

Online mental health support for new parents

Helping you to feel better, faster.

Pregnancy and the first year with a baby can be a really challenging time for parents and carers. So, if you're struggling with your mental health, we want you to know you're not alone.

Help is here.

If you're feeling anxious, low, depressed or overwhelmed, SilverCloud[®] by Amwell[®]'s online *Perinatal Wellbeing* programme can help you to understand how you're feeling and why. You'll also learn about exercises and tools that can help you to cope better.



Available when you need it

The programme is available online 24/7. You can access it on your phone, tablet or laptop whenever you need to.



Proven to work

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



Privacy guaranteed

The *Perinatal Wellbeing* programme is private, judgement-free and tailored to your needs.



Once you've been referred, you can access the SilverCloud platform whenever you need to.

Ask your healthcare specialist for a referral or find out more here: