

SUMMER 2026 DIGITAL RESOURCES UPDATE FOR GPs, MENTAL HEALTH STAFF, AND ALL POTENTIAL REFERRERS

From NHS Lanarkshire's Digital Psychological Service

Highlights

- In the twelve months from April 2025 – April 2026, there were **54,576 visits** to the Lanarkshire Mind Matters website, an 11.3% increase on the preceding year. This mirrors the continued high engagement with the wide range of digital therapeutic programs that we offer.
- We have recently launched **A Moment For Your Mind**, a series of **ultra-brief, skills focused videos**. These videos cover a range of evidence based, psychologically informed skills and strategies that your patients can put into practice straight away. Find out more below.
- Upcoming dates for the in-person [Reclaim Your Life](#) and [Stress Control](#) courses are regularly updated on Lanarkshire Mind Matters – please do 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

Lanarkshire Mind Matters is the first port of call for psychologically informed, evidence-based digital therapeutics and online resources in Lanarkshire. On the website, you will find information about all of the digital programs available to adults living in North and South Lanarkshire, including details on which services can be accessed through self-referral and which require referral through a clinician, along with links to helpful resources.

In the twelve months from April 2025 – April 2026, we have continued to see high engagement with the website, with **54,576 visits**.

Engagement with Digital Therapeutic Programs

(1st October 2025 – 31st March 2026)

Sleepio – 1501 account registrations. A self-referral program for insomnia and sleep.

Daylight – 835 account registrations. A self-referral online program to help overcome symptoms of anxiety.

SilverCloud

Programs requiring a referral:

2963 referrals.

Self-referral programs: 250 referrals. Online programs to help with a wide range of difficulties.

Calm Distress – approximately 220 self-referrals. A video-based online program about emotions, coping, and wellbeing.

A Moment For Your Mind

A Moment for Your Mind is a new digital resource from the NHS Lanarkshire Digital Psychological Service. This is hosted on the Lanarkshire Mind Matters website, and offers a series of ultra-brief (around 60 seconds), accessible videos to support wellbeing.

The videos are intended to be widely accessible and can be used to support people struggling with their wellbeing in different ways, but also those who are feeling OK but who want to build healthy habits to stay on track. No referral is required, and resources are freely available to access and share.



What the videos offer

The content focuses on simple, evidence-informed psychological skills and strategies that people can use in their day-to-day lives. This includes practical techniques to help with managing distress in the moment, as well as approaches that support longer-term wellbeing and resilience.

We have launched *A Moment For Your Mind* with a growing library of videos covering a range of common wellbeing topics (e.g. relaxation approaches, sleep advice, the benefits of staying active). **Each video is designed to be brief, engaging, and easy to put into practice.**

Access and future development

This resource is now available on Lanarkshire Mind Matters. We hope it will be useful for healthcare professionals working across a range of settings to discuss with people and signpost to. **We plan to continue expanding the range of videos over time so do check back!**

SilverCloud Updates

You can continue to keep updated with the SilverCloud programs that we offer on [Lanarkshire Mind Matters](#). For the programs requiring a healthcare professional referral, the standard referral routes should be used (i.e. using SCI Gateway or by using [the referral form on FirstPort](#) when connected to the NHS Lanarkshire network). **Please ensure that individuals are aware that they are being referred to SilverCloud and have agreed, as we know that they are then more likely to engage with the programs.**

We are exploring the feasibility of producing summary reports for everyone that we work with on SilverCloud so that referrers have an idea of how individuals have engaged with the programs. At present, if as a referrer it would be clinically helpful to know if a patient has engaged, you can email ccb@lanarkshire.scot.nhs.uk to request that information.

New page coming for GPs and patients

We are currently working with Primary Care partners on how best we can all help patients proactively to engage with self-help resources. This is at the ideas stage at present but we look forward to sharing more in the next one of these updates – stay tuned!