

Depression & Anxiety Programme for Breast Cancer

Learning that you or a loved one has cancer can be very distressing. It is normal to feel a wide range of emotions as you come to terms with this life-changing diagnosis.

SilverCloud[®] by Amwell[®] is a digital therapy course. It has been designed by clinical experts to help you manage any overwhelming emotions you may have during diagnosis, treatment, and recovery, to help you start to think and feel better.



Knowledge and Understanding

A breast cancer diagnosis can affect your emotional, physical and social wellbeing. So, it's not surprising that many people with breast cancer report low mood and anxiety. Feeling this way can stop you from doing things that you enjoy, or that could help you to manage your treatment. 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. Many people get a boost in confidence as they learn to cope with their illness and become better equipped to manage their situation.



Skills and Strategies

You'll learn how to check your 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 confident doing them. You will learn it all in small, easy steps.



Forging Ahead

By the end of the programme, you will understand your emotions better, and know how to manage them. And you can make a plan to continue your progress in the future.

Is this programme for me?

This programme is for you, if you or a loved one has been diagnosed with breast cancer. You'll learn more about breast cancer, and how to manage the symptoms of depression and anxiety that can often follow diagnosis and affect how you feel during treatment and recovery.

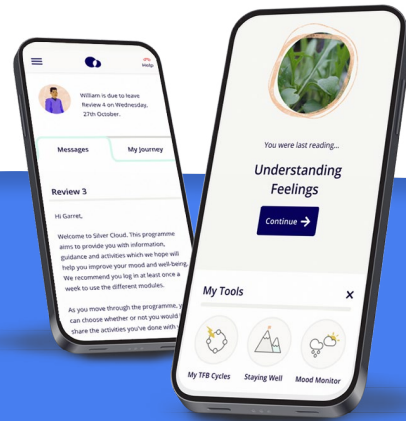
You can access the programme on your phone, computer or tablet – wherever and whenever you need it. You can work through it at your own pace. For most people it takes about eight weeks.

"I feel confident and more myself. My programme helped me to develop the coping mechanisms and confidence needed to manage life's ups and downs."

- Sarah, SilverCloud® user

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 anxiety and depression. It allows you to become more aware of how you are feeling and teaches you how to make the changes you need to feel better.



Modules in the *Breast Cancer* 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. Spot the source of your anxiety.
- **Boosting Behaviour** – Doing things a different way, 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.
- **Managing Worry** – See the role that worry plays in anxiety and learn how to manage it.
- **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 *Breast Cancer* programme contains many helpful tools and activities including:

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

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

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