

Improve Your Mental Health While You Wait For Therapy

Are you living with

Frustration and anger

Money worries

Low level anxiety

Grief

Unemployment

Long term injury

Low self-esteem

The *Self-Management Programme* from SilverCloud[®] by Amwell[®] has been created to support you while you wait for your therapeutic treatment to start.

The online programme includes tools, activities, information and support that can help you understand, manage and even begin to improve your mental health. It's available online any time, from any device, and ready for you to access today.

SilverCloud[®]'s self-managed online mental health programme:

- Is personalised to meet your needs
- Is confidential and non-judgemental
- Has been used by over 1 million people globally
- Has a 93% user satisfaction rate

Your mental health is our priority. Ask your healthcare specialist about the SilverCloud[®] *Self-Management* programme, or find out more here:

