

Anxiety relief for young people

Online therapy programmes can support you to think more helpfully and cope with difficult feelings

Being a teenager or young person can be challenging – there are lots of things to juggle including school or university, friends, social media, family and lots of change.

We want you to know you're not alone.



Easy to use

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



Proven to work

SilverCloud programmes have already helped over 1 million people globally to think and feel better.



Right for you

The mental health programmes are private, judgement-free and tailored to your needs.



The SilverCloud[®] platform online mental health programmes for young people can help you to understand how you're feeling and why. The online mental health programmes are specifically tailored 15-24-year-olds and are based on Cognitive Behavioural Therapy (CBT).

The programmes will help you to learn tools that can support you to cope better and manage difficult feelings.

Ask your student counsellor, teacher, parent or healthcare professional for more information or find out more here.

“Avoiding a situation that makes me anxious won't do me any good in the long run. Big challenges can be broken down to become more manageable”

- SilverCloud User