

Online Cognitive Behavioural Therapy Service

A New Way to a Healthier Mind

1 in 4 people struggle with mental health and wellbeing challenges, like feeling low or anxious.

Cognitive Behavioural Therapy (CBT) helps people manage their problems by encouraging them to change the way they think and behave.

People aged 16+, experiencing mild to moderate anxiety, depression or stress, can now sign-up for SilverCloud Online CBT.

How it Works:

Access anytime, anywhere

People aged 16+ can sign up for a 12-week course of online therapy via their smartphone, tablet, laptop or desktop computer.

Complete at your own pace

Choose from 15 online programmes to complete at your own pace over 12 weeks. Find help for anxiety, depression, stress, sleep, money worries and more.

Engaging and interactive programmes

Programmes feature activities and tools. Giving you the skills to improve and manage your mental health and wellbeing.

Online therapy with a human touch

You'll be allocated a SilverCloud Supporter who will check-in with you online every fortnight to review your progress and provide feedback.

"I felt supported throughout the programme and loved that I could use it on my phone when I needed to. I still track my mood and practice what I learned to feel better."

