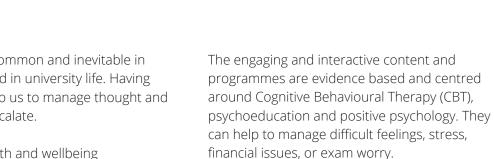


Students & staff have access to free and evidence based digital mental health supports

Ask about the SilverCloud® programmes today.



Stress and worry are common and inevitable in our modern society and in university life. Having access to tools can help us to manage thought and feelings before they escalate.

Our digital mental health and wellbeing programmes are free and available to all students and staff via SilverCloud® by Amwell®.



Easy to use

Available online 24/7. Accessible on your phone, tablet, or laptop whenever you need.



Proven to work

Evidence based, backed by 20 years of research and has already helped over 1 million people to think more helpfully and manage difficult feelings



Right for you

Private, judgement-free and tailored to your needs.

