IAPT

Space from **GAD**

2-5% OF PEOPLE ARE AFFECTED BY GAD *

Effective online solution to address GAD

Helping people with GAD

Space from Generalized Anxiety Disorder (GAD) is part of our unique 8-programme suite built in conjunction with Berkshire Healthcare NHS Foundation Trust. The programme helps you to manage the issues at the heart of your anxiety – intolerance of uncertainty; and the intense and uncontrollable worry that occurs.
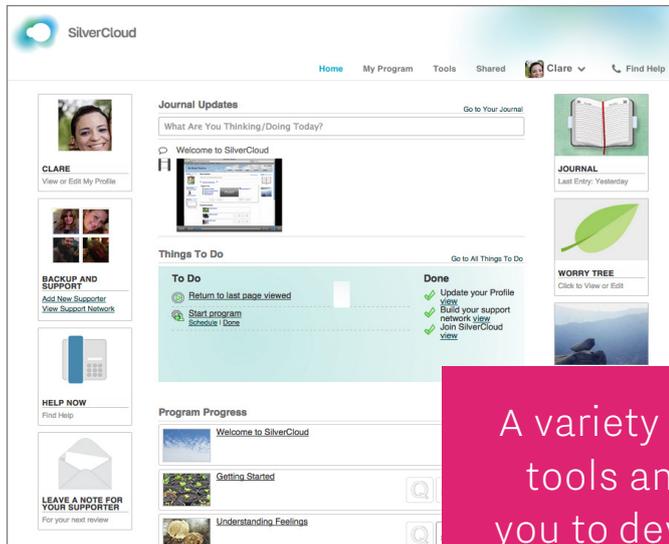
Easy to follow, supportive

Work independently at your own pace with ongoing guidance and support from your therapist.

Providing the skills to effectively manage worry

Programme content is based on Cognitive Behavioural therapy (CBT). CBT is one of the most effective treatments for GAD. Research has shown that the benefits of CBT may last longer than those of medication.

"The worry tree is a great way to manage my worries. It's empowering to feel like I can do something about my worries. Now when I have a worry I say, what can I do about it?"

*Lieb, Roselind; Becker, Eni; Altamura, Carlo (2005). "The epidemiology of generalized anxiety disorder in Europe". European Neuropsychopharmacology 15 (4): 445–52; Kessler RC, Chiu WT, Demler O, Walters EE. Prevalence, severity, and comorbidity of twelve-month DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R). Archives of General Psychiatry, 2005 Jun;62(6):617-27.

Developed in collaboration with Berkshire Healthcare

NHS

NHS Foundation Trust

SilverCloud

MAKING SPACE FOR HEALTHY MINDS

A variety of interactive tools and apps help you to develop skills to manage your symptoms and build resilience.

Accessible

Access it 24/7 - on your computer, tablet or mobile phone.

Flexible, online solution

7 online modules help you to tackle the negative thinking patterns associated with GAD. Learn to recognise your anxiety cues, and develop skills to help you to manage your experience of uncertainties. Helping you to manage your worry in a more balanced way.

Your therapist can unlock additional modules to best meet your needs.

Highly Engaging

The programme is packed with videos, quizzes and effective activities and tools including:

- Interactive worry tree
- Thoughts, feeling, behaviour cycles
- Lifestyle choices chart
- Relaxation and breathing exercises

Personalised care path

GAD commonly coexists with other anxiety disorders, for example panic. The programme allows your therapist to customise content and tools to meet your specific needs.

Learn to manage your worry through effective techniques such as worry time and problem solving. Practical tools include the Worry Tree.