Online Mental Health Support that Works!

If you’re feeling anxious, low, depressed or overwhelmed, SilverCloud® by Amwell®’s online therapy programmes can help you to take control and cope better.

**Easy to use**
Once you've been referred, you can access the SilverCloud® platform online or on your phone, 24 hours a day.

**Proven to work**
Used by over 1 million people globally. Most feel better within 3 months.

**Professional online supporter**
You will be assigned an online supporter who will guide you through the 6-8 week programme.

“This has given me a different way of looking at my emotions and feelings. It helps me to feel calmer.”

- Susan, 48

Ask your GP, Primary Care Psychologist, Counselling in Primary Care or Jigsaw or scan the QR code to find out more.