

**SUMMER 2023 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

Key updates and reminders

- Thanks to you, we had **35,733 visits** to Lanarkshire Mind Matters from May 2022 to May 2023
- **New posters and flyers for Lanarkshire Mind Matters** are available on, and can be printed from, the [Lanarkshire Mind Matters](#) website. The posters and flyers can also be ordered from Health Improvement via FirstPort: [click here](#).
- Calm Distress, Daylight and Sleepio programs **now have subtitling**.
- All of our online programs are **evidence-based**.
- Please remember patients **cannot self-refer for talking therapy** via Lanarkshire Mind Matters.



Our online portal for digital psychological services

www.lanarkshiremindmatters.scot.nhs.uk

Lanarkshire Mind Matters has been developed, and is run, by NHS Lanarkshire Psychological Services. It is home to evidence-based online courses for a range of presenting problems, as well as containing wellbeing information and links to various resources.

We encourage you to familiarise yourself with the website, and the comprehensive resources available for your patients. Outlined below are some key points:

35,733 visits
to Lanarkshire Mind
Matters!

The website can be found by searching online for **Lanarkshire Mind Matters** (there is no need to provide patients with a specific link).

Three key sections — **How We Can Help You, How You Can Help Yourself, and Other Resources** — provide patients with swift and straightforward help online.

The website has an **auto-translation** function so people can browse in languages other than English. There are also links to mental health materials in other languages.

The therapeutic courses fall under the umbrella of online cognitive behavioural therapy (aka computerised CBT/cCBT). Some of these are self-referral (specified below).

Referrals for talking therapy or psychological assessment should continue to be made via SCI Gateway or other agreed local pathways.

Self-referral online CBT courses

All of these courses can be accessed by patients through the [How We Can Help You](#) section of Lanarkshire Mind Matters.

Calm Distress

A **five-session CBT course** about **stress and wellbeing**, developed and delivered by NHS Lanarkshire staff. The course is delivered as five pre-recorded videos that can be accessed at any time of the day (or night), and there are optional workbooks to download.

Daylight

An online CBT program for **anxiety**. Accessible and user-friendly.

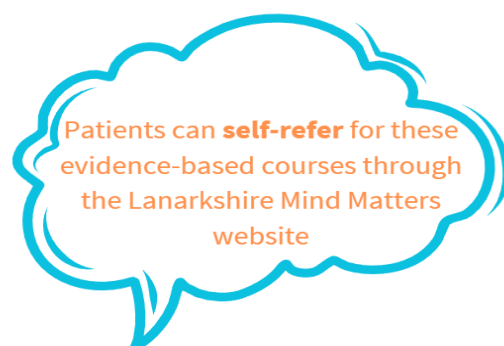
Sleepio

An online CBT program for **insomnia**. Sleepio is now one of our most popular online offerings.

SilverCloud (not all SilverCloud programs are self-referral: see below)

There are self-referral SilverCloud programs for **Resilience, Sleep, Stress, and Covid-19 anxiety**.

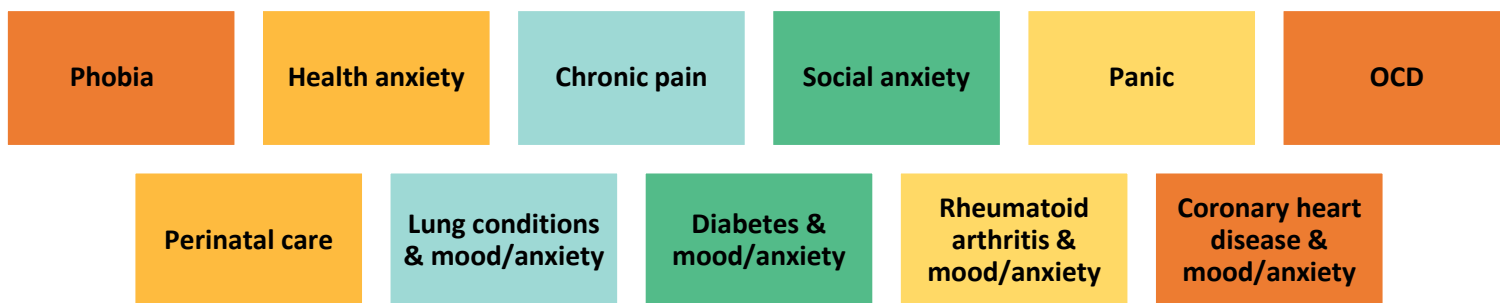
Two self-referral SilverCloud programs **for adults to help children and teenagers** are available, aimed at parents, carers and teachers.



CBT courses requiring referral by a healthcare professional

There is more information about these courses in the [How We Can Help You](#) section of Lanarkshire Mind Matters. You can refer patients to them through SCI Gateway or by using [the referral form on FirstPort](#) when connected to the NHS Lanarkshire network. When referring to SilverCloud through SCI Gateway, please remember to specify which program you are referring to.

SilverCloud programs:



Beating the Blues is our longest-running cCBT option. It teaches skills to cope with **depressed mood and anxiety**, and how to face the future with increased confidence.

How You Can Help Yourself and Other Resources

The [How You Can Help Yourself](#) and [Other Resources](#) pages are home to a range of resources and links to useful websites, including the national **NHS Inform** and **Mind to Mind** sites. We are continually expanding what is on offer, so please do take a look and familiarise yourself.