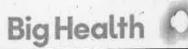






## NHS Grampian, Primary Care Psychological Services Details of cCBT (Computerised Cognitive Behavioural Therapy) Programmes available for self-referral (updated March 2022)

Programme	Summary of Programme and link for all persons residing in NHS Grampian	Website address/es for general information and referrer information about Programme (s)
Sleepio	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 randomised trial, Sleepio helped 76% of poor sleepers achieve healthy sleep.  To access Sleepio just use this link:	To learn more about Daylight and Sleepio and how to refer patients, visit this webpage - www.bighealth.com/howto refer
	Sleepio – www.sleepio.com/nhs	
Daylight	Daylight's digital anxiety improvement programme can help you control feelings of worry and anxiety, using proven evidence-based techniques.  To access Daylight just use this link:	u u
	Daylight - www.trydaylight.com/nhs	
Stress	Overcome and manage your stressors.	https://www.silvercloudhealt h.com/uk
	Sign up online at: <a href="https://wellbeing.silvercloudhealth.com/signup/">https://wellbeing.silvercloudhealth.com/signup/</a> Use access code: Scotland2020	
Sleep	Build healthy sleep habits.  Sign up online at: <a href="https://wellbeing.silvercloudhealth.com/signup/">https://wellbeing.silvercloudhealth.com/signup/</a> Use access code: Scotland2020	a a
Resilience	Enhance your wellbeing and build work-life balance.  Sign up online at: <a href="https://wellbeing.silvercloudhealth.com/signup/">https://wellbeing.silvercloudhealth.com/signup/</a> Use access code: Scotland2020	a a
COVID-19	Helping you to deal with worry, sleep issues, loss and work-life balance.  Sign up online at: <a href="https://wellbeing.silvercloudhealth.com/signup/">https://wellbeing.silvercloudhealth.com/signup/</a> Use access code: Scotland2020	u u









Supporting		
an Anxious		
Child and		
Supporting		
an Anxious		
Teen		

Using tried-and-tested, evidence-based approaches, both courses have been designed by experts to help parents, carers and teachers, or any adults in a caring role, to support children and young people who are struggling with anxiety.

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Sign up online at:

https://cypgrampian.silvercloudhealth.com/signup/

Use access code: Grampian

Contact details. If you require further information on any of the programme please contact Paul Toseland, cCBT/ Beating the Blues Coordinator, NHS Grampian. Email gram.btb@nhs.scot