



Depression Programme for Multiple Sclerosis

Living with a chronic condition, such as Multiple Sclerosis (MS), is hard. And if you're also struggling with low mood and depression, it can feel even harder.

SilverCloud[®] by Amwell[®] is a digital therapy course. By taking the *MS* programme, you can find new ways to manage your symptoms, and begin to make changes that will help you to feel better.



Knowledge and Understanding

The symptoms of MS don't only affect your body. They also affect daily life, and that can be tough to cope with. Feeling this way can stop you from doing things you enjoy or that would help you to feel better. In this programme you'll learn about the connection between your mental and physical health – and how working on one can help with the other.



Skills and Strategies

You'll learn how to catch unhelpful thoughts and deal with them so they don't take over your thinking. The programme will help you to find things you enjoy, and to feel better about doing them. You will learn it all in small, easy steps.



Forging Ahead

By the end of the programme, you will know how to look after your emotional health to improve your wellbeing. And you can make a plan to continue your progress and stay mentally well in the future.

Is this programme for me?

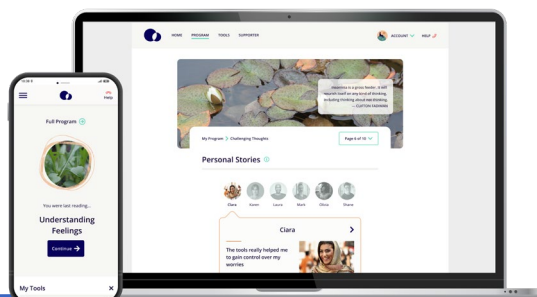
This programme can help you learn to manage the emotional and physical symptoms of MS.

You can access it on your phone, computer or tablet – wherever and whenever you need it. You can work through it at your own pace. For most people it takes about eight weeks.

There may be days when you don't feel like using your programme – but even just taking a moment to log your mood or do a relaxation exercise can help you to keep going. The smallest actions can make a real difference to how you're feeling.

Cognitive behaviour therapy

This programme is based on cognitive behaviour therapy, or CBT for short. CBT has been used for many years as an effective treatment for depression. It allows you to become more aware of how you are feeling and teaches you to make the changes you need to feel better.



“I know my MS isn't going anywhere and I still struggle with some things. But my new outlook has made me see things in a fresh light and things seem more manageable now.”

- Frank, SilverCloud® user

Modules in the MS programme:

- **Getting Started** – Find out about CBT and how it can help you to feel better.
- **Understanding Feelings** – Tune in to how you're feeling so you can spot the source of any anxiety.
- **Boosting Behaviour** – Doing things differently can boost your mood. This module shows you how.
- **Spotting Thoughts** – Catch those thoughts that pop into your mind and stop you from seeing things as they really are.
- **Challenging Thoughts** – Learn how to tackle negative thinking.
- **Bringing it All Together** – Reflect on what you have learned and how you can put it into practice when challenges emerge.

Tools and activities

The MS programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other people experience depression and anxiety linked to MS and how this programme helped them. It can help to realise you are not alone.
- **Quizzes** – Test your knowledge about MS and wellbeing. Learn about the factors that affect it.
- **Mindfulness exercises** – Take a moment to slow down and find peace with our podcasts.
- **Personal journal** – Keeping a journal can help you to work through your thoughts and feelings. It can help you solve problems, too.
- **Mood Monitor** – Track your mood. See how it is impacted by your lifestyle choices.

Simply ask your GP or other healthcare professional to make a referral to SilverCloud on your behalf

