

Online Mental Health Support from NHS Wales

Free and flexible help on your phone, laptop or tablet. Sign up and start today.



Looking after your mental health means you're better equipped to rise to life's challenges - and if you do feel down or overwhelmed from time to time, NHS Wales can help you get back on track with instant, online access to SilverCloud®.

It's a free, online space with a suite of programmes clinically proven to help you think and feel better. They use Cognitive Behavioural Therapy (CBT) which offers practical tools for turning negative thinking into positive action.

Anyone in Wales aged 16+ experiencing mild-to-moderate mental health problems can sign up for a 12-week programme. There's no waiting list and no need to see a GP.

You'll find courses for everything from mild-to-moderate anxiety, stress and depression, to issues including sleep problems, body image and money worries.

For parents and caregivers, there's support with helping a child or teen manage anxiety, and there are programmes designed specifically for young people, new parents and students.

Access anytime, anywhere

Sign up online for free on your phone, tablet or laptop. Access programmes 24/7 wherever you have an internet connection.

Online help with a human touch

You'll be allocated an online supporter who will monitor your progress and give personalised fortnightly feedback.

Go at your own pace

Complete your programme in your own time over 12 weeks. Commit an hour a week for the best results. Divide the time into manageable slots to suit your lifestyle and commitments.



Sign up at nhs.wales/silvercloudhealth/signup, or scan the QR code. Find the SilverCloud Health app on App Store or Google Play



SilverCloud®
by Amwell®

Over 1 million users worldwide