

A NEW WAY TO A HEALTHIER MIND

1 in 4 of us struggle with mental health challenges, like feeling low or anxious. SilverCloud online programmes give you the tools to feel better and stay better

WHAT PROGRAMMES DO WE OFFER?

- Space from Anxiety
- Supporting an anxious child
- Low Mood



The SilverCloud Anxiety package will provide young adults with the tools to help deal confidently with any anxiety issues that they may have

WHAT ARE THE BENEFITS?

- Access 24/7 in the palm of your hand whenever you feel you need that extra support
- Access programmes anytime on any device
- Anonymity
- Once completed you can access the support materials for 1 year
- Receive regular feedback from an online supporter



01907 666371



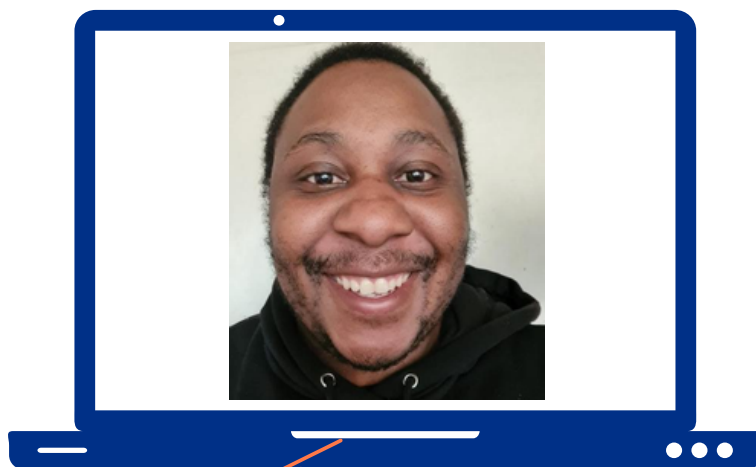
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Access digital mental health support,
anytime, anywhere, that works!




YOUR ONLINE SILVERCLOUD MENTAL HEALTH SUPPORTERS



WHO CAN ACCESS IT

- Suitable candidate after an initial assessment
- 14-19 years
- Individuals suffering from mild to moderate symptoms of anxiety and depression or a mixture of both

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- Weekly check-ins from a trained AEMHP to ensure engagement & understanding
 - Packages currently on offer; Space from anxiety, supporting an anxious child, low mood

HOW WE SUPPORT YOU



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Self-help for Wellbeing and Mental Health

SilverCloud