

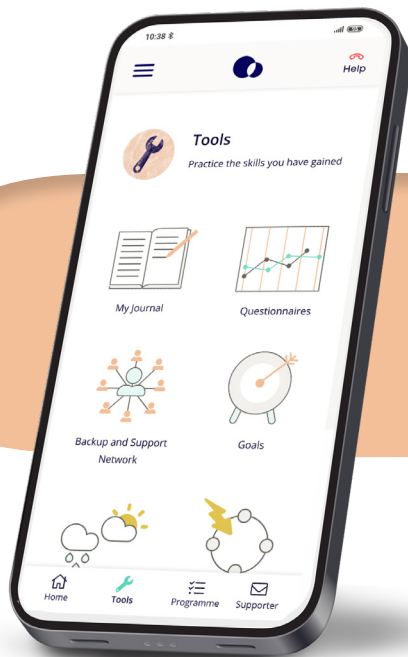
Perinatal Wellbeing: Online Mental Health Support Programme For New Parents

Pregnancy and the first year of parenthood can be a challenging time. Perinatal mental illness can affect up to 27% of new and expectant mums and up to 15% of expectant dads. Left untreated, these mental health issues can have significant and long-lasting effects on the entire family.

It's important to provide support and treatment quickly, which is why we've invested in the online *Perinatal Wellbeing* programme from SilverCloud[®] by Amwell[®].

Online mental health support that's proven to work

SilverCloud programmes deliver evidence-based digital Cognitive Behaviour Therapy (CBT) that supports people in understanding, managing and recovering from a range of mental health conditions.



The *Perinatal Wellbeing* programme has been specifically designed to support people during pregnancy and the first year of parenthood. It's available online 24/7, and accessible from any device connected to the internet, including mobile phones, tablets, laptops and desktop computers.

Once referred, your patients can access the programme almost immediately. There's no waiting list and you even have the option to personalise the programme. Patients can work through the content independently, or you can assign a supporter for extra guidance and motivation.

An instant solution for perinatal mental health support, with proven outcomes to support your patients.

SilverCloud programmes are created by experts and backed by research. They are trusted by thousands of clinicians around the world. We've invested in this programme to help us meet patient demand and create a treatment pathway that's easily accessible and proven to work.

How the *Perinatal Wellbeing* programme works:

- The programme is comprised of easy-to-use modules that include engaging content, videos, user stories and interactive tools.
- The programme uses CBT, to help individuals better 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 *Perinatal Wellbeing* programme and how to refer your patients, [service to insert instructions]



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 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>

amwell 