

## The *Self-Management* Programme - Digital, On-Demand Mental Health Support

With more patients than ever waiting for mental health support, it's important for our service to deliver quickly, and with care. To aid us in this task we've invested in the *Self-Management* Programme from SilverCloud® by Amwell®.

The toolkit is designed to support patients with mild to moderate mental health problems. It can be used as a primary treatment option or as a support tool while the patient is waiting for further therapeutic treatment.

The *Self-Management* Programme uses evidence-based digital Cognitive Behavioural Therapy (CBT) to help patients understand, cope with, and even improve, their mental health.

Patients initially have access to four easy to use modules:

- Wellbeing and self-management
- Challenging unhelpful thoughts
- Planning and communication
- Becoming a resourceful self-manager

Further modules and programmes can be unlocked depending on your patient's needs.

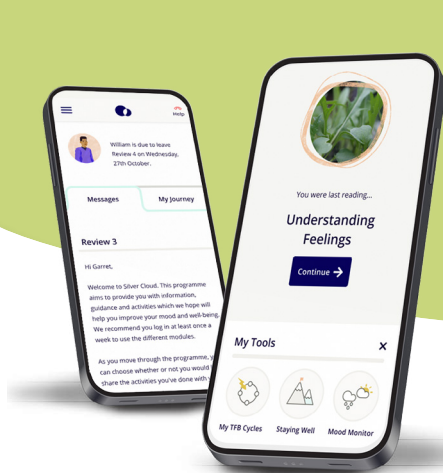
## An instant online solution, with proven outcomes to support your patients

Getting patients access to the SilverCloud® *Self-Management* Programme is quick and easy. There is no waiting list, so patients can access the care and support they need instantly. The programme is accessible 24/7 from a desktop, tablet, or mobile device. It can even be personalised to meet patients' individual needs.

SilverCloud® by Amwell® has been a proud NHS Partner since 2016 – delivering digital CBT, through evidence-based programmes, backed up by 20 years of clinical research.

### How it works

- The *Self-Management* Programme includes engaging content, videos, activities and interactive tools.
- Using CBT, individuals will better understand their thoughts, feelings and behaviours, and learn how to make positive changes.
- Patients can work through the modules at their own pace, when and where it suits them best.



### The SilverCloud® platform:

- Helps you meet patient demand, with evidence-based support
- Has been created by experts, and is backed by leading research
- Is trusted by thousands of clinicians around the world

### For more information about the *Self-Management* Programme and how to refer your patients

