

Perinatal Wellbeing Programme

Many new and expecting parents experience low mood and anxiety. It doesn't mean you're not going to be a good mum or dad.

SilverCloud[®] by Amwell[®] is a digital therapy course. It supports your mental wellbeing, during pregnancy and for a year after your baby's birth. By taking the *Perinatal Wellbeing* programme you can learn new ways of thinking to help you adapt to your changing life.



Knowledge and Understanding

You will learn how pregnancy, and becoming a parent, can lead to emotional changes for both men and women. The programme will help you recognise different types of worries and learn how to deal with them. You'll find out about the link between what you think, feel and do – and how making small tweaks can help you feel better.



Skills and Strategies

You'll discover ways to reduce tension and worry, and improve your mood, using Cognitive Behavioural Therapy (CBT) and relaxation techniques. You'll learn to spot the factors that affect your mood and how to manage them. As sleep problems are very common during this time, you will also learn how to create healthy sleep habits, which will work for you and your baby.



Moving Ahead

At the end of the programme, you will have learned how to manage your worries in a more balanced way. You'll have the skills you need to start to build a healthier daily routine. And you will know how to build a strong support network to get help when you need it.

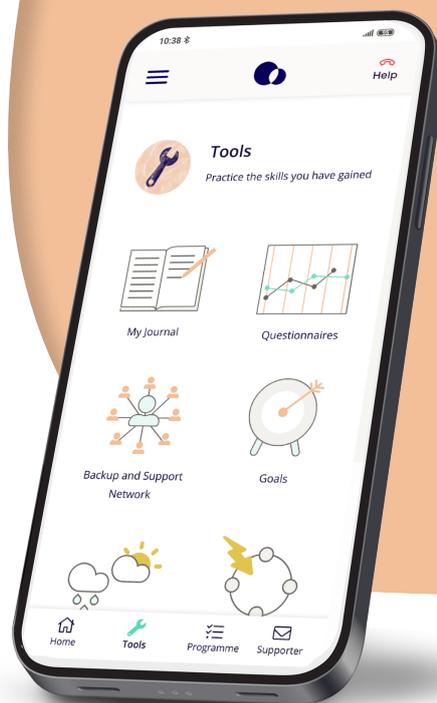
Is this programme for me?

This programme is designed to support women and men during pregnancy and in the year after their baby's birth. It can help with the worries that are very common during this time. It can also help with sleep problems.

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

“I have stopped constantly questioning myself and I am much more confident in the fact that I am doing the best for my son and that he is now thriving.”

- Donna, SilverCloud® user



Modules in the *Perinatal Wellbeing* programme:

- **Finding your Feet** – Learn about depression and anxiety in the perinatal period.
- **Tuning in to Feelings** – Take a closer look at the emotions, thoughts, behaviours and physical reactions you might have during the perinatal period.
- **Improving Sleep** – Find out how your sleep can be affected at this time.
- **Taking Action** – Learn how to manage low mood or depression.
- **Dealing With Worry** – Learn how to cope with, and manage, your worries.
- **Staying Well** – Get tips on how to maintain the positive changes you have made and stay well in the future.

The *Perinatal Wellbeing* programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other new and expecting parents deal with their worries. It often helps to realise you are not alone.
- **Quizzes** – Test your knowledge about the perinatal period, and learn about the common myths surrounding it.
- **Progressive Muscle Relaxation (PMR)** – Learn how to relax your body and your mind.
- **White Noise Audio** – Try our recording of the sea to mask disturbances and improve your sleep.
- **Bedtime Routine Tool** – Use our suggestions, or add your own, to create the ideal wind-down plan for you and your baby.

Find out more



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