**SilverCloud Toolkit Project: Website Landing Page copy**

When you’re struggling with your mental health, every day can feel like a challenge. Some days are good but on others, even small daily tasks seem overwhelming. Perhaps you feel out of control, constantly worried, or like you are carrying around a weight that no-one else can see.

We see you, and we want to help.

We have invested in SilverCloud® by Amwell® mental health programmes. Backed by 20 years of research, they are the global leader of clinically proven digital Cognitive Behavioural Therapy programmes.

SilverCloud® mental health programmes are completely free to you, and they have already helped over 1 million people to feel better. In fact, most patients showed improvements in just three months. And do not worry. If you’re on the waiting list for in-person therapy, signing up for a SilverCloud programme does not mean that you’ll lose your place.

You can choose from these programmes:

*[Space for list of available programmes here]*

They are available at any time of day and from any device, including a tablet or your mobile phone. And because every person’s situation is unique, each programme can be personalised. *[Optional copy where relevant / Remove if not: In some cases, we can even assign a supporter.* *That’s a real person, experienced in mental health support, to provide help and answer your questions.]* Ask *[insert relevant person here]* for more information.

Interested? We’d love to get you started as soon as possible. *[info on how to join here].*