivating yourself can be hard if you're feeling depressed. This programme will help you to find things you enjoy and make them part of your daily life. You will learn about negative thoughts, and how to challenge them. And you'll find out how to tackle some of the tough physical feelings that can come with depression, such as tiredness or aches and pains.



### Forging Ahead

At the end of the programme, you will have learned how to feel better about yourself and more hopeful for the future. Before you finish you'll make a plan to continue your progress and stay well.

## Is this programme for me?

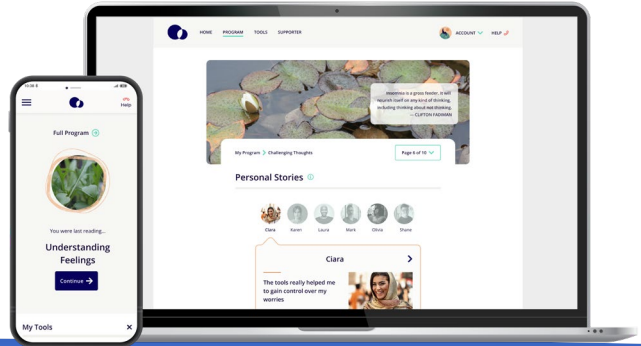
This programme can help you, if you want to learn how to manage and overcome the symptoms of low mood and depression.

You can access the *Depression* programme on your phone, computer or tablet, wherever and whenever you need it. There are seven modules to work through at your own pace. For most people it takes about eight weeks.

There may be days when you don't feel like using your programme – but even just taking a moment to log your mood or do a relaxation exercise can help you to keep going. The smallest actions can have a real impact on how you're feeling.

## Cognitive behaviour therapy

This programme is based on cognitive behaviour therapy, or CBT for short. CBT has been used for many years as an effective treatment for depression. It allows you to become more aware of your moods and teaches you to make the changes you need to feel better.



“Learning about the effectiveness of CBT in treating depression was a bit of a revelation for me. It made me feel more in control of my situation, that it might be something I had the power to fix.”

- Julianna, SilverCloud® user

## Modules in the *Depression* programme:

- **Getting Started** – Learn how CBT can help you to feel better.
- **Understanding Depression** – Find out about the effects of depression and start to use CBT to manage your symptoms.
- **Noticing Feelings** – Tune in to how you're feeling to get to the source of your low mood.
- **Boosting Behaviour** – Discover how small changes can help you feel better. Look at new ways of moving from slumps to action.
- **Spotting Thoughts** – Spot those thoughts that pop into your mind and stop you from seeing things as they really are.
- **Challenging Thoughts** – Learn how to tackle negative thinking.
- **Bringing it All Together** – Make plans to stay well, and set goals to help you build the life you want.

## Tools and activities

The *Depression* programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other people experience depression and how they have learned to manage it. Most importantly, you will realise you are not alone.
- **Quizzes** – Test your knowledge about depression, and increase your understanding of how it is impacting your life.
- **Relaxation exercises** – Reduce feelings of tension and anxiety, with our relaxation podcasts.
- **Activity Scheduling** – Focusing on activities you enjoy, and that give you a sense of achievement, can help to boost your mood.
- **Mood Monitor** – Track your moods to see how they are affected by your lifestyle choices.

Find out more



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