

# Privacy Notice

## Silver Cloud CBT Patient Support App

**Silver Cloud – available to IAPT Patients and CAMHS Services Patients (CAMHS Portsmouth and Mental Health in Schools Teams in both Southampton and Portsmouth)**

Silver Cloud is an online self-help programme using Cognitive Behavioural Therapy (CBT) based techniques similar to interventions delivered by Psychological Wellbeing Practitioners. This programme will teach patients more about what CBT is and will offer many activities to help you make practical changes to your mood.

Following a patient's assessment, you may be offered access and use of SilverCloud; this is a computerised Cognitive Behavioural Therapy (CBT) programme designed to help patient's manage symptoms of anxiety or depression. The programme includes modules that patients can work through at their own pace. These modules will help patients understand more about the difficulties that you are experiencing and recognise what you can do to move forward.

Patients will be given a login name and link to register with the app. Once registered, patients can then choose module(s) they want to complete and work through them with regular reviews with a wellbeing worker. Decision on what module(s) to work on is done collaboratively with your treating clinician, although you can also access other related modules.

### 1. Type of personal information being processed

You will be in control of the data stored within the app, but can consist of

- Name and related login information;
- Usage Data relating to Personal Data;
- Contact details
- Background and demographic data
- Feedback and technical support data
- Health data
- Optional personal information uploaded by yourself, as the patient

### 2. How we obtain the personal information and why we have it?

With the exception of your name and contact email address, which you will consent for us to use, in order to register you for the app; all other data is inputted directly by yourself.

### 3. Legal basis

- 6(1)(a): the data subject has given consent to the processing of his or her personal data for one or more specific purposes;
- 6(1)(e): processing is necessary for the performance of a task carried out in the public interest or in the exercise of official authority vested in the controller;

IF YOU HAVE ANY QUERIES, PLEASE CONTACT

- 9(2)(a): the data subject has given explicit consent to the processing of those personal data for one or more specified purposes
- 9(2)(h): processing is necessary for the purposes of preventive or occupational medicine, for the assessment of the working capacity of the employee, medical diagnosis, the provision of health or social care or treatment or the management of health or social care systems and services

#### 4. How we store your personal information

Your information will be stored within the Silver Cloud App. For information on their storage and privacy notice, please see

- <https://demo.silvercloudhealth.com/help/privacy/>
- <https://www.silvercloudhealth.com/uk/privacy>
- <https://www.silvercloudhealth.com/uk/privacy/platform>

Additionally, Solent NHS Trust will also record an extract of the data, within your clinical patient record.

For Adult Mental Health Patients: The information from this app is automatically feedback into IAPTuS System; this allows the service to have access to the outcome measures and update reviews and risk management. Patients are informed that the information from the Silver Cloud app is shared back with their Healthcare Professional and forms part of the medical record.

For Childrens & Adolescent Mental Health Service Patients: The app does not automatically feed into SystemOne, which is our primary clinical patient records for patients within this service. Your supporting clinician will log into the app, using their own individual log in detail and will be able to extract the data, **only for the patients they are seeing**. The supporting clinician will copy and paste the relevant information, from the app, to the your medical record on SystemOne.

#### 5. Who has access to your information / who do we share it with?

Your information will only be shared with clinical services, within Solent NHS Trust, if and only if, they are providing you with medical care and treatment.

Further information on the use of your data and your rights, please visit <https://www.solent.nhs.uk/about-us/publication-scheme/your-information-your-rights/>