CBT based self-help materials for stress, resilience and sleep

The Scottish Government, as part of the digital mental health strategy and Healthier Scotland, is supporting the availability of Silvercloud self-help modules which can be accessed by the general public through the following link https://wellbeing.silvercloudhealth.com/signup/nhsscotland/137/signup using the pin Scotland2020.

It is already available for staff through the following link; https://learn.nes.nhs.scot/28063/coronavirus-covid-19/psychosocial-mental-health-and-wellbeing-support-for-staff and on the PROMIS site. The modules include CBT for Stress, Resilience and Sleep problems as well as COVID-19.

This is independent of the computerised CBT service and the modules are not monitored so no information is shared with their GP. They are suitable for anyone with mild difficulties who doesn't require support.

cCBT

Glasgow City HSCP

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