Online Self-help Modules on Stress, Resilience and Sleep Problems Now Available to the Public

Dear colleague,

As part of the national digital programme to support the health and wellbeing of staff in response to the impact of Coronavirus (COVID-19) and increase access to digital forms of self-help and psychological therapies, SilverCloud has released a number of online self-help modules. Everyone is now able to self-refer to CBT modules on Stress, Resilience and Sleep Problems, and there is one to help with managing mental health during the COVID-19 pandemic. This is independent of the computerised CBT service; the modules are not monitored and no information is shared with their GP. Previously these modules were only available to staff, and they are now available to the wider public so that staff can signpost their patients and service users to them.

How to access the modules
The modules can be accessed free of charge through the website
https://wellbeing.silvercloudhealth.com/signup/

Visitors will be asked to sign up and identify what health board area they reside within. The pin 'Scotland2020' should be used as the access code when signing up.

How to find out more information
More information about the modules can be found at SilverCloud's website at
https://wellbeing.silvercloudhealth.com/onboard/nhsscotland/

Keep Up to Date

Visit our website at www.glasgowcity.hscp.scot or follow us on Twitter at @GCHSCP
to find out more about we're doing for health and social care in Glasgow City.

Our Vision & Priorities

The City's people can flourish, with access to health and social care support when they
need it. This will be done by transforming health and social care services for better lives.
We believe that stronger communities make healthier lives.

| Prevention, early intervention & harm reduction | Providing greater self-determination & choice | Shifting the balance of care | Enabling independent living for longer | Public protection |