SilverCloud®
by Amwell®

Give Your Patients Fast Access to Mental Health Support that Works!

SilverCloud® by Amwell® delivers evidence-based digital Cognitive Behavioural Therapy that supports your patients in thinking and feeling better.

There's a whole host of programmes available, suitable for a wide range of existing mental health conditions, with clinical assessment questionnaires included within the platform.
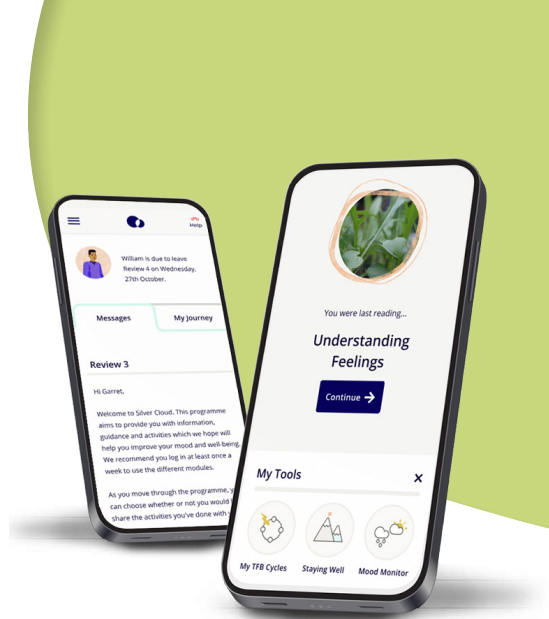
Programmes are accessible 24/7 from a desktop, tablet, or mobile device. Each one can be personalised to meet your patients' needs.

You have the option to refer patients to a self-guided pathway. Or, for additional motivation, you can assign a supporter.

SilverCloud® programmes can be integrated into patient care pathways:

- As part of a care plan
- While a patient is waiting for care
- Between visits
- Post-treatment to maintain recovery

Up to
80%
of users showed improvement in depression and anxiety symptoms[1].

56%
of users with a clinical diagnosis of depression or anxiety were diagnosis-free after three months[2].

Helped over
1M
patients to think and feel better.

Offer an instant solution, with proven outcomes to support your patients.

1. https://www.silvercloudhealth.com/uk
2. https://www.silvercloudhealth.com/uk/programmes/wellbeing

The SilverCloud platform:

- Helps you meet patient demand, with scalable evidence-based support

- Has been created by experts and is backed by leading research

- Is trusted by thousands of clinicians around the world

How it works

- Programmes are comprised of engaging content, videos, user stories and interactive tools.

- Using Cognitive Behavioural Therapy (CBT), individuals will better understand their thoughts, feelings and behaviours, and learn how to make positive changes.

- Patients can work through the modules at their own pace – most programmes take around eight weeks to complete.

For more information about the programmes and how to refer your patients

What programmes are available?

SilverCloud programmes can support patients experiencing:

- *Anxiety*
- *Depression*
- *Anxiety & Depression*
- *Insomnia & Sleep Issues*
- *Generalised Anxiety Disorder (GAD)*
- *Health Anxiety*
- *Obsessive Compulsive Disorder (OCD)*
- *Panic*
- *Phobia*
- *Social Anxiety*
- *Bipolar toolkit*

amwell ♥®