

Bipolar Toolkit

This programme from SilverCloud[®] by Amwell[®] is designed for individuals who have been diagnosed with bipolar disorder. The toolkit aims to help users:

- Develop skills to recognise and manage symptoms
- Feel empowered and competent in managing self-care
- Regain and maintain a good quality of life

This programme aligns with NICE Guideline CG185.¹

Therapeutic concepts

Psychoeducation

Guided, internet-delivered education on bipolar, emotions, sleep and relationships. Information explaining medications, the impact of specific triggers and creating a staying well plan is also included.

Behavioural techniques

Activity scheduling can provide users with a structure for the day or the week. These events then give them something to look forward to, which may lead to improvements in their thoughts and mood.²



Cognitive techniques

The mood monitor tracks the user's mood during the day, along with the lifestyle choices that may be affecting them. This allows them to see patterns that impact how they feel.

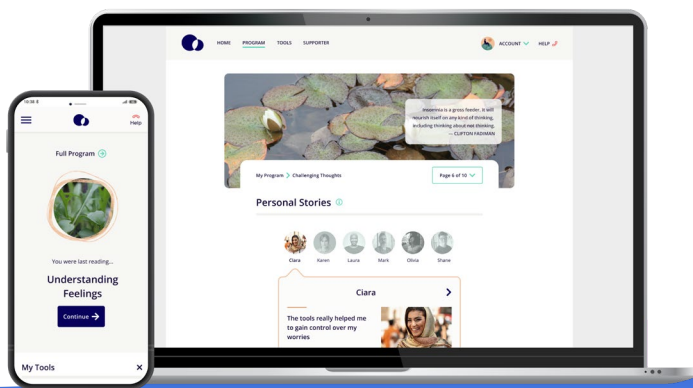
Mindfulness

Mindfulness exercises are simple and effective tools for gaining rapid control over anxiety.³ Mindfulness has been shown to lead to increased self-regulated behaviour and a more positive emotional state.⁴

How it works

The structure and content of the *Bipolar Toolkit* draws from a combination of Cognitive Behavioural Therapy (CBT) and the Recovery model to support mental health difficulties.^{5,6}

In keeping with the guiding principles of CBT, which endorse a structured outline and a goal-oriented focus, each module contains bipolar-specific information, interactive activities, homework suggestions and personal stories.⁷



The programme is available 24/7, allowing users to access content at a time that suits them. It can be accessed using a phone, tablet or a computer and can be tailored to suit the needs of the individual.

Summary of programme modules:

- **The Facts About Bipolar** Supports the user to learn information about bipolar disorder, and the emotions and behaviours associated with it. It also helps the user to set goals defining their aims for recovery.
- **Bipolar and Me** Helps the user explore the triggers and warning signs of bipolar disorder and encourages the user to create a daily routine.
- **Relationships** Outlines ways in which bipolar disorder can impact relationships and identifies ways in which the user can manage relationship challenges. Users can also engage in a mindfulness breathing exercise.
- **Sleep** Highlights the importance of sleep to someone living with bipolar disorder and encourages the user to identify their own lifestyle triggers, and coping resources, and create their own sleep tips.

References:

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4. Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: mindfulness and its role in psychological well-being. *Journal of personality and social psychology*, 84(4), 822.
5. Beck, J. S. (2020). *Cognitive behaviour therapy: Basics and beyond*. Guilford Publications.
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