Digital Interventions - Helpful Resources

Did you know, there are free online digital therapy products available within Scotland?
The following digital online treatments can be accessed by anyone who feels it may be suitable for them, without the need for a clinical referral.

Access to the digital mental health products work with any internet enabled device, laptop, mobile phone or tablet and you can work through the programme at a time that works for you.

Silver Cloud

Silvercloud is a clinically proven digital therapy platform. Programmes are built using proven therapies, such as Cognitive Behavioural Therapy (CBT) which incorporates mindfulness and positive psychology.

Up to 80% of people show improvements in their mental health & wellbeing. Programmes available:
- Stress
- Sleep
- Resilience
- Covid-19

To sign up, click on the link below:
Silvercloud Wellbeing
W: https://wellbeing.silvercloudhealth.com/signup/nhsscotland/

and input the Access Code: Scotland2020

Silver Cloud CYP - Supporting a child or young person
Parents and carers can choose from two modules to support an anxious child or teen.

- Supporting an Anxious Child: designed for parents or carers of children aged 5-11years, providing strategies and techniques to better manage and alleviate anxiety.

- Supporting an Anxious Teenager: designed for parents or carers of teens aged 12-18 years, providing strategies and techniques to better manage and alleviate anxiety.

If you require access to both modules, simply choose a different username for each module.

CYP Silvercloud Wellbeing

W: https://cyplothian.silvercloudhealth.com/signup/

and input the Access Code: Lothian

Sleepio and Daylight

Designed by leading clinical experts, 'Sleepio' for insomnia and 'Daylight' for worry and anxiety are among the world's most evidenced digital mental health solutions. These programmes enable effective self-management of mental health.

Up to 76% of people achieved clinical improvement for insomnia and up to 71% achieve clinical improvement for anxiety.

To sign up, click on the links below

Sleepio
TrySleepio
W: https://onboarding.sleepio.com/sleepio/nhs-sleepio/171#1/1

Daylight
TryDaylight
W: https://onboarding.trydaylight.com/daylight/nhs/144#1/1

Wellbeing NHS Lothian

The Wellbeing Lothian website brings together a wide range of self-help guides, videos and audio clips ranging from diet and sleep to managing stress and anxiety. It also offers online line courses such as computerised Cognitive Behaviour Therapy.

It has been designed by an expert team of NHS Lothian psychologists and practitioners. The website aims to help you navigate the wide range of online self-help advice. To learn more, click on the links below:

Wellbeing Self Referrals – RefHelp
https://apps.nhslothian.scot/refhelp/guidelines/wellbeingselfreferrals/

Wellbeing Lothian
https://www.wellbeinglothian.scot/

For further support using any of the digital products please contact:
cCBT@nhslothian.scot.nhs.uk