



SilverCloud

Making Space for Healthy Minds
Yn Gwneud Lle ar Gyfer Meddyliau Iach



GIG
CYMRU
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WALES



Online Cognitive Behavioural Therapy to optimise your mental health & wellbeing

- Available via smartphone, tablet, laptop or desktop computer
- Diverse activities, tools, videos, exercises and mindfulness
- Online therapy with a human touch

1 in 4 of us struggle with mental health challenges, like feeling low, anxious or stressed.

What is it?

- A 12-week course of Online Cognitive Behavioural Therapy (CBT) via your smartphone, tablet, laptop or desktop computer.
- For people aged 16+ experiencing mild to moderate anxiety, depression or stress.
- Choose from a range of online programmes to complete at your own pace over 12 weeks.
- Find help for anxiety, depression, stress, sleep, money worries & more.
- Based on proven methods like Cognitive Behavioural Therapy (CBT).

When should I use it?

- Whenever you need it.
- For best results use 15-20 minutes a day, three to four times a week.

Why use it?

- SilverCloud programmes have demonstrated high improvement rates for people experiencing stress, anxiety and depression.
- Programmes feature activities and tools, giving you the skills to manage your mental health and wellbeing.

What is the role of the SilverCloud Supporter?

- Help you set goals for using your programme.
- Help you apply your learnings from SilverCloud to your daily life.
- Check-in with you online every fortnight to review your progress and provide feedback.
- To encourage and support you and celebrate your success.

What should I expect from my SilverCloud Supporter?

- Send you messages via the SilverCloud platform on a scheduled day.
- Add personalised recommendations.

- **Access your programme**

From the homepage, or you can go to the programme page from the main menu to get started.

- **Tools**

Help you to put what you learn into practice. Add them to your homepage as you move through your programme.

- **Set goals**

To track your progress and help motivate you through the programme.

- **Set reminders**

To login or to put what you have learned into practice.

- **Use the journal**

To help you to clarify your thoughts and feelings, reduce stress and solve problems more effectively.

- **Practice mindfulness**

With a number of relaxation and breathing exercises that help you to be more mindful in your daily life.



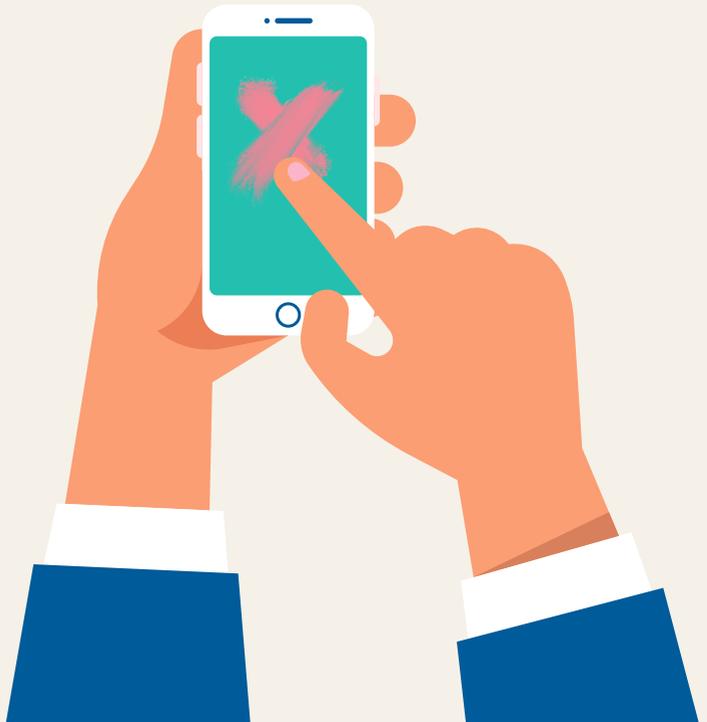
Getting started is easy:

- Visit: nhs.wales.silvercloudhealth.com/signup
- Choose one of 15 online programmes
- Register for an account
- Complete a set of questionnaires. This helps us assess if SilverCloud is the right service for your needs. If yes, you'll be allocated a SilverCloud Supporter and you're good to go!

If no – it's not you, it's us: SilverCloud is suitable for those experiencing mild to moderate anxiety, depression or stress. Please contact your GP for help finding the right service for your needs.

Queries?

Please contact us on silver.cloud@wales.nhs.uk
or call **01874 712 428**



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