**Self-Management Programme : Website Landing Page copy**

**[H1]** **Support While You Wait For Your Therapy Appointment**

We all struggle with our mental health from time to time. And you’ve done the right thing in asking for help.

It’s important to us that you continue to receive support while you wait for your therapy appointment, so we’d like you to give our *Self-Management* programme for mental health a try.

The *Self-Management* programme has been created to put you back in control and on the road to recovery. Developed by SilverCloud® by Amwell®, it includes activities, information and support that can help you begin to understand, manage and improve your mental health while you wait.

You’ll learn how to:

* Start to self-manage your mental health
* Understand and cope with your symptoms while waiting for additional support
* Educate yourself in preparation for your therapy sessions

Backed by 20 years of research, the SilverCloud platform is a global leader in delivering clinically proven digital mental health programmes. It has already supported over 1 million people to feel better.

The *Self-Management* programme is confidential and available any time of day and from any device, including a tablet or your mobile phone. It can even be personalised to ensure it meets your individual needs.

*[OPTIONAL COPY WHERE RELEVANT/ REMOVE IF NOT: In some cases we may assign you a supporter. That’s a real person to provide help and answer your questions.]* Ask your [*APPROPRIATE PERSON HERE*] for more information.

Your mental health is our priority. Get in touch with [*INSERT RELEVANT PERSON OR CONTACT DETAILS HERE*] to get started today.