

NHS Lanarkshire Psychological Services: digital resources

Information for GPs and staff in all mental health services

Summer 2022

Digital provision from NHS Lanarkshire Psychological Services continues to expand, and we will aim to keep you updated at least quarterly. This is a summary of what is currently offered. If you have any queries, please contact [Dr Simon Stuart](#), Digital Lead for Psychological Services, or [Diane Reilly](#), Service Coordinator for Online Therapy.



The key resource: Lanarkshire Mind Matters website

Developed and run by NHS Lanarkshire Psychological Services

<http://lanarkshiremindmatters.scot.nhs.uk>

Lanarkshire Mind Matters is a comprehensive source of high-quality, free resources, continually being developed and grown. It provides information about local and national online mental health services, and acts as a portal to what we do. There is no need to give patients the full weblink – if they search online for Lanarkshire Mind Matters, they should always be able to find the site. Please let us know if not.

Several of our online resources are available by self-referral: these are outlined below. Each falls under the umbrella of online cognitive behavioural therapy (aka computerised CBT, or cCBT). **Please be aware that people cannot refer for talking therapy via Lanarkshire Mind Matters.** All such referrals should continue to be made via SCI Gateway or other agreed local pathway.

NEW! The Other Resources page at Lanarkshire Mind Matters has been redesigned and expanded, and now features sections for Wellbeing; Social & Community; Families, Caring & Relationships; and Other Useful Organisations. The aim is to provide swift and straightforward links to appropriate help online.

Self-referral online CBT: Calm Distress

Five-session course about stress and wellbeing, developed by NHS Lanarkshire staff

<https://lanarkshiremindmatters.scot.nhs.uk/how-we-can-help-you/calm-distress-online-course-overview/>

Calm Distress consists of five pre-recorded video sessions that people can watch at any time of the day or night, with optional workbooks to download. It is high-quality cognitive behavioural therapy (CBT), delivered by NHS Lanarkshire staff. **Self-referral is simple via Lanarkshire Mind Matters.**

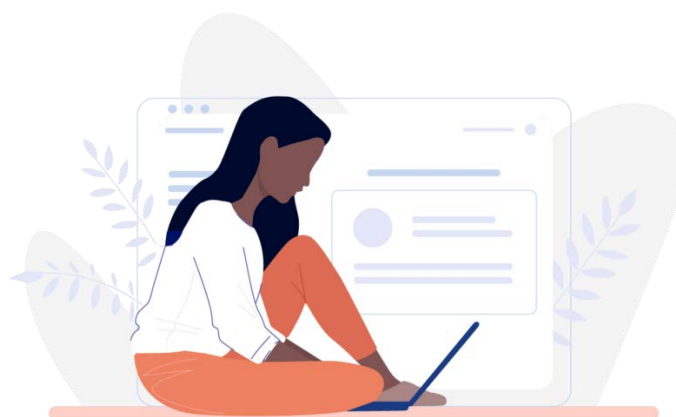
COMING SOON As of August 2022, Calm Distress is being spring-cleaned and updated. The new version should go online seamlessly, and access via Lanarkshire Mind Matters will remain exactly the same – including for people who have already registered. Watch this space!

Self-referral online CBT: Daylight and Sleepio

Popular programs for anxiety and sleep difficulties

<https://lanarkshiremindmatters.scot.nhs.uk/how-we-can-help-you/daylight-and-sleepio-courses/>

Daylight (for anxiety) and Sleepio (for insomnia) are excellent self-referral programs designed for modern living. **They are self-referral: people can sign up and access directly via Lanarkshire Mind Matters.**



Online CBT, with some self-referral options: SilverCloud

Self-help: four self-referral modules for a range of presentations

<https://lanarkshiremindmatters.scot.nhs.uk/how-we-can-help-you/silvercloud-online-therapy/>

Four SilverCloud cCBT programs can be accessed by self-referral from Lanarkshire Mind Matters: these are designed to help people with resilience, sleep, general stress, and Covid-19 anxiety.

Helping children and teenagers: two self-referral modules for parents and carers

<https://lanarkshiremindmatters.scot.nhs.uk/how-we-can-help-you/silvercloud-helping-children-and-teens/>

These two programs are designed to support adults to help children and teens cope with anxiety. Each course has eight parts and features a range of different evidence-based approaches.

Eleven further modules can be accessed via referral by a GP or other healthcare professional

<https://lanarkshiremindmatters.scot.nhs.uk/how-we-can-help-you/silvercloud-online-therapy/>

A further 11 modules are available, for a variety of physical and mental health difficulties including panic and health anxiety. Referral can be made by SCI Gateway or by using the [referral form on FirstPort](#).

Online CBT: Beating the Blues

Accessed via GP referral

<https://lanarkshiremindmatters.scot.nhs.uk/how-we-can-help-you/beating-the-blues/>

Our longest-running cCBT option, Beating the Blues teaches skills to cope with depressed mood and anxiety, and how to face the future with increased confidence. Access via SCI Gateway or [referral form](#).

National resource: Clear Your Head

A Scottish Government campaign about coping during Covid-19

At <https://clearyourhead.scot>; also via <https://lanarkshiremindmatters.scot.nhs.uk/how-you-can-help-yourself/>

Lots of friendly self-help tips, including keeping active and self-care.

National resource: NHS Inform

Includes comprehensive mental health self-help advice and guidance

At <https://nhsinform.scot>; also via <https://lanarkshiremindmatters.scot.nhs.uk/how-you-can-help-yourself/>

The Lanarkshire Mind Matters website links to NHS Inform wherever appropriate.

NEW! National resource: Mind To Mind

A new wellbeing website hosted at NHS Inform

At <https://www.nhsinform.scot/mindtomind>; also via <https://lanarkshiremindmatters.scot.nhs.uk/how-you-can-help-yourself/>

Mind to Mind features videos from a range of people talking about how they have overcome different challenges, and sharing tips for coping with difficulties including anxiety, panic, stress, poor sleep and low mood. It also features mental-health professionals sharing advice and tips.

National resource: Living Life to the Full

Further free online courses

At <https://littf.com>; also via <https://lanarkshiremindmatters.scot.nhs.uk/how-you-can-help-yourself/>

A popular range of free self-help courses. There is a small charge for some of the optional booklets.

