

## Living with a long-term health condition can be a real challenge

Perhaps you're feeling anxious about the future or concerned that one day you won't be able to do the things you love.

Online Cognitive Behaviour Therapy (iCBT) programmes by SilverCloud<sup>®</sup> by Amwell<sup>®</sup> can help you to understand the link between living with a long-term or chronic health condition, and your mental health.

They can help you manage and even improve your condition, your mental health and your overall wellbeing.

Each programme includes easy to use modules, activities and tools, and a supporter can be assigned to provide you with extra guidance and motivation.



### Available when you need it

The programmes can be accessed online 24/7. You can log in on your phone, tablet or laptop when you need to.



### Proven to work

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



### Right for you

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

Ask your healthcare specialist  
about the SilverCloud *Chronic  
Conditions* programmes, or find  
out more here: