

You're not alone

NHS online mental health support for young people aged 16-18.



Many young people struggle with their mental health, such as feeling anxious or low.

The good news is, there's lots you can do to help yourself like signing up for a free, online guided self-help programme.

SilverCloud® programmes use techniques from Cognitive Behavioural Therapy to help you **manage anxiety or low mood** and **learn skills to cope better**.

Why sign up?



Access anywhere, anytime from your mobile, tablet or laptop



It's anonymous, safe and easy to use



Sign up without a doctor's referral



Regular check-ins with one of our SilverCloud® Supporters via online message

Visit nhs.uk/silvercloudhealth/signup or scan the QR code

