

Unique Modules	Health Anxiety	Social Anxiety	CHD	Chronic Pain	Diabetes	Lung Conditions	RA
Catching Unhelpful Behaviours	✓	✗	✗	✗	✓	✗	✗
Facing Your Fears	✓	✓	✓	✗	✓	✓	✗
Spotting Thoughts	✓	✓	✓	✓	✓	✓	✓
Challenging Thoughts	✓	✓	✓	✓	✓	✓	✓
Managing Worry	✓	✓	✓	✓	✓	✓	✗
Boosting Behaviour	✗	✗	✓	✓	✓	✓	✓
Core Beliefs	✗	✗	✓	✓	✓	✓	✓
Anxiety & Your Health	✗	✗	✗	✓	✗	✗	✗
Default Modules							
Welcome To SilverCloud	✓	✓	✓	✓	✓	✓	✓
Getting Started	✓	✓	✓	✓	✓	✓	✓
Understanding Feelings/Emotions	✓	✓	✓	✓	✓	✓	✓
Bringing It All Together	✓	✓	✓	✓	✓	✓	✓
Additional Modules\Further Resources							
COVID-19 (Challenging Times)	✓	✓	✓	✓	✓	✓	✓
My Self-Esteem and I	✓	✓	✓	✓	✓	✓	✓
Sleep Difficulties	✓	✓	✓	✓	✓	✓	✓
Relaxation	✓	✓	✓	✓	✓	✓	✓
Employment Support	✓	✓	✓	✓	✓	✓	✓
Behavioural Experiments	✓	✓	✓	✓	✓	✓	✓
Anger Management	✓	✓	✓	✓	✓	✓	✓
Communication & Relationships	✓	✓	✓	✓	✓	✓	✗
Grief & Loss	✓	✓	✓	✓	✓	✓	✗