

Relax in VR

Information for young people, family and carers



'Relax in VR' is an immersive Virtual Reality based therapy programme specifically designed for young people.

The therapy is on-demand, fully supervised and personalised to your needs.

The VR equipment links remotely to a therapist who will supervise you in real-time. The wearable device generates data giving the therapist an insight into your progress and allows you to understand how to manage your anxiety.

Virtual Reality Programme Sections

The content of the programme is split into three key sections arranged over 21 modules.

1. Progressive Muscle Relaxation 2. Applied Relaxation 3. Exposure Therapy.

Progressive Muscle Relaxation (PMR)

Anxiousness results in you feeling uptight and stiff. PMR, teaches you to identify the stiffness or tightness of each individual muscle group and how to relax that muscle actively. This control of each muscle group helps you to identify the changes in muscle tension as a sign of worsening anxiety and use relaxation techniques to reduce it.

Applied Relaxation (AR)

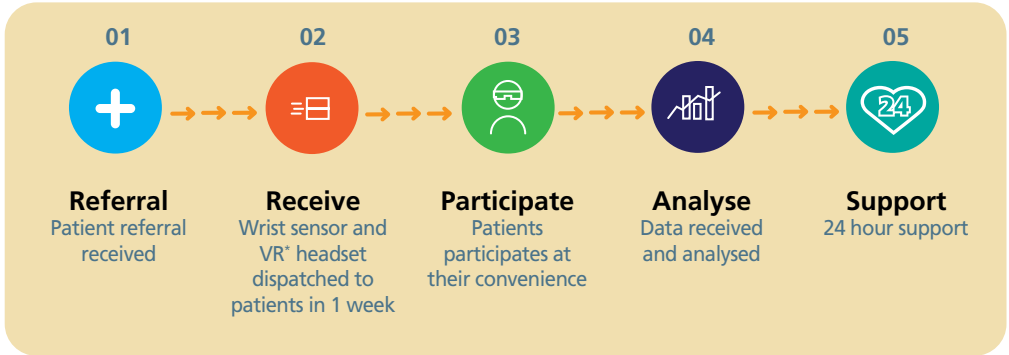
Applied Relaxation, helps you to actively identify the general triggers for anxiety and implement the PMR technique to reduce it.

Exposure Therapy (ET)

Every individual has a different trigger that can lead to overwhelming anxiety. The exposure therapy module builds upon the PMR and AR techniques to help you to identify specific triggers such as road crossings or going to school, and then actively use those techniques to prevent overwhelming anxiety and help you deal with situations in the future.

How to use the Virtual Reality Device

The Relax in Virtual Reality programme is simple to use and uses a one touch operation. You simply turn on the device and enter your NHS number, the programme links to the cloud via the internet and then imports progress, enabling you to start from where you left off. If you do not have internet connection at home this will be provided as part of the equipment. You can also call a therapist for a live session to further personalise your therapy. Once engaged, the therapist can talk you through your treatment and adapt techniques to achieve better outcomes.



By taking part in this program, you are giving consent for your information to be shared with Concept Health. For more information about the data protection and privacy policy scan the QR code



If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

Amharic

ይህንን ጽሑፍ በግልጽ እንዲታይዎ በትልቅ፣ በብሬል ተጽፎ ወይም በቱፕ ተተኪቶ ወይም በሌላ ቋንቋ ተጽፎ ለማየት የሚፈልጉ ከሆነ የሰበሰቡትን ምክርና ግንኙነት ለገልግሎትን በዚህ ቁጥር 0800 015 4334 ደውሎ ጥያቄዎን ያቀርቡ።

Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الاتصال بخدمة التنسيق ونصيحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাড্‌লাইস এন্ড লিয়েজঁ সার্ভিসের সাথে যোগাযোগ করবেন।

Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务 (Patient Advice and Liaison Service)，电话号码：0800 015 4334。

Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients (Patients Advice and Liaison Service) au 0800 015 4334.

Kurdish Sorani

ئەگەر تۆم زانیاریاتە بە چۆنی گۆره، برائیل یان لەسەر شریتی دەنگی دەخوازیت باخود ئەم بەلگەنامەیە بە زمانکی دیکە دەخوازیت، تکلیه پامۆندی بکە بە خزمەتگوزاری زینمایی و هاوناھەنگی نەخۆشەو بە ژماره 0800 015 4334.

Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੱਟੋ ਵੇ ਜਾਂ ਇਸ ਸਮਰਾਹਿਣ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੱਟੋ ਵੇ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਕਾਲ-ਸੇਵਾ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Somali

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

Urdu

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہیں یا یہ دستاویز کسی قابل زبان میں چاہیں تو برائے کرم پیشاپیش ایڈوائس لینڈ لیزران سروس سے 0800 015 4334 پر رابطہ کریں۔

Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay bằng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing
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