



SilverCloud

SilverCloud is a computerised therapy programme, which can be accessed free of charge via our service following enrolment.

It's designed to be interactive and user friendly. It offers an anonymous, flexible approach, where you can work through your programme at your own pace and in your own time. The programmes support most common mental health problems, and are available 24/7, from any smartphone, tablet, or computer.

You'll be offered regular support from a Psychological Wellbeing Practitioner (PWP) within the service, who will offer online support whilst you're working through the programme.

www.silvercloudhealth.com



for anxiety and depression

Service provided by
Bradford District Care NHS Foundation Trust

Useful numbers, websites and apps

First Response Service
0800 952 1181

Samaritans
Phone: 116 123
This is a free number available
24/7 365 days per year.

Shout
Text: 85258
24/7 crisis text service, free on all major
mobile networks.

Guide-Line
Phone: 08001 884 884

Staying Alive by Grassroots
www.prevent-suicide.org.uk/find-help-now/

Calm Harm:
www.calmharm.co.uk

Healthy Minds:
www.healthyminds.services/service-index

Bradford Wellbeing Network:
www.wellbeingnetwork.org.uk

PIN: 00549v2
Review date: February 2024

From IAPT to NHS Talking Therapies: new name, same service



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Help is available

We can all experience problems in everyday life and here at NHS Talking Therapies we have a number of different options to help you through these ups and downs.

We offer guidance on helping you to improve things like:

- Depression and low mood
- Anxiety
- Panic
- Stress
- Sleep problems
- Obsessive compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)

We offer a range of therapies in Punjabi, Urdu, Gujarati, Hindi and Spanish.

Non- English speaking therapists or interpreters can be arranged for you.

Talking Therapies

Getting in touch

You can register yourself by calling the number below.

01274 221234

We are open Monday to Friday, 9am to 5pm.
You can also register online at:

www.bdctalkingtherapies.nhs.uk

You'll be asked to complete an online form and then you'll be contacted by telephone to gain a better understanding of your problems.

Confidentiality

Confidentiality is taken very seriously.

Records of your treatment will be stored electronically. Only staff within the NHS Talking Therapies will be able to access these unless you agree to share them with others e.g. your GP practice.

However, as for all the NHS, specific information may need to be passed on should there be risk of harm to yourself or others.



What happens next?

Once we have your referral, you'll then be booked an initial assessment, this usually takes 45 minutes to complete, and is normally conducted over the telephone.

From this we can agree the most appropriate pathway for you.

Treatment offered may include:

- Online guided self-help (SilverCloud)
- Guided self-help (Low intensity CBT)
- Psycho-educational courses in a group setting
- Counselling
- Cognitive behavioral therapy (CBT)
- Trauma related therapy
- Providing information and advice.

All appointments can be conducted face-to-face, over the telephone or via video call.

Not everyone will necessarily need or benefit from the services we offer. We may signpost or refer you on to another service or organisation, which may be more appropriate for your needs. This would be discussed fully with you, so you're clear on what to expect next.



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