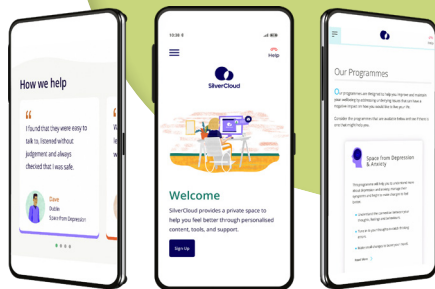


Effective mental health support for people living with a chronic condition

Over time, chronic health conditions can be made worse by, or even lead to, other mental health issues such as stress, anxiety, sleep problems and depression.

Effective treatment is vital to help people maintain quality of life. Research suggests that an integrated approach, which combines mental health support with primary care and chronic disease management programmes, is most effective.

SilverCloud® by Amwell® delivers evidence-based digital Cognitive Behaviour Therapy (iCBT) that supports people in thinking and feeling better.



The chronic conditions programmes provide the tools, knowledge and support needed to help people understand the link between their condition and their mental health. The programmes teach users how their lifestyle choices can impact on their mental health, and how they can manage their condition, along with their mental wellbeing.

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

The SilverCloud® chronic conditions programmes can be used:

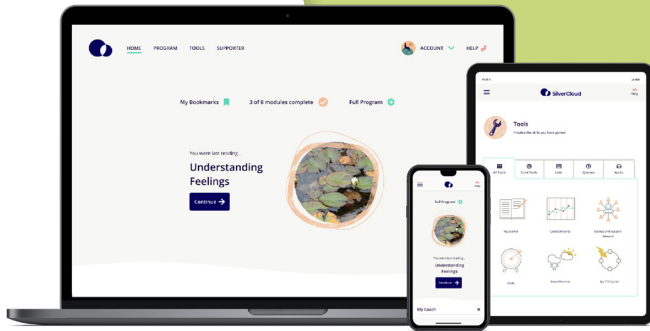
- As part of a care plan
- While a patient is waiting for care
- Between visits
- Post-treatment to maintain recovery

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 just three months.²

Helped over
1M
patients to think and feel better.

An instant solution, with proven outcomes.



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

What programmes are available?

- *Depression & Anxiety Programme for Chronic Pain*
- *Depression & Anxiety Programme for Lung Conditions*
- *Depression & Anxiety Programme for Diabetes*
- *Depression & Anxiety Programme for Breast Cancer*
- *Depression & Anxiety Programme for Coronary Heart Disease*
- *Depression Programme for Multiple Sclerosis*
- *Depression Programme for Rheumatoid Arthritis*

Click here to find out more about each programme and learn how to refer patients:

References

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

