

If you're struggling with substance use, we can help you take back control

When you're struggling with your mental health, it's easy to let things spiral. Especially if you use drugs or alcohol to try to feel better.

There is help and support. Ask about SilverCloud[®] programmes in confidence, today.

SilverCloud[®] by Amwell[®]'s clinically developed Substance Use programmes can help you to get to grips with your relationship with drugs or alcohol, learn about the benefits of cutting back and give you the tools to make it happen. One step at a time.

Programmes are available online 24/7, and totally confidential. It's therapy, but on your terms and in your own time.



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.



Privacy guaranteed

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



Ask about:

The *Alcohol* Programme
The *Drugs* Programme

Don't suffer in silence. Once you've been referred, you can access the SilverCloud platform whenever you need to. Ask your doctor for a referral or find out more here: