NHS Lanarkshire
PSYCHOLOGICAL SERVICES

SPRING 2024 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 2023 we had **37,393 visits** to the Lanarkshire Mind Matters website – thank you for helping us in continuing to promote the site and evidence-based resources.
- We have **3 brand new digital therapeutic courses:** SilverCloud for Depression, SilverCloud for Anxiety, and SilverCloud for Depression and Anxiety (more on these below).
- The old Beating the Blues course has been decommissioned and you can no longer refer to it.
- The Digital Psychological Service is expanding with the addition of 2 new part-time **Assistant Psychologists.** They will assist us in moving SilverCloud to a sustainable, guided self-help model.
- We have **brand new information sheets for patients** for all of our SilverCloud courses.

Lanarkshire mind matters

Our online portal for digital psychological services

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.

We continue to see high engagement with the website with **37, 393 visits** in 2023.
For the 6 months from April 2023 – September 2023, our **top digital therapeutic programs** included:

Sleepio - **606 people started the program.** Sleepio is a **self-referral** online program for insomnia and sleep problems.

Daylight - **398 people started the program.** Daylight is a **self-referral** online course that helps people develop the skills to get on top of anxiety and worry.

SilverCloud Space from Health Anxiety - **133 people activated an account.** This is a guided self-help course to help overcome symptoms of health anxiety.

SilverCloud offers a friendly range of **online, evidence-based, guided self-help** courses that users can work through in their own time from the comfort of home. **SilverCloud users are supported with up to three online reviews from Digital Psychological Services staff.**

The full range of SilverCloud courses can be found in the How We Can Help You section of Lanarkshire Mind Matters. We have recently added **three brand new SilverCloud courses**, to replace the older **Beating the Blues**. Evidence suggests at least comparable outcomes with Beating the Blues, but also that users prefer the SilverCloud courses. The new programs are:

SilverCloud for depression

This program uses Cognitive Behavioural Therapy (CBT) to assist users in developing an awareness of their thoughts and feelings, and teaches them skills to make changes in their lives in order to boost their mood.

SilverCloud for anxiety

This course uses CBT to teach users about the role of thoughts, feelings and behaviours in anxiety, and teaches people how they can spot patterns and triggers in order to help overcome anxiety.

SilverCloud for depression and anxiety

This brings together both the depression and anxiety programs in one combined package, and we think this will be the most popular one.

These courses **require a referral from a health professional** using SCI Gateway or by using **the referral form on FirstPort** when connected to the NHS Lanarkshire network. The SCI Gateway referral pathway has been updated with more information about each individual course.

We also have new public-facing information sheets about all of our SilverCloud courses, available at Lanarkshire Mind Matters. Potential users can explore these at the SilverCloud online therapy page by clicking on 'Find out more' below each course.

We have welcomed **two new Assistant Psychologists** to the Digital Psychological Service. Part of their role will be to support SilverCloud users as they work through the programs, offering tailored feedback and guidance at regular online reviews. Our hypothesis is that this will increase engagement with the programs … and that increased engagement will in turn predict improved outcomes. At the same time, we are adopting a **research-centre approach**, and will be working to improve the breadth and quality of routine usage and outcome data, always with a view to improving our digital offerings.

- There are further SilverCloud programs planned and coming soon, **including new self-referral programs.**
- We are currently conducting preliminary analyses of SilverCloud program usage and outcomes and hope to share these by summer.
- Don't forget that Lanarkshire Mind Matters has a wide range of resources, from information for people worrying about money to mental health related advice and help, which you will find in the Other Resources page.
- We have released several animations on social media to promote the Lanarkshire Mind Matters page, and some of our digital therapeutics. These had a positive impact on visits to the website and number of signups for some of our courses. We will be releasing more adverts in the coming months with members of staff from the Digital Psychological Service.