

# Computerised Cognitive Behavioural Therapy

Information for children, young people and families

---

## What is computerised Cognitive Behavioural Therapy (cCBT)?

- A recommended support for children and young people who experience mild to moderate levels of anxiety.
- A practical approach that aims to help you understand your anxiety and develop strategies to manage it.
- A 'self-help' intervention that allows you to work through different modules on the cCBT platform independently and in your own time.
- The programme has been developed by the Silvercloud Digital Mental Health Platform. This platform is used widely by children and young people in NHS England and is currently being trialled in a number of Health Boards across Scotland. An adult version of this programme is already widely available across Scotland.

## What will happen if I am referred for cCBT?

If you consent to us making a referral for you to access cCBT, the following things will happen:

Your contact information (email address & telephone number) will be passed on to the NHS Lothian Digital Interventions Team so that they can set up a Silvercloud cCBT account for you.

You will receive an email from Silvercloud with a link to activate your cCBT account.

Once you activate your cCBT account, you will be able to work through different activities that help you better understand and manage your difficulties with anxiety.

A member of NHS Lothian Child and Adolescent Mental Health Service (CAMHS) will review the information you add and the activities you complete on Silvercloud Digital Mental Health platform, and they will message you on the platform to check in and answer any questions you might have. They may also contact you by phone to provide support for the work you are completing.

Technical support, for example help with logging in to and using the site will be provided by the Digital Interventions Team.

As part of your participation in cCBT you will be asked to complete a number of questionnaires relating to your wellbeing so we can see whether the cCBT intervention is helping you. If your answers to these questions highlight any concerns for your safety or the safety of others, this information will be sent to the service that referred you to cCBT and they will decide how best to act to manage any risk.

## What information will be collected and shared if I decide to use cCBT?

- The information you input while you use the cCBT platform will be accessible to NHS Lothian CAMHS and the NHS Lothian Digital Interventions Team.
- Information relating to your use of the cCBT programme, and your progress will be added to your medical record.
- NHS Lothian will use anonymised information collected during your use of the Silvercloud Digital Mental Health platform to support the ongoing evaluation of this programme. You will not be identified in any reports or communications coming from these evaluations.
- The Silvercloud Digital Mental Health platform will collect information relating to your cCBT use. Full details relating to how your data is used and stored can be found here: [www.silvercloudhealth.com/uk/privacy](http://www.silvercloudhealth.com/uk/privacy)

## Feedback from young people who have used cCBT:

"I've noticed a real turnaround in things...I'm in a much better place now. I've felt more confident to be able to make a group of friends and have been doing things I wasn't doing before. I'm still nervous about my prelims but I'm able to do different things to help now."

"I find it isn't too overwhelming and just is a time for myself to go through how I am feeling without having to actually have a conversation with someone. I am getting used to all the functions but so far it is quite easy to understand."

"It's helped a lot with my mental health, and I feel a lot calmer and easier to relax."

