

NHS Lanarkshire Psychological Services: digital resources

Information for GPs, mental health staff and all potential referrers

November 2022



Lanarkshire
mind matters

Our key resource: Lanarkshire Mind Matters website

Developed and run by NHS Lanarkshire Psychological Services

www.lanarkshiremindmatters.scot.nhs.uk

Lanarkshire Mind Matters is a comprehensive source of high-quality, free resources, including wellbeing information and a wide range of links, including to multiple online therapeutic courses.

There should never be any need to give people a specific weblink. Just advise people to “search online for Lanarkshire Mind Matters” and they will find us. Any problems, please let us know.

Lanarkshire Mind Matters has three key sections: **How We Can Help You**, **How You Can Help Yourself**, and **Other Resources**. The aim is to provide swift and straightforward links to appropriate help online. In this brief guide for referrers, we highlight some of the key resources that are available – but we would very much encourage potential users to explore the site and find out what it can offer.

Several of our online resources are available by self-referral: these are outlined here. Each falls under the umbrella of online cognitive behavioural therapy (aka computerised CBT, or cCBT). Please be aware that people cannot refer for talking therapy via Lanarkshire Mind Matters: all such referrals should continue to be made via SCI Gateway or other agreed local pathway.

NEW! As of November 2022, we have introduced an **auto-translation** function to Lanarkshire Mind Matters, so people can browse in languages other than English. We have also introduced links to **mental health materials in translation**: these can be found under **How You Can Help Yourself**.

In 2022 to date, Lanarkshire Mind Matters has had around 35,000 visits, with on average just over 600 referrals and self-referrals being made to all of our online courses every month.

Self-referral online CBT: Calm Distress

Five-session course about stress and wellbeing, developed by NHS Lanarkshire staff

Accessed via the How We Can Help You page of Lanarkshire Mind Matters

Calm Distress consists of five pre-recorded video sessions that people can watch at any time of the day or night, with optional workbooks to download. It is high-quality cognitive behavioural therapy (CBT), delivered by NHS Lanarkshire staff. **Self-referral is simple via Lanarkshire Mind Matters.**

As of September 2022, Calm Distress has been spring-cleaned and updated, with all Covid-19-specific examples changed to be more generally applicable.

Self-referral online CBT: Daylight and Sleepio

Popular programs for anxiety and sleep difficulties

Accessed via the How We Can Help You page of Lanarkshire Mind Matters

Daylight (for anxiety) and Sleepio (for insomnia) are excellent self-referral programs designed for modern living. **They are self-referral: people can sign up and access directly via Lanarkshire Mind Matters.**



Online CBT, with some self-referral options: SilverCloud

Self-help: four self-referral modules for a range of presentations

Accessed via the How We Can Help You page of Lanarkshire Mind Matters

Four SilverCloud cCBT programs can be accessed by self-referral from Lanarkshire Mind Matters. These are designed to help people with:

Resilience	Sleep	General stress	Covid-19 anxiety
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Eleven further modules can be accessed via referral by a GP or other healthcare professional. Referrals can be made by SCI Gateway or by using the referral form on FirstPort. These courses are designed to help people with:

Phobia	Health anxiety	Chronic pain	Social anxiety	Panic	OCD
Perinatal care	Lung conditions & mood/anxiety	Diabetes & mood/anxiety	Rheumatoid arthritis & mood/anxiety	Coronary heart disease & mood/anxiety	

Online CBT for adults to help children and teenagers

Two self-referral modules for parents, carers and teachers

Accessed via the How We Can Help You page of Lanarkshire Mind Matters

These two programs are designed to support adults to help children and teens cope with anxiety. Each course has eight parts and features a range of different evidence-based approaches.

Online CBT: Beating the Blues

Accessed via GP referral

Our longest-running cCBT option, Beating the Blues teaches skills to cope with depressed mood and anxiety, and how to face the future with increased confidence. Access via SCI Gateway or referral form.

National resource: Clear Your Head

A Scottish Government campaign about coping and Covid-19

Accessed via the How You Can Help Yourself page of Lanarkshire Mind Matters

Lots of friendly self-help tips, including keeping active and self-care.

National resource: NHS Inform

Includes comprehensive mental health self-help advice and guidance

Accessed via the How You Can Help Yourself page of Lanarkshire Mind Matters

The Lanarkshire Mind Matters website links to NHS Inform wherever appropriate.

National resource: Mind To Mind

A wellbeing website hosted at NHS Inform

Accessed via the How You Can Help Yourself page of Lanarkshire Mind Matters

Mind to Mind features videos from people talking about how they have overcome different challenges, and sharing tips for coping with difficulties including anxiety, panic, stress, poor sleep and low mood. It also features mental health professionals sharing advice and tips.

National resource: Living Life to the Full

Further free online courses

Accessed via the How You Can Help Yourself page of Lanarkshire Mind Matters

A popular range of free self-help courses. There is a small charge for some of the optional booklets.

Links to other sites, places and ideas

Accessed via the Other Resources page of Lanarkshire Mind Matters

We are continually growing this important page of the website: good psychological health doesn't mean focusing only on mental health resources. There are four key elements to the Other Resources page:

Wellbeing; Social and Community; Families, Caring and Relationships; and Other Useful Organisations. This includes information we hope will be useful for young people and their families.