

Message Schedule – SCO NHS LAN BtB Encouragement Texts

Message Schedule Frequency/Day/Time	Message Content	Character Number (inc. spaces)
Once, Day 0, Triggered by patient sign up	Hi, I'm Florence your NHS self care service. I need to confirm you want to join in. Get started by replying "YES". Don't reply if you didn't ask to join in.	Not Applicable Standard Message
Once, Day 0, Triggered by patient Opting in with "YES"	Hi, it's Florence. Thanks for joining. I'm here to help you manage your own health better. At times I'll send advice for you to act on. To help you I may also share information with your healthcare team.	Not Applicable Standard Message
Encouragement message, day 4 @ 15:00	Beating the Blues will help you to pinpoint and change unhelpful ways of thinking that can affect how you feel.	112
Encouragement message, day 11 @ 16:00	Hi, It may be hard to see how BtB is relevant to your situation, however the programme is designed to build knowledge and skills over the weeks.. stick with it.	160
Encouragement message, day 18 @ 12:00	Hi, Beating the Blues is designed to build on your knowledge and skills over the weeks,if you stop too early you will not get the full benefits of the treatment	160
Encouragement message, day 25 @ 18:00	Hi, Learning CBT techniques can help with depression and anxiety, keep at the programme you're doing well. Regards Flo	116
Encouragement message, day 32 @ 17:00	Beating the Blues helps you to change the way that you think, which helps to change the way that you feel, which changes the way that you behave.	147
Encouragement message, day 39 @ 11:00	Hi, try and set aside an hour today with no interruptions to complete your next session of Beating the Blues. Helps to beat anxiety/depression. Regards Flo	156
Encouragement message, day 46 @ 15:00	Hi, If you're managing to complete your Beating the Blues sessions each week, thats great, if not don't worry, just start the next session today! Regards Flo	158
Exercise encouragement, with gym pass reminder, day 7 @ 14:00	Regular physical activity can help your mental health. Remember your Beating the Blues account can give you free gym access: text #gym for more information.Flo	160
Patient replies "#gym"	Go to Well Connected Booklet Page 11 (North) P4 (South) and follow the instructions. Contact Diane Reilly on 01698 366740 to have your referral form completed.	160