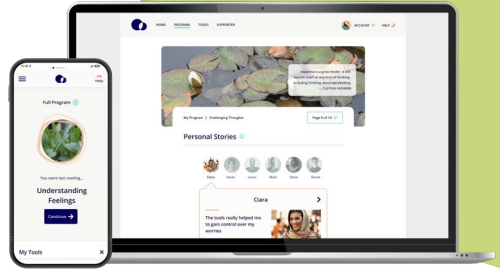


## Online Mental Health Support That Has Helped Millions



SilverCloud<sup>®</sup> by Amwell<sup>®</sup> delivers evidence-based digital Cognitive Behaviour Therapy (CBT) that supports people to think and feel better.

The wellbeing programmes provide the tools, knowledge and support needed to help people understand and manage everyday issues – such as stress or financial worries – that may affect their mental health.

The programmes are accessible 24/7, from a desktop, tablet, or mobile device.

### The SilverCloud<sup>®</sup> wellbeing programmes can be used:

- As self-management
- As part of a care plan
- While a person is waiting for care
- Between therapy visits
- Post-treatment, to maintain recovery

Up to  
**80%**  
of users showed improvement in depression and anxiety symptoms.<sup>1</sup>

**56%**  
of users with a clinical diagnosis of depression or anxiety were diagnosis-free after three months.<sup>2</sup>

Helped over  
**1M**  
patients to think and feel better.

**An instant solution, with proven outcomes**

#### References

1. Data from the SilverCloud platform dashboard.
2. Richards et al. (2020) <https://www.nature.com/articles/s41746-020-0293-8>

## The SilverCloud® platform:

- Has no waiting list, meaning people can access the programmes right away.
- Has been created by experts, and is backed by leading research.
- Is trusted by the NHS, and by thousands of clinicians around the world.

## How it works

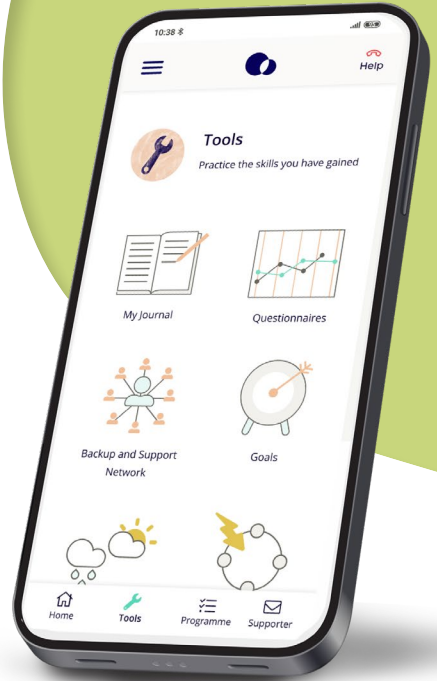
- Programmes include engaging content, videos, user stories and interactive tools.
- Using CBT, users will better understand their thoughts, feelings and behaviours, and learn how to make positive changes.
- People can work through the modules at their own pace – most programmes take around eight weeks to complete.

**Click here to find out more about the programmes and learn how to refer patients:**

## What programmes are available?

SilverCloud programmes can support patients experiencing:

- *Stress*
- *Resilience*
- *Money Worries*



**amwell** 