



**NHS**  
Dudley Integrated  
Health and Care  
NHS Trust

# 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

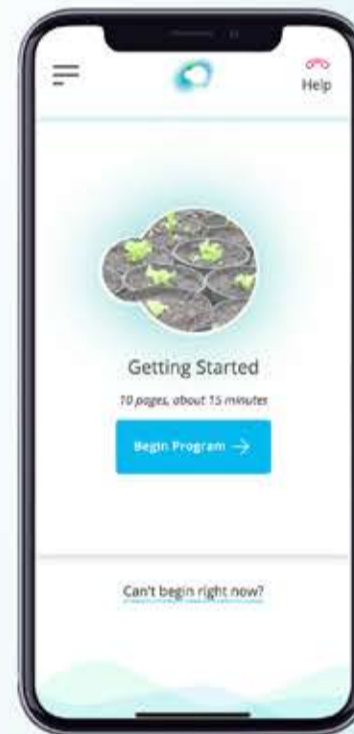
## What is SilverCloud?

Secure immediate access to online programmes tailored to your needs.

You can choose from online programmes to build resilience or help deal with stress, sleep issues, anxiety or low mood.

Each programme uses proven methods like cognitive behavioural therapy (CBT). Giving you the skills to improve your mental health and wellbeing.

Programme modules are easy to use. Work through the activities, videos and content anytime on your computer, tablet, or phone.



## How it works



### Easy to Access

Access programmes anytime on any device.



### Login, Learn & Practice



### Easy to Use

82% of people find the programmes easy to use.

## To find our more visit:

Your web address.



**SilverCloud**  
Digital Mental Health Platform