

Digital Mental Health Programmes To Support People Struggling With Substance Use

The causes of problem drinking and drug use are often complex, but they can be treated. With the right help and support, people can get drug or alcohol free, and stay that way.

We've invested in two evidence-based Substance Use mental health programmes from SilverCloud[®] by Amwell[®]. These online programmes were developed in partnership with Inclusion, part of Midlands Partnership NHS Foundation Trust.

There are two programmes to choose from. One focuses on alcohol use, the other on drug use.

Online mental health support that's proven to work

Drug Programme and **Alcohol** Programme are online courses that use Cognitive Behavioural Therapy (CBT) and Motivational Enhancement Theory (MET) to help individuals to take an honest look at their relationship with alcohol or drugs. Users learn about the benefits of cutting back or quitting. Plus, they gain the tools and motivation they need to take back control.



Both programmes are available online, 24/7, and can be accessed from any device connected to the internet. That includes mobile phones, tablets, laptops and desktop computers.

Once referred, your patients can access the programme right away. There's no waiting list and you can personalise the programme to meet your patients' specific needs. Patients can work through the content independently, or you can assign a supporter for extra guidance and motivation.

Online mental health support, with proven outcomes

SilverCloud® programmes are created by experts, backed by leading research and trusted by thousands of clinicians around the world. These programmes will help us meet patient demand and create a treatment pathway that's easy to access and proven to work.

How the *Substance* programmes work:

- Each programme is comprised of easy-to-use modules that include engaging content, videos, user stories and interactive tools.
- The programmes use Motivational Enhancement Theory (MET) to help people better understand what's behind their addiction.
- Each programme also uses Cognitive Behaviour Therapy (CBT) to help people understand their thoughts, feelings and behaviours, and learn how to make positive changes.
- Patients can work through the modules at their own pace. Most programmes take around eight weeks to complete.

You can integrate SilverCloud® programmes into patient care pathways:

- As part of a care plan
- While a patient is waiting for care
- Between visits
- Post-treatment to maintain recovery

For more information about the SilverCloud *Alcohol and Drug* programmes and how to refer your patients,



Up to
80%
of users showed
improvement in depression
and anxiety symptoms.¹

56%
of users with a clinical
diagnosis of depression or
anxiety were diagnosis-free
after just three months.²

Helped over
1M
patients to
think and feel better.

References

1. Data from the SilverCloud platform dashboard.
2. Richards et al. (2020) <https://www.nature.com/articles/s41746-020-0293-8>

