



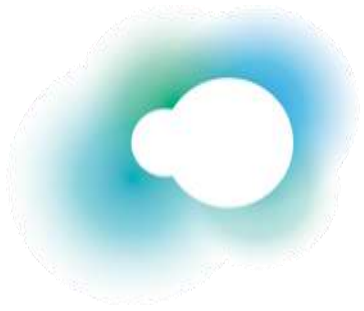
# SilverCloud

Digital Mental Health Platform

## Free Mental Health Support for NHS Staff

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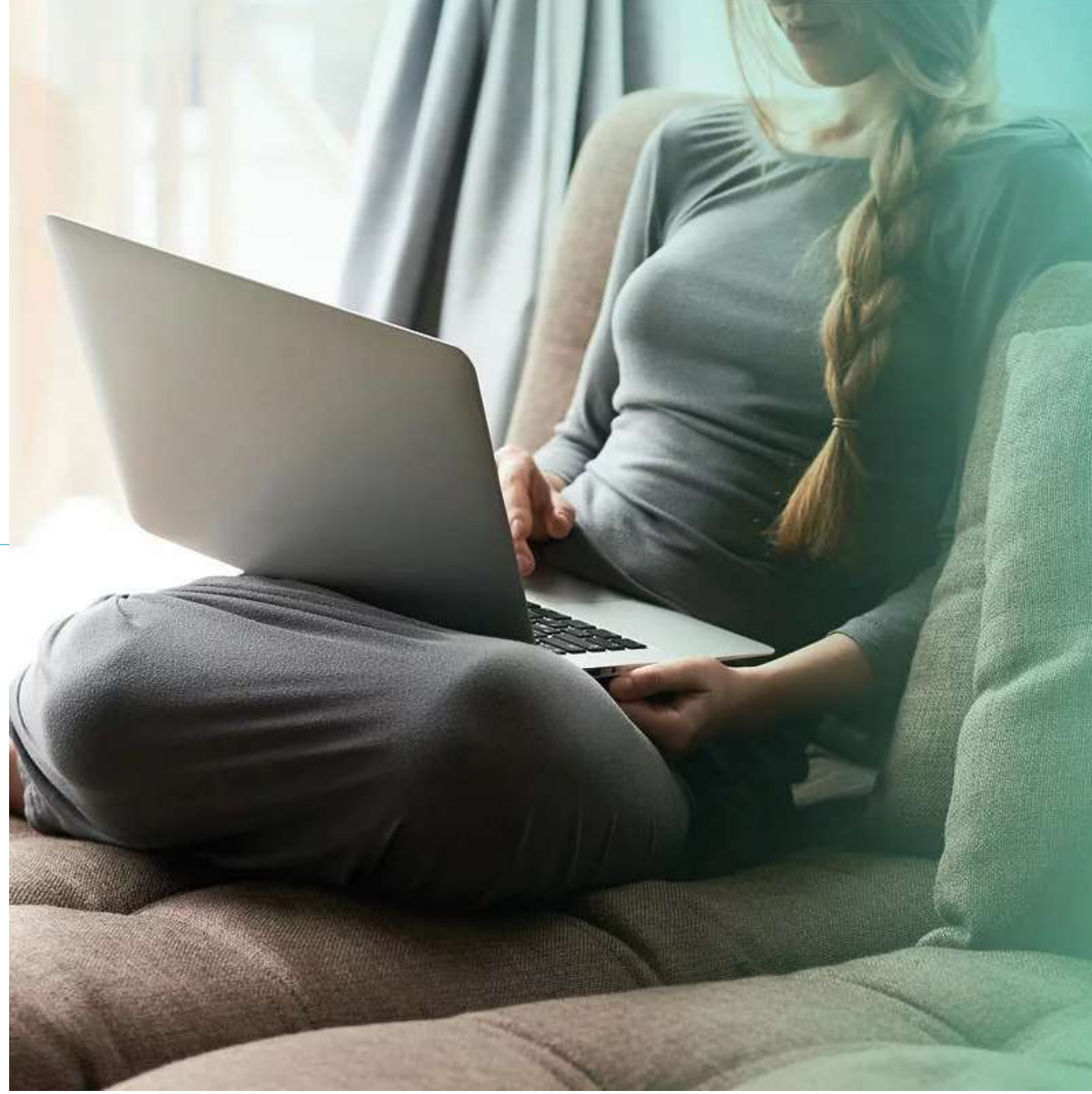
**SilverCloud**  
Digital Mental Health Platform

# Mental Health Support

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You, like many others, may be feeling anxious over the coronavirus outbreak. The pandemic is causing new challenges and greater levels of stress and anxiety than usual.

NHS workers are facing extra strain in supporting and managing these issues. This is on top of concern about contracting COVID-19 or worrying about family or friends.





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## What is SilverCloud?

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Online programmes to help ease your levels of stress and maintain a healthy mind during this challenging time.

Programmes use proven methods including, cognitive behavioural therapy (CBT) and positive psychology.





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## How do they work?

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Read through content, use tools, videos and activities to help you to feel better



Access them anytime, on any device (your phone, computer or tablet)



All information you enter is anonymous, confidential and secure



It's easy to use. 94%+ user satisfaction rate

# Instant access to self-help support

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You can sign-up online at:

<https://nhs.silvercloudhealth.com/signup/>

Use access code found on SHFT Intranet:

<https://intranet.southernhealth.nhs.uk/coronavirus>

“SilverCloud was both easy to use and fun to do. It helped me understand my emotions and how to manage stress. After just a few weeks on the program, I am feeling better and healthier.”

**SilverCloud Health User**





# SilverCloud

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## What programmes are available?

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### **Sleep**

Learn how to fall asleep faster and stay asleep with healthier habits

### **Stress**

Manage stress and learn new coping skills

### **Resilience**

Enhance wellbeing and your ability to bounce back from challenges

