

BARNSELEY MENTAL HEALTH SUPPORT TEAM

SILVERCLOUD

SilverCloud is safe and secure online service for mental health. The service provides access to programmes tailored to your needs. The programmes are easy to use and are easily accessible via phone, tablet or computer. You can work through a range of activities, videos and content. If you are between the ages of 14-19 and feel you are suffering from low mood, anxiety or unsure you can sign up for SilverCloud.

PROGRAMMES OFFERED:

- SPACE FROM ANXIETY
- SPACE FROM LOW MOOD
- SPACE FROM LOW MOOD AND ANXIETY
- SPACE FOR POSITIVE BODY IMAGE



TO MAKE A SELF REFERRAL TO THE SERVICE, PLEASE SCAN THE QR CODE.



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

