



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.

SilverCloud programmes give you the tools and skills to feel better and stay better.



What programs 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

"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.

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



SilverCloud
Digital Mental Health Platform