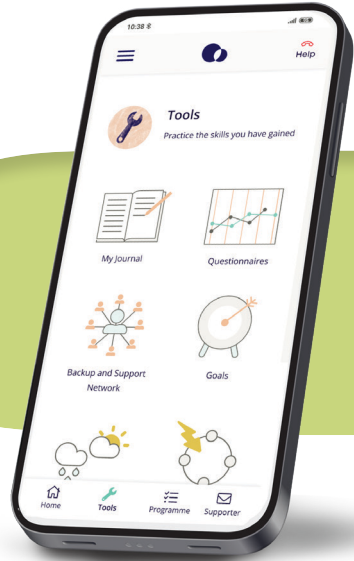


# Give Your Patients Fast Access to Mental Health Support

SilverCloud® by Amwell® delivers evidence-based digital Cognitive Behavioural Therapy (CBT) that supports your patients in thinking and feeling better.

The SilverCloud® platform has partnered with the HSE to increase access to fully supported digital CBT programmes on a national level.

The partnership aims to work with referrers to provide patients with comprehensive mental health support outside appointment hours and while they wait for an appointment with a mental health service. Ask your GP, Primary Care Psychologist, Counselling in Primary Care, Community Mental Health or Jigsaw to find out more



## SilverCloud® programmes can be used by patients:

- While they wait to see a mental health professional
- 24 hours a day, outside appointment hours
- Post treatment to maintain recovery

90%

of users indicated that they believed that SilverCloud could work for them before commencing treatment<sup>1</sup>.

94%

user satisfaction<sup>2</sup>.

Over  
60%

of users achieved reliable rates of improvement from depression or anxiety

**Offer an instant solution, with proven outcomes to support your patients.**

1. <https://www.silvercloudhealth.com>

2. Data from HSE Service Report, August 2023

3. "A user meets the criteria for recovery when they move from caseness (>9 on PHQ-9 or >7 on GAD7) to non-caseness (i.e. below these thresholds) post-intervention."

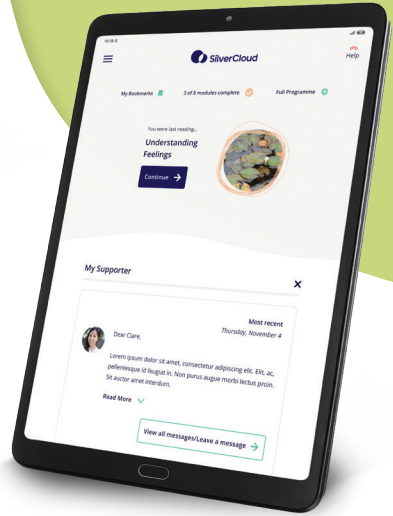
## The SilverCloud® platform:

- Helps you meet patient demand, with scalable evidence-based support
- Has been created by experts and is backed by leading research
- Is trusted by thousands of clinicians around the world

## How to refer

- **Send your referral via HealthLink, HealthMail (silvercloud@healthmail.ie) or via our eReferral service accessible via SilverCloud's/our website.**  
Each referral must include patient/client full name, email address and date of birth. You must also include GP name and email address in case of escalation. **NB: please include patient and clinician email address in all referral requests.**

- The SilverCloud Clinical Admin team will contact your client/patient and invite them to create an account. This gives them access to the SilverCloud platform which can be accessed on any device.
- Once the referral is accepted, the client/patient can log in and will be assigned a Clinical Supporter who will contact them weekly, guiding them through their program. The client/patient can also access self-guided support anytime, even after they complete the program.



## What programmes are available?

SilverCloud programmes can support patients experiencing:

- *Anxiety*
- *Anxiety & Depression*
- *Depression*
- *Generalised Anxiety Disorder (GAD) Anxiety*

**For more information about the programmes and how to refer your patients.**



**SilverCloud®**  
by Amwell®

