



Self-help for Wellbeing and Mental Health

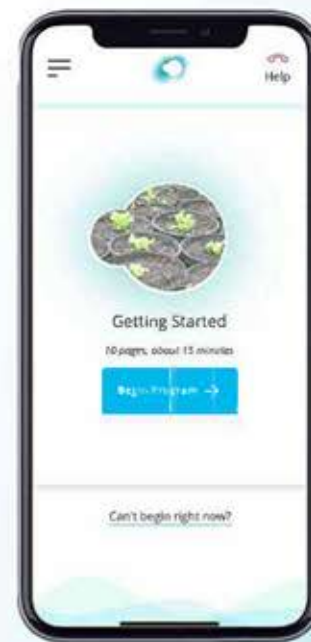
A new way to a healthier mind

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?

Choose from programmes to help with:



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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What are the benefits?



Easy to Access

Get easy access online, when you need it.



Easy to Use

82% of people find the programmes easy to use.



It Works

Most users see an improvement when they begin using the programmes.

How do I access them?



Enter your details to setup an account.



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



Sign up online at:

Your sign-up url



<https://dudleytalkingtherapy.silvercloud-health.com/signup>

"I 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