

Self-help Options

www.accesstherapiesfife.scot.nhs.uk

This leaflet outlines self-help support and options available to you. All of these can be found via the [Access Therapies Fife](http://www.accesstherapiesfife.scot.nhs.uk) website. Some you can self-refer and others will need your GP, midwife or health visitor to make a referral for you. If you move the cursor over the name (eg 'Silvercloud Space for Perinatal Wellbeing'), this is also the website link. From a phone, just click on the link. From a computer - press Ctrl (left hand button on the bottom of a keyboard) and click to get to the website.

Below is a description of all the self help courses you can find on the Access Therapies Fife website:

Anxiety and low mood

[Silvercloud Space for Perinatal Wellbeing](#) (Your GP, Midwife or Health visitor can refer you via Access Therapies GP Corner link)

For parents and carers experiencing anxiety and low-mood, from pregnancy to when their child is a year old. The programme's six modules will help you understand why we have emotions and how they can affect us during the perinatal period, understand how our emotions may change during this time, learn how to build a healthy sleep cycle for you and your child, find out how progressive muscle relaxation can relieve tension and help you sleep, learn how to deal with low mood, develop strategies to deal with worries and anxieties.

[Beating the Blues](#) (Your GP, Midwife or Health visitor can refer you via Access Therapies GP Corner link)

Beating the Blues is an online programme proven to help people who are feeling stressed, depressed, anxious or just generally low. Beating the Blues is based on cognitive-behavioural therapy – a psychological therapy that focuses on the relationships between thoughts (cognitions), behaviours and feelings.

Beating the Blues consists of eight sessions. Each session is made up of 3-5 modules. Each module takes about 10-15 minutes to complete. For the programme to be most effective, we advise completing a module every other day, about one session every week. They focus on what is happening in your life here and now. The session's help you see the link between how your thinking influences how you feel and behave. Beating the Blues is most effective if you also do the tasks recommended in each session.

[Living life to the full](#) (self referral)

Self help courses to overcome stress, anxiety and low mood.

Anxiety

Daylight (self-referral)

*Daylight is a form of personalized self-help with specific guidance based on your particular problematic thoughts, behaviors, and responses to worry and anxiety. Daylight is based on cognitive-behavioural therapy – a psychological therapy that focuses on the relationships between thoughts (cognitions), behaviours and feelings. The program guides you through a range of techniques and you decide what to put into practice. One of the key features of Daylight is that it is designed for you to use how you want, when you want. **For best results, we recommend using the program for a few minutes each day. This will speed up your learning and help you feel better faster.***

Silvercloud Space from OCD (Your GP, Midwife or Health visitor can refer you via Access Therapies GP Corner link)

Learn skills to overcome obsessive compulsive disorder; obsessions (recurrent and persistent thoughts, images or urges) that you seem unable to get out of your mind and “compulsions” or repetitive behaviours that you may feel driven to perform.

Silvercloud Space from Phobia (Your GP, Midwife or Health visitor can refer you via Access Therapies GP Corner link)

Learn skills to overcome your phobias. Phobia are a fear of a specific object or activity, such a spiders, dogs, flying, or driving, needles.

Silvercloud Space from Panic (Your GP, Midwife or Health visitor can refer you via Access Therapies GP Corner link)

Learn skills to manage panic and help you overcome the unpleasant sensations and feelings that are associated with panic.

Silvercloud Social Anxiety (Your GP, Midwife or Health visitor can refer you via Access Therapies GP Corner link)

Learn skills to overcome persistent fear of social situations and manage feelings of excessive self-consciousness.

Silver Cloud Health Anxiety (your GP, Midwife or Health visitor can refer you via Access Therapies GP Corner link)

Learn skills to manage persistent and excessive worry around the status of your health.

Sleep

Sleepio (self-referral)

The core program consists of six weekly sessions in which your virtual sleep expert, "The Prof" talks you through techniques personalised to you. Each session lasts about 20mins, and is tailored to your progress and problems.

Sleepio is an effective long-term solution to sleep troubles and has been validated in 12 randomised controlled trials and over 13,000 participants. In one randomized trial, Sleepio helped 76% of poor sleepers achieve healthy sleep.

Silvercloud Space for Sleep (self referral)

This program will teach you the skills for overcoming your sleep difficulties, allowing you to achieve better quality sleep and wake up feeling refreshed. The course will help participants to understand the causes of poor sleep and how it can affect us, accurately assess how you are currently sleeping and track your progress, learn proven techniques for developing and maintaining a healthy sleep cycle.

Stress

Step on Stress (self referral)

*Stress is **a three week online course (approx hour and half per session)** which provides you with strategies for reducing stress, anxiety and panic and boosting self-esteem. This course is delivered using the online video platform Zoom.*

Step on Stress teaches techniques from cognitive-behavioural therapy (CBT) – a psychological therapy that focuses on the relationships between thoughts (cognitions), behaviours and feelings. CBT is proven to be effective for managing stress, reducing anxiety and improving self-esteem.

This course involves a blend of three online group sessions teaching the core concepts of stress reduction and workbooks for each session which develop and build on the main ideas. The group sessions are lecture-style live presentations delivered by NHS Fife psychology assistants. This is not group therapy so you will not be asked to share your experiences or to speak in front of others, just sit back, listen and take it all in.

Silvercloud Space from Stress (self-referral)

This programme will help enhance existing stress-busting strengths and skills, and build new ones. Participants can learn to manage stress, build resilience and improve self-esteem. Learn to set SMART goals for your life. Learn to problem-solve and communicate assertively.

Building Resilience during Pregnancy & Postnatal

[**Enjoy your Bump**](#) (self-referral)

Helping expectant mothers learn about getting the most out of their prenatal experiences.

[**Enjoy your baby**](#) (self-referral)

Helping mums to make positive changes in their lives and start to enjoy new parenthood.

[**Enjoy your infant**](#) (self-referral)

Watch, listen, understand and build a relationship with your child.

Resilience and wellbeing

[**Silvercloud Space for Resilience**](#) (self-referral)

This programme will help you to manage your mental health during the COVID-19 pandemic and beyond.

Coping with Covid 19

[**Silvercloud Space from Covid 19**](#) (your GP, Midwife or Health visitor can refer you via Access Therapies website)

The scale of the COVID-19 crisis is disrupting our personal and working lives. This module aims to support you in finding helpful ways to cope and adjust to these extraordinary circumstances.

[**Silvercloud Space from Covid 19**](#) (self-referral)

This programme will help you achieve to a sense of wellbeing and satisfaction, in all areas of your life.