

Direct to Digital launch - Talking Therapies – Somerset IAPT Service

We are pleased to announce the launch of the Talking Therapies – Somerset IAPT Service Direct to Digital Offer.

The digital offer is provided by SilverCloud in partnership with the Somerset Talking Therapies service. Patients can access the service via the following link: [Online Cognitive Behavioural Therapy - Somerset Talking Therapies \(somersetft.nhs.uk\)](https://www.somersetft.nhs.uk/online-cognitive-behavioural-therapy). This will offer a rapid access to Talking Therapies, as the service user will be set up on the system in a matter of days.

What is SilverCloud?

SilverCloud is an informative online therapy programme, proven to support wellbeing and help people to learn ways to manage low mood and anxiety, improve sleep and build resilience. SilverCloud can be accessed at home, work or elsewhere to suit the individual, and the exercises can be worked through at a pace to suit the individual, supported by a qualified practitioner. It is easy to use and has interactive programmes that include:

- Video clips
- Interactive quizzes
- CBT informed tools
- Other people's stories
- A journal
- Audio-guided mindfulness exercises
- Reflective exercises... and more

When a patient registers for SilverCloud, they'll be put in touch with a supporter, one of the Psychological Wellbeing Practitioners working with the local Talking Therapies service, who will guide and support a patient through their programme. The supporter will undertake up to 5 online progress reviews, usually on a fortnightly basis. They will leave comments and suggestions of what might be helpful, and the user can leave comments and ask questions. The user will be asked to complete the questionnaires that will help the supporter assess current mood and tailor the support given.

Once an individual has completed the course, they will continue to have access to SilverCloud for up to a year, so that they can recap on the tools and techniques as needed.

The digital offer has comparable outcomes to the face to face offer.

Who is it for?

- Anyone who needs support for people experiencing low mood and anxiety.
- People who prefer to access support online, without having to talk directly to someone.
- People who need the flexibility to access support without set appointments.
- The patient will need to have a computer, tablet or mobile phone and access to the internet.
- The offer is available to all adults in Somerset registered with a Somerset GP. However, we think the offer may appeal particularly to men and young people.

So how does it work?

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