NHS Lanarkshire
PSYCHOLOGICAL SERVICES

WINTER & SPRING 2025: DIGITAL RESOURCES UPDATE FOR GPs, MENTAL HEALTH STAFF, AND POTENTIAL REFERRERS

If you have any queries, contact Dr Simon Stuart, Digital Lead for Psychological Services, or Diane Reilly. Service Coordinator for Online Therapy

Highlights

- In the 6 months from **April 2024 – September 2024**, there were **23, 259 visits** to the Lanarkshire Mind Matters website, a 15.3% increase on the preceding 6 months.
- We have introduced some **new self-referral** SilverCloud programs – find out more below.
- There is now comprehensive information about the in-person courses **Reclaim Your Life** and **Stress Control** on Lanarkshire Mind Matters. Find out more below.
- The self-referral **Daylight** and **Sleepio** courses have been made even simpler to access from Lanarkshire Mind Matters: there is now no wait at all before people can start using them.
- We have fully implemented a **guided self-help** model for referred-to SilverCloud programs. The SilverCloud page on Lanarkshire Mind Matters has also had a makeover to make it clearer which courses are self-referral and which require a referral by a health professional.

Our online portal for digital psychological services

Lanarkshire mind matters

www.lanarkshiremindmatters.scot.nhs.uk

Lanarkshire Mind Matters continues to be the first port of call for evidence-based digital therapeutics and online resources. It is run by the NHS Lanarkshire Digital Psychological Service.

In the 6 months from 1st April 2024 – 30th September 2024 we have continued to see high engagement with the website with **23, 259 visits**. For the same period, our **top digital therapeutic programs** included:

Sleepio - **720 people registered for the program.** Sleepio is a **self-referral** online program for insomnia and sleep problems.

SilverCloud Space from Depression & Anxiety - 555 people activated an account. This is a guided self-help course to help overcome symptoms of depression & anxiety.

SilverCloud Space from Anxiety - 445 people activated an account. This is a guided self-help course to help overcome symptoms of anxiety.

SilverCloud news and updates

SilverCloud is a friendly range of **online, evidence-based** courses that users can work through in their own time from the comfort of home. Users have access to the program for 12 months from the date that they signed up.

The full range of SilverCloud courses can be found in the How We Can Help You section of Lanarkshire Mind Matters. The SilverCloud page has been revamped to make a clear distinction between the self-referral programs, and those that require a clinician referral.

Guided self-help model

We have now fully implemented a guided self-help model for the referred-to SilverCloud programs. Users of these programs receive up to 3 online reviews from a member of our team over a 3-month period.

These reviews are tailored to each user, based on how the user is engaging, comments they have left, and what tools they have been using. Our hypothesis is that by providing compassionate and program-focused reviews, engagement with the program increases.

4 new self-referral programs

- ➢ **Money worries** – A program designed to help with difficult feelings surrounding money worries, and to help break the cycle between money worries and unhelpful coping strategies.
- ➢ **Positive Body Image** – An evidence-based program to help individuals with the impact of negative body image.
- ➢ **Challenging times** – This module provides users with coping strategies to cope with unsettling emotions during testing times.
- ➢ **Self-management toolkit** – Recommended for people on a waiting list for individual or group therapy to equip them with skills for times of change and uncertainty.

Information sheets for patients

The SilverCloud page on Lanarkshire Mind Matters contains information sheets for patients about the various SilverCloud programs.

Service updates

The **in-person** courses **Reclaim your life** (a course about living well with a chronic health condition) and **Stress Control** (a course about staying on top of stress, anxiety, and low mood) are up and running across Lanarkshire, and dates for the courses are regularly added to Lanarkshire Mind Matters. There is no referral or sign-up required for these courses! **You can find out more about Stress Control here and Reclaim your life here.**

Other news

- For the SilverCloud courses that require a referral from a health professional, you can refer using **SCI Gateway** or by using **the referral form on FirstPort** when connected to the NHS Lanarkshire network.
- We have been busy attending locality clinical forums and team meetings to increase awareness and knowledge of the Digital Psychological Service and the SilverCloud programs.
- Members of the Digital Psychological Service have appeared in social media adverts to promote the website and the online therapeutic programs available.
- Information about NHS Lanarkshire Psychological Services is available on FirstPort, and you will find the section about Digital Psychological Services here (when connected to the NHS Lanarkshire network).