

SilverCloud

A New Way to a Healthier Mind

1 in 4 of us struggle with mental health challenges, like feeling low or anxious. SilverCloud programmes give you the tools and skills to feel better and stay better.



What programmes are available?

Wellbeing



Programmes that give you the skills to deal with everyday issues that affect your emotional health.

- Stress
- Sleep
- Resilience
- Positive body image
- COVID-19

Mental Health



Programmes to help alleviate the symptoms of common mental health conditions.

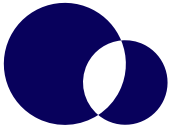
- Anxiety
- Panic
- Social anxiety
- Health anxiety
- OCD
- GAD
- Phobia
- Depression
- Depression and anxiety
- Perinatal wellbeing
- Money worries

Chronic Health



Programmes that focus on the mental health aspects of living with a long term condition.

- Chronic pain
- Diabetes
- Coronary heart disease
- Lung conditions



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Self-help for Wellbeing and Mental Health

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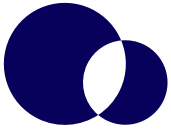
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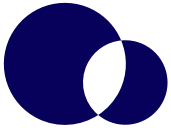
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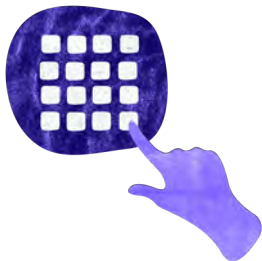
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“I felt supported throughout the programme and loved that I could use it on my phone when I needed to. I still track my mood and practice what I learned to feel better.”

SilverCloud Health User

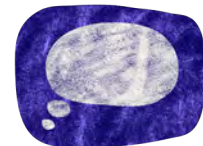
How do they work?



Enter your details to setup an account.



Login, learn & practice. A recommended pace is 1 module a week.



Receive regular feedback from an online supporter.

What are the benefits?



Easy Access
Access programmes anytime on any device.



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.



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