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 treatment¹.

94% user satisfaction².

Over 60% of users achieved reliable rates of improvement from depression or anxiety³.

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.”

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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.

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