

Depression & Anxiety Programme

Most people will get symptoms of depression and anxiety at some time in their life. But if these symptoms are not going away, or are causing problems in your daily life, you might need some help to feel better.

SilverCloud® by Amwell® is a digital therapy programme. It will help you to learn how to manage your symptoms of depression and anxiety. And you'll see how making small changes in your life can help you to feel better.



Understanding and knowledge

The tools and activities in the programme will help you to unpick your thoughts and feelings, and how they have an impact on what you do. You'll also learn how what you do can affect how you feel.



Skills and Strategies

Motivating yourself can be hard if you're facing depression and anxiety. This programme will help you to find things you enjoy and make them part of your daily life. You will learn about negative thoughts, and how to challenge them. And you'll find out how to tackle some of the tough physical and emotional feelings that can come with depression and anxiety.



Forging Ahead

At the end of the programme you will have learned how to feel better about yourself and more hopeful about your future. Before you finish you'll make a plan to continue your progress and stay well.

Is this programme for me?

This programme can help you, if you want to learn to manage the symptoms of depression and anxiety and regain control of your life.

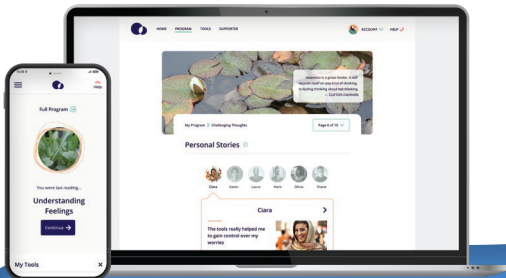
You can access the *Depression & Anxiety* programme on your phone, computer or tablet, wherever and whenever you need it. Simply work through it at your own pace. For most people it takes about eight weeks.

Modules in the *Depression & Anxiety* programme:

- **Getting Started** – Learn how CBT can help you to feel better.
- **Understanding Depression and Anxiety** – Find out about the effects of depression and anxiety. Start to use CBT to manage your symptoms.
- **Noticing Feelings** – Tune in to how you're feeling so you can spot the source of your low mood and anxiety.
- **Boosting Behaviour** – Find out how small changes can help you feel better. Look at new ways of moving from slumps to action.
- **Spotting Thoughts** – Spot 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.
- **Managing Worry** – See the role that worry plays in anxiety and learn how to manage it.
- **Bringing it All Together** – Make plans to stay well. Set goals to build the life you want.

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 and anxiety. It allows you to become more aware of your moods and teaches you how to make the changes you need to feel better.



“Learning about the effectiveness of CBT in treating depression was a bit of a revelation for me. It made me feel more in control of my situation, like it might be something I had the power to fix.”

- Julianna, SilverCloud® user

Tools and activities

The *Depression & Anxiety* programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other people experience depression and anxiety, and how this programme helped them. You'll also realise you are not alone.
- **Mood Monitor** – Track your moods. See how they are impacted by your lifestyle choices.
- **CBT Cycle tool** – Understand the link between your thoughts, feelings and behaviours.
- **Quizzes** – Test your knowledge about depression and anxiety. Learn about the factors that influence it.
- **Mindfulness exercises** – Take a moment to slow down and find peace with our podcasts.



Find out more

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