**HIGHER ED TOOLKIT – LANDING PAGE**

**[H1] Our free digital mental health and wellbeing programmes to support you**

**[COPY]** There are times when we all experience life’s challenges. Whether you’re under pressure at university, struggling with financial issues or dealing with family troubles, stress and worry can quickly become overwhelming. And the more stressed you feel, the less able you are to solve the problems you’re facing.

The good news is that learning how to understand and manage your thoughts and feelings will make it easier to cope with stressful situations. This is sometimes called resilience. By building your resilience you can regain a feeling of balance in your life and improve your overall wellbeing.

**[H2] The SilverCloud® by Amwell® mental health programmes can support you to manage stress and build resilience**

We have *[Space for no. of programmes here]* mental health and wellbeing programmes available to you for free on the SilverCloud® platform. The programmes are based on digital cognitive behavioural therapy (CBT) and have already helped over 1 million people to feel better. In fact, most people who use the programmes show improvements in just three months and there is a 93% suer satisfaction rate with the programmes XXX.

Backed by 20 years of research, the SilverCloud platform is clinically proven and trusted by over 500 organizations including the NHS

You can choose from these programmes:

*[Space for list of available programmes here]*

They can be accessed 24/7 and from any device, including a tablet or your mobile phone.

Don’t suffer in silence. Get in touch with [*insert relevant department and/or contact here*] and we’ll get you started on the SilverCloud platform as soon as possible. *[info on how to join here].*