

A New Way to a Healthier Mind

1 in 4 of us struggle with mental health challenges, like feeling low or anxious.

Based on 2 decades of clinical research and proven therapies - SilverCloud programmes give you the tools and skills to feel better and stay better.

"I felt supported throughout the programme and loved that I could use it on my phone when I needed to. I still track my mood and practice what I learned to feel better."

SilverCloud Health User

What programmes are available?



COVID-19

Helping you to deal with worry, sleep issues, loss, isolation and work-life balance.



Health Anxiety

Learn skills to manage persistent and excessive worry around the status of your health.



Social Anxiety

Overcome persistent fear of social situations and manage feelings of excessive self-consciousness.



Coronary Heart Disease

Improve symptoms of low mood and anxiety associated with coronary heart disease.



Diabetes

Manage the symptoms of depression and anxiety associated with diabetes.



Chronic Pain

Improve the symptoms of low mood and anxiety associated with chronic pain.



Rheumatoid Arthritis (RA)

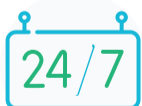
Improve symptoms of low mood and motivational factors associated with rheumatoid arthritis.



Lung Conditions

Improve symptoms of low mood and anxiety associated with lung conditions.

How do they work?



Easy to Access

Access programmes anytime on any device.



Easy to Use

Receive regular feedback from an online supporter.



Easy to Use

82% of people find the programmes easy to use.



Proven Outcomes

It's proven in trials to work as well as face to face therapy.

How can I access them?

Speak to your GP or health care professional who can make a referral for you.