

# WINTER 2025/26 DIGITAL PSYCHOLOGY RESOURCES UPDATE FOR GPs AND ALL POTENTIAL REFERRERS

From NHS Lanarkshire's Digital Psychological Service

## Highlights

- In the year from September 2024 – September 2025, there were **50,747 visits** to the Lanarkshire Mind Matters website, a 16.8% increase compared to the preceding year.
- We've **recently launched two new SilverCloud programs**: read on to find out more.
- Did you know that our SilverCloud courses that require a healthcare professional referral use a **guided self-help model**, in which **users receive written reviews from a member of the Digital Psychological service**? Find out more below.
- We have launched a new webpage: **Wintering Well**. This is a seasonal guide that offers practical tips that people can use to make the most of winter. Read more below.
- Upcoming dates for the in-person [Reclaim Your Life](#) and [Stress Control](#) courses are regularly updated on Lanarkshire Mind Matters – keep an eye out!

## Reach Out

**Dr. Simon Stuart**, Digital Lead for Psychological Services (for clinical queries)

**Diane Reilly**, Service Coordinator (for administrative queries)



## Our Online Portal for Digital Psychological Services



Lanarkshire  
**mind matters**

[www.lanarkshiremindmatters.scot.nhs.uk](http://www.lanarkshiremindmatters.scot.nhs.uk)

**Lanarkshire Mind Matters** is the first port of call for evidence-based digital therapeutics and online resources in Lanarkshire. It is run by the NHS Lanarkshire Digital Psychological Service.

On the website, you will find information about all the digital programs available to adults living in North and South Lanarkshire, and links to helpful resources.

In the year from 1<sup>st</sup> September 2024 – September 2025 we have continued to see high engagement with the website, with **50,747 visits**.

## Engagement with Digital Therapeutic Programs (1<sup>st</sup> April 2025 – 30<sup>th</sup> September 2025)

**Sleepio** – 1363 account registrations. A self-referral program for insomnia and sleep.

**Daylight** – 632 account registrations. A self-referral online program to help overcome symptoms of anxiety.

### SilverCloud

*Programs requiring a referral:*  
2617 referrals.

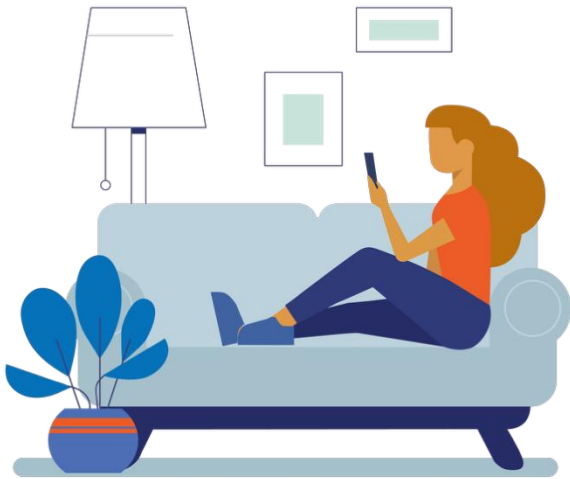
*Self-referral programs:* 290 referrals  
Online programs to help with a wide range of difficulties.

**Calm Distress** – approximately 260 self-referrals. A video-based online program about emotions, coping, and wellbeing.

## Referring to SilverCloud

Some of our SilverCloud programs are self-referral, while others require a referral from a healthcare professional. You can see the full range of courses, including which ones require a referral, in the [How We Can Help You section of Lanarkshire Mind Matters](#).

**Most individuals will receive access to SilverCloud within two weeks of us receiving their referral. If you have referred someone and they tell you that they have not been contacted within this time, please email the service coordinator, [Diane Reilly](#).**



### Guided self-help from Digital Psychology staff

For referred-to SilverCloud programs, **users receive up to three online written reviews** from the Digital Psychological Service. Each review is tailored to the person, offering support and guidance to get the best out of the course. The first review is normally scheduled around two weeks after a user starts the program, and subsequent reviews are usually scheduled two or three weeks apart.

For each review, a member of the Digital Psychological Service looks at how the person has been engaging with the program – for example

based on comments and reflections they've shared, and their use of the different Cognitive Behavioural Therapy (CBT) tools and features. We then provide them with a personalised written review to support their progress, so they can keep on getting the most out of the course and putting their new skills and strategies into practice.

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## New SilverCloud programs launched

We have recently launched two new SilverCloud programs: **Supporting a Child with ADHD** and the **Depression & Anxiety Program for Breast Cancer**.

The **Supporting a Child with ADHD program** is a **self-referral** program for parents or carers looking after young children (aged from 6 to 12) who have been diagnosed with ADHD, or who are awaiting a diagnosis. The program teaches families skills and strategies to support each other. Individuals simply need to sign up on Lanarkshire Mind Matters, and will normally be up and running within a few days.

The **Depression & Anxiety Program for Breast Cancer** is a program for individuals who have been diagnosed with breast cancer, or their loved ones, and who are experiencing low mood and/or anxiety. The program teaches people about the link between physical and mental health, and provides CBT skills to help people respond more flexibly to challenging thoughts and feelings. A referral is required from a GP or health professional using the standard referral routes (i.e. using SCI Gateway or by using [the referral form on FirstPort](#) when connected to the NHS Lanarkshire network).

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## Wintering Well

We have launched a new page on Lanarkshire Mind Matters called [Wintering Well](#). This page outlines psychologically healthy, practical steps that people can follow to make the most of the darker and colder winter months. Take a moment to explore this helpful, brief page, and please signpost people to it whenever appropriate.