



I was really struggling but with SilverCloud I have learned to manage my emotions and feel really good

SilverCloud User



# Your mental health matters, take control with SilverCloud

Digital mental health support, any time, anywhere.

If you've been struggling with your mental health for any number of reasons, we've integrated SilverCloud's digital mental health platform into our service, so you can start taking control of your own wellbeing.

The platform's programmes are tailored to your individual needs and document your progress. You'll be assigned a SilverCloud supporter who will help you through the modules and take you through your journey on the platform.



## How SilverCloud works?

After your referral, you'll receive an invite with a login to access the platform free of charge. After you've signed up you'll be assigned a supporter who will check in with you weekly, they'll help you set your goals and apply SilverCloud support to your life. The programmes use clinically-proven digital Cognitive Behavioral Therapy, with the full course supported for 8 weeks, and self-guided thereafter. The platform is easy to use, confidential and can be accessed anywhere via a smartphone, tablet or computer, meaning you can get the help you can access the program at any time:

Get support from SilverCloud for:

- **Difficulty concentrating, being indecisive, restlessness**
- **No interest or pleasure in the things you do each day**
- **Weight loss, weight gain or changes in appetite**
- **General fatigue or loss of energy**
- **Feelings of worthlessness or excessive guilt**
- **Irritability**
- **Increased muscle aches or soreness**

Each module comes with its own tools and coping mechanisms, tailored to your individual mental health goals. Using SilverCloud for just 15 minutes a day, or 3-4 times a week is proven to help you cope with whatever you may be going through.

**If you think SilverCloud's digital mental health tools can help you, ask your GP or appropriate mental health practitioner for a referral.**



## Who are SilverCloud?

**SilverCloud are world leaders when it comes to digital mental health and wellbeing.**

SilverCloud Health is an Irish company and is a multi award-winning digital mental health platform, a result of over 18 years of clinical research with leading academic institutions. Today, SilverCloud is being used by over 300 organisations globally to meet the mental health needs of their employees, patients or clients.

The platform continues to lead the industry with its effectiveness, engagement and range of clinical programs that encompasses the full spectrum of mental health and wellbeing needs.

Learn more at  
[www.silvercloudhealth.com](http://www.silvercloudhealth.com)

