

Depression Programme for Rheumatoid Arthritis

Living with a chronic condition such as Rheumatoid Arthritis (RA) is hard. And if you're also struggling with low mood and depression, it can feel even harder.

SilverCloud® by Amwell® is a digital therapy course. By following the **RA** programme, you can find new ways to manage how you're feeling, and begin to make some changes that will help you to feel better.



Knowledge and Understanding

The symptoms of RA don't only affect your body. They also impact on your daily life, as well as affecting how you feel about yourself, and that can be hard to cope with. These emotional difficulties can stop you from doing things you enjoy or that would help you to manage your RA. 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.



Skills and Strategies

You'll learn how to catch unhelpful 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 better about doing them. You will learn it all in small, easy steps.



Forging Ahead

By the end of the programme, you will know how to look after your emotional health to improve your wellbeing. And you can make a plan to continue your progress and stay mentally well in the future.

Is this programme for me?

This programme can help you to manage the emotional and psychological symptoms of RA. You can access it on your phone, computer or tablet – wherever and whenever you need it. Just work through it at your own pace. For most people it takes about eight weeks.

There may be days when you don't feel like using your programme – but even just taking a moment to log your mood or do a relaxation exercise can help you to keep going. The smallest actions can make a real difference to how you're feeling.

Cognitive behavioural therapy

This programme is based on Cognitive Behavioural Therapy, or CBT for short. CBT has been used for many years as an effective treatment for depression. It allows you to become more aware of how you are feeling and teaches you to make the changes you need to feel better.

Modules in the RA 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 so you can spot the source of any anxiety.
- **Boosting Behaviour** – Doing things differently 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.
- **Bringing it All Together** – Reflect on what you have learned and how you can put it into practice when challenges emerge.



"I'm still adjusting to my life with RA, but I know I have a toolkit of skills now, that I can rely on when I'm feeling low."

- Jeremy, SilverCloud® user

The RA programme contains many helpful tools and activities including:

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



Find out more

