

# Improve your wellbeing with Blended Online CBT



Sometimes we say we're  
okay when we're not

How are  
you?

**1 in 4 people will experience a  
mental health problem this year**

I'm fine  
thanks

## What is Blended Online CBT?

One to one support over the phone (or other remote method) with one of our highly trained Blended On-line CBT Practitioners, who will help you manage your own mental health and improve your wellbeing, with the aid of a CBT-based on-line tool called Silvercloud.

## Why choose Blended?

- Advice on the Silvercloud platform and how it can work best for you
- Someone to talk to, providing encouragement and motivation
- One to one support
- Available to all Powys GP patients aged 16+



## What is SilverCloud?

SilverCloud is a free online space which offers a range of programmes based on Cognitive Behavioural Therapy (CBT) to empower you to develop skills to manage your psychological wellbeing with more confidence, from the convenience of your own locations and you can work at a time and pace to fit in with your life style.

**“I have found Silvercloud hugely useful in teaching me ways to improve my mental health and managing stressful situations.”**

**CBT** looks at the links between thoughts, feelings and actions and is about coping with things here and now, rather than looking at past traumas.

## How does it work?

1. You can self-refer - if you are registered at:  
Llandrindod, Bultu or Rhayader surgeries  
[Contact Amy direct on 07877831648](#)  
Knighton or Presteigne surgeries  
[Contact Jen direct on: 07498066760](#)

Or contact either Amy/Jen to find out more if you are registered with a different Powys GP. GPs or other health care professionals also refer people to this service.



2. The SilverCloud Team invites you by email to set up your account – sign up as soon as you can (please check your spam box).
3. Add your personal details and complete a quiz - so we understand how you are feeling.
4. Your Practitioner will contact you to arrange your initial appointment (around 50 mins).
5. Every 2 weeks for a further 5 sessions, your Practitioner will work with you to review your progress, offering helpful tips and advice (around 20 mins).
6. If your Practitioner is concerned about your wellbeing, we will help you make sure you are safe.
7. You will still be able to use the course material for up to 12 months from sign up.

## Further Information

Any enquiries about the SilverCloud and Blended Online CBT service, please contact the Amy/Jen or email [Silver.Cloud@wales.nhs.uk](mailto:Silver.Cloud@wales.nhs.uk)

