

**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	<p>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.</p> <p>To access Sleepio just use this link:</p> <p>Sleepio – www.sleepio.com/nhs</p>	<p>To learn more about Daylight and Sleepio and how to refer patients, visit this webpage - www.bighealth.com/howto refer</p>
Daylight	<p>Daylight’s digital anxiety improvement programme can help you control feelings of worry and anxiety, using proven evidence-based techniques.</p> <p>To access Daylight just use this link:</p> <p>Daylight - www.trydaylight.com/nhs</p>	<p>“ “</p>
Stress	<p>Overcome and manage your stressors.</p> <p>Sign up online at: https://wellbeing.silvercloudhealth.com/signup/ Use access code: Scotland2020</p>	<p>https://www.silvercloudhealth.com/uk</p>
Sleep	<p>Build healthy sleep habits.</p> <p>Sign up online at: https://wellbeing.silvercloudhealth.com/signup/ Use access code: Scotland2020</p>	<p>“ “</p>
Resilience	<p>Enhance your wellbeing and build work-life balance.</p> <p>Sign up online at: https://wellbeing.silvercloudhealth.com/signup/ Use access code: Scotland2020</p>	<p>“ “</p>
COVID-19	<p>Helping you to deal with worry, sleep issues, loss and work-life balance.</p> <p>Sign up online at: https://wellbeing.silvercloudhealth.com/signup/ Use access code: Scotland2020</p>	<p>“ “</p>



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. 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