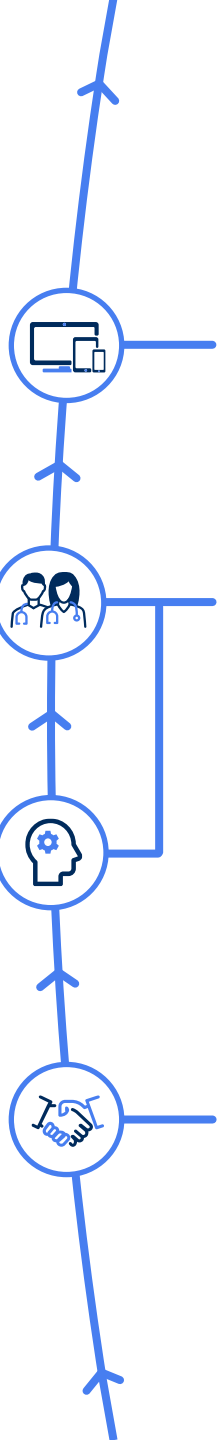


SilverCloud by Amwell

Customer Journey-

Bridging the gap between buyer and end user for a connected experience.



SilverCloud® by Amwell® Platform

4. Patient reads leaflet and accesses the platform to start their program

SilverCloud® by Amwell® Branding Product Education

3. Patient speaks to clinician about anxiety, GP offers them access to the SilverCloud® by Amwell® platform along with a leaflet.

2. Customer Success provide customer with collateral to drive utilization and education e.g., clinical leaflet, patient leaflet, posters etc.

Amwell Branding

1. Prospect chooses SilverCloud® by Amwell® as the Digital Mental Health product for their service.

SilverCloud by Amwell logo

Overview

The SilverCloud by Amwell logo was created to identify it within the Amwell suite of products

- SIZE / SCALE** The SilverCloud by Amwell Logo can be presented as small as 0.75" and as large as necessary. Always scale the logo proportionally to retain the typeface's unique characteristics.
- CLEAR SPACE** The logo works best when given a clear space around it equal to (at minimum) the height of the lowercase "o" in the logo.
- COLOR** The logo can only be used in Midnight Blue + Light Blue, White + White or White + Bright Blue.

1.75" Smallest Size



SilverCloud[®]
by Amwell[®]

SilverCloud[®]
by Amwell[®]

SilverCloud[®]
by Amwell[®]

SilverCloud[®]
by Amwell[®]

SilverCloud by Amwell logo

Usage

Follow the guidelines outlined in this document to ensure proper logo usage. We are all stewards of the brand.

DO NOT:

Tweak, stretch, rotate, otherwise manipulate or place on a cluttered background that lacks sufficient contrast. Always ensure the proportions of the logo are locked when scaling.



SilverCloud[®]
by Amwell[®]

DISTORT



ROTATE



REPOSITION



STRETCH



CHANGE COLOR



ADD EFFECTS



SilverCloud by Amwell Logo

Lockup

Minimum amount of clear space surrounding the logo



B equals the height of the lowercase "o" in the logo.

SilverCloud by Amwell Colors

Primary



Midnight Blue

RGB 0, 43, 92

CMYK 100, 90, 35, 31

PMS 281C

HEX 002B5C



Bright Blue

RGB 71, 126, 240

CMYK 74, 43, 0, 0

PMS 281C

HEX 477EF0

The palette consist of the Amwell brand colors and makes use of an additional color we call platform peach.

Platform peach is one of the main colors used in the SilverCloud platform.

We create a connected, meaningful brand experience by using them together in a harmonious way.

General Secondary - Accent



Light Bright Blue

RGB 92, 158, 240

CMYK 59, 24, 0, 0

PMS 7451C

HEX 5C9EF0



Light Green

RGB 200, 214, 124

CMYK 19, 0, 62, 6

PMS 7492

HEX C8D67C



Platform Peach

RGB 242, 191, 153

CMYK 4, 31, 42, 0

PMS 162 C

HEX F2BF99



Light Gray

RGB 217, 217, 217

CMYK 14, 11, 9, 1

PMS Cool 1C

HEX D9D9D9

Color Hierarchy & Spectrum



Family Secondary - Accent



Light Bright Blue

RGB 92, 158, 240

CMYK 59, 24, 0, 0

PMS 7451C

HEX 5C9EF0



Platform Peach

RGB 242, 191, 153

CMYK 4, 31, 42, 0

PMS 162 C

HEX F2BF99



Light Green

RGB 200, 214, 124

CMYK 19, 0, 62, 6

PMS 7492

HEX C8D67C



Light Gray

RGB 217, 217, 217

CMYK 14, 11, 9, 1

PMS Cool 1C

HEX D9D9D9

Color Hierarchy & Spectrum



Icons

Overview

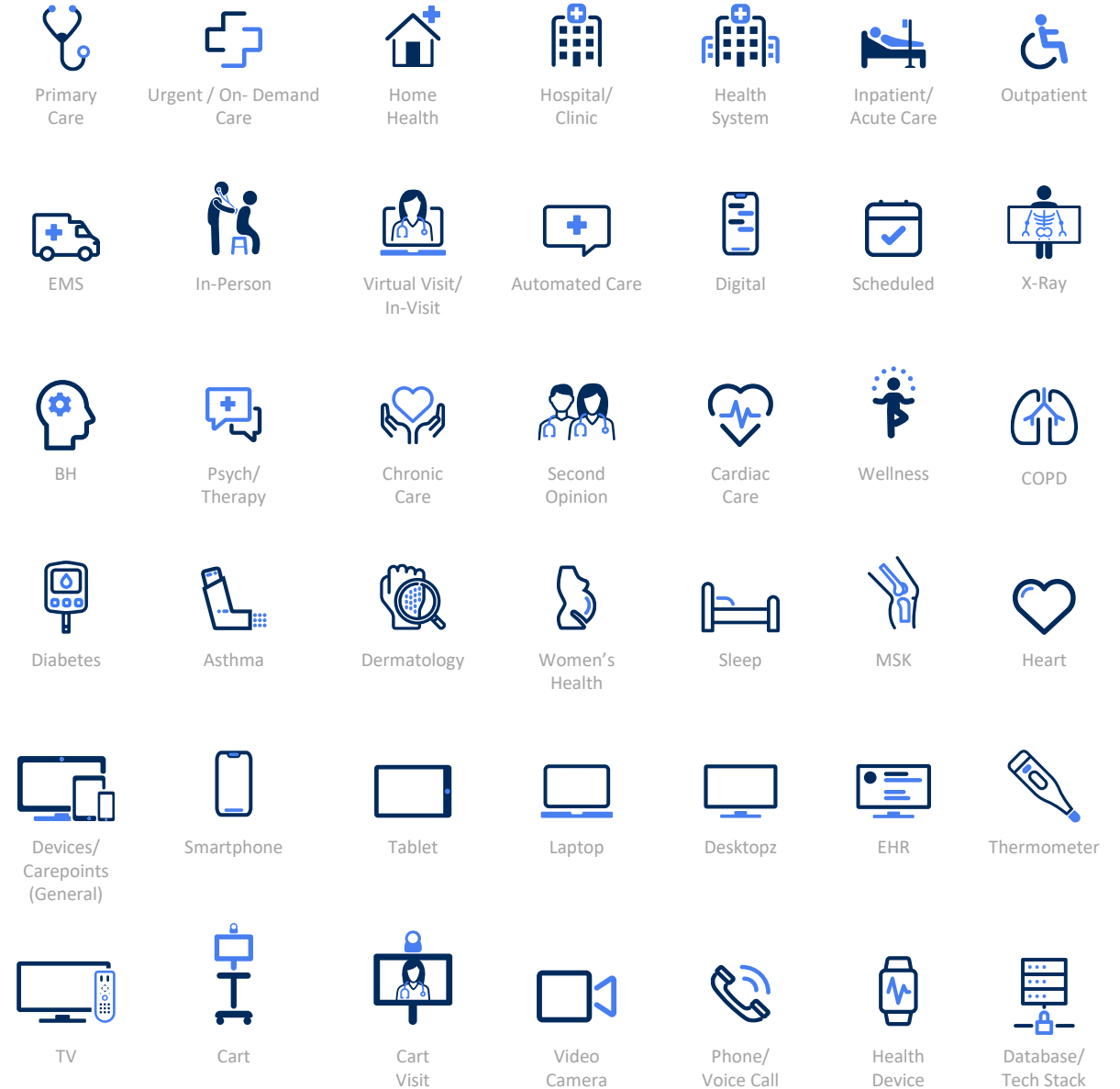
Our two-tone iconography distinguishes and elevates the brand while reinforcing our core brand pillars of partnership and collaboration.

Icons are composed of our two primary colors:

- **MIDNIGHT BLUE** – Foundational icon color.
- **BRIGHT BLUE** – Used to strategically highlight the key visual element(s) that reflect Amwell’s role & partnership.

All icons are outlines, and the two-tone colors should never touch or overlap. In unique instances, it’s permitted to use a color-fill on select visual elements within the icon (i.e., stick-figures, detailed shapes, etc.). Likewise, in unique instances it’s permitted for the two-tone colors to touch/overlap to improve legibility and recognition.

Prior approval is required by the Brand team for any edits to icons and/or net-new icon creation.



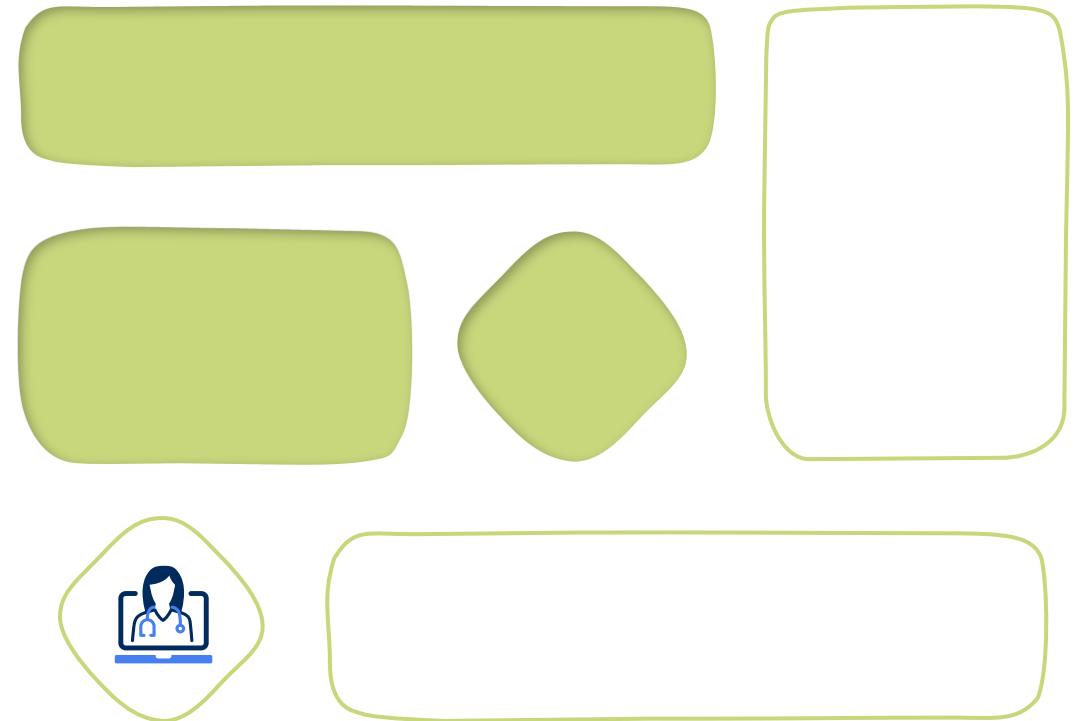
SilverCloud by Amwell Graphic Elements

Mental health is not a linear journey, it manifests uniquely for everyone, and how we manage it can also be culturally different.


For this reason, the use of organic shapes allows us to reflect the softer edges to one's own mental wellness and how this appears for them.

The shadow on the organic elements helps this become a space. A nod to our history with programs being called 'Space for...' or 'Space from...' and represents the safe space we are providing for our platform users to explore their own mental wellness.

Icons can be added within organic shapes to compliment this.



Letterhead Examples



Recipient Name
Address 1
Address 2
City, ST ZIPXX

Dear Name,

Paragraph text.

Paragraph text.




Sincerely,

FirstName LastName
Title, Department

Registered Office: One Stephen Street Upper, 3rd Floor, Dublin 8, D08 DR8P, Ireland
Registered in Ireland as American Well Corporation Ireland Limited, CRD No 509506
Directors: Bradford Gay (US), Kurlis Knight (US) and Glen Reid



General


Dear Name,

Paragraph text.

Paragraph text.

Sincerely

Number of new users
Number of users who completed a programme
Monthly logins
Client Satisfaction
Clinical Outcomes
User Quotes



Placeholder for a personal message from the service - what is the service using SilverCloud and info on this.

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Client

One-sheet Examples

SilverCloud[®]
by Amwell[®]

Digital, on-demand mental health & wellbeing for the entire population



Delivering the right level of care and support through digital programmes, interactive tools, content, and support, using Cognitive Behavioural Therapy (CBT), SilverCloud[®] by Amwell[®] programmes can support your service by scaling care, improving waitlist management, reducing clinician burnout, and reducing costs.

- Wellbeing**
 - Resilience
 - Stress
 - COVID-19
 - Money Worries
- Children and Young People**
 - Supporting an Anxious Child
 - Supporting an Anxious Teen
 - Anxiety for Teens
 - Low Mood for Teens
 - Low Mood & Anxiety for Teens
- Mental Health**
 - Anxiety
 - Depression
 - Insomnia & Sleep
 - Perinatal Wellbeing
 - GAD
 - Health Anxiety
 - OCD
 - Panic
 - Phobia
 - Social Anxiety
- Chronic Conditions**
 - Chronic Pain
 - Diabetes
 - Lung Conditions
 - CHD
- Substance Use**
 - Alcohol
 - Drug Use

Accessible 24/7 from a desktop, tablet, or mobile device

Content and programmes customised to meet your user's unique needs

- Tools**
- Digital Referral
 - Tools for Therapy
 - Self-Management Toolkit



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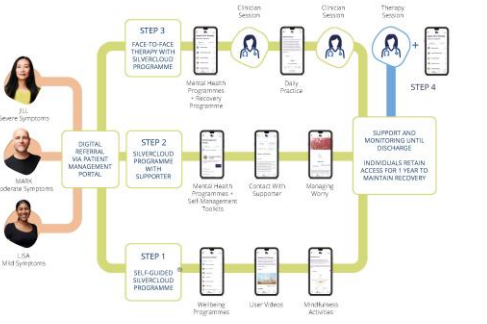
Advancing the science of digital mental health and wellbeing

Our research is at the forefront of innovation, collaborating with leading academic and research organisations across the globe to advance the knowledge, measurement, and impacts of digital internet-based Cognitive Behavioural Therapy (CBT) interventions.

SilverCloud programmes are designed to support the Stopped Care model by providing patients with the right level of care and support. Using SilverCloud programmes, patients are able to utilise digital programmes and tools as a self-management tool, while they are waiting for care, between visits, and post treatment to maintain recovery.

After 10 years of offering SilverCloud[®] programmes to our clients, it is now an integral part of our service model. Our clients consistently tell us that these programmes are relevant and helpful. The SilverCloud team are consistently responsive to our needs.

Chuck Rashleigh,
Counselling Psychologist
Trinity College Dublin



SilverCloud by Amwell has been a proud HSE Partner since 2021 and NHS partner since 2016 - delivering digital Cognitive Behavioural Therapy (CBT), evidence-based programmes, with 20+ years of clinical research.

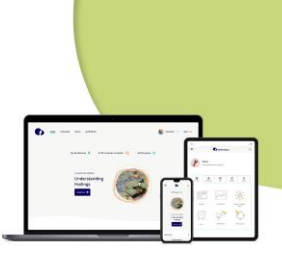
Contact info@silvercloudhealth.com for more information

SilverCloud[®] by Amwell (PVT) AMWL is a leading digital mental health platform, enabling providers, health plans and employers to deliver clinically validated digital health therapeutics that treat depressive symptoms and increase access and scale while reducing costs. Developed in Ireland in 2012, the multi-award-winning digital mental health platform is a result of nearly 20 years of clinical research with leading academic institutions.

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SilverCloud[®]
by Amwell[®]

Our Research



Backed by two decades of our own clinical research, the SilverCloud[®] by Amwell[®] Science team of digital and mental health experts deliver successful outcomes and unique proof points, helping define us as leaders in the industry.

Outcomes are our North Star, with our Digital Health Science Team at the forefront of scientific excellence and evidence generation.

56% of users with a clinical diagnosis of depression or anxiety were diagnosis free at 3W months.*

Sustainable results with a 50% further decrease in symptoms scores at 12 months.*

Up to 80% of users show improvement in depression and anxiety symptoms, and 65% of users experience clinically significant improvement.*

Our solution is clinically validated and supported through our robust evidence-based behavioural change programmes, empowering users to take control of their mental health and wellbeing.

Our Digital Health Science Team's extensive body of work speaks volumes to the dedication and passion for using evidence-based research to improve the mental health and wellbeing of over 1 million users to date.



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With research partners across the world, including **Stanford University, Harvard University, Trinity College Dublin, Microsoft Research, and Cambridge**, digital health science and evidence generation is in our DNA.



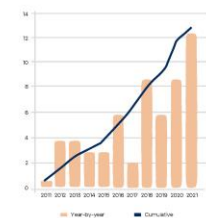
The Science Team

Our team brings a diverse group of academics and digital health experts from 8 different countries together, working to ensure our science helps lead us into the future.

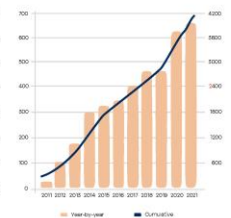


Our scientific contributions and thought leadership continue to grow exponentially, and we are widely cited in the academic field, presenting at leading global conferences each year.

Our peer-reviewed research publications have increased over the years:



And the number of citations of our work has increased exponentially as a result:



* Figures calculated based on data from the peer-reviewed publications listed in the references. 1. A. J. C. Cook, et al. (2015) 'The impact of digital health on mental health: a systematic review of the literature', *Journal of Mental Health*, 24(1), 1-10. 2. Day, H. (2016) 'Digital health: the future of mental health care', *Journal of Mental Health*, 25(1), 1-10.

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Executive Summary

Research

One-sheet Examples

SilverCloud[®]
by Amwell[®]

Space From Text

[EN-GB, EN-US, ES, FR-CA, CY]

Programme Description

The Space from Drug Use programme has been designed to help users self-identify an existing or potential drug use concern.

This programme was designed using Cognitive Behavioural Therapy (CBT) and Motivational Enhancement Therapy (MET) - through our confidential, judgment-free platform.

This programme helps participants who are engaging in excessive, risky, or harmful drugs by:

- Encouraging users to become more aware of their relationship with these drugs.
- Educating them on the benefits of cutting back or quitting.
- Providing tools to reduce usage.

Programme Breakdown

- The Space from Drug Use programme has five modules.
- It is recommended that participants complete one module per week. Each module can take up to an hour to complete. The more time and effort put into the programme, the more the user will get out of it.
- Participants will receive encouragement and motivation throughout the programme from their supporter.



How it works

- Programmes are comprised of engaging content, videos, user stories, and interactive tools.
- Using MET and CBT, individuals will better understand their thoughts, feelings, and behaviours - proven to reduce symptoms and better manage their mental health and wellbeing.
- We recommend this programme is supported. Supporters have shown to provide 4X the engagement and personalise the programme experience for users, so they are able to reach their goals by providing weekly encouragement and ongoing motivation.
- All digital programmes are available on demand, 24/7.

Who should use this programme

- Those who are looking to understand what unsafe and problematic consumption looks like, and the impacts it can have on their physical and mental wellbeing.
- Those looking to build strategies to identify and cope with these triggers and increase a sense of ownership and responsibility over their decisions.
- Individuals who feel overwhelmed or uncomfortable and looking for a secure, private, and judgement-free platform to address their relationship with drugs.



In 2020 alone, it is estimated that over 3 million, or roughly 1 in 10 people, in the U.K. used a drug¹

Interactive Tools

- My Drug Diary
- Staying in the Present Exercises
- Pros and Cons of Drug Use
- My Harm Reduction Strategies
- My Support Network
- My Plan
- SMART Goals

Modules

- Drugs and You
- Considering Change
- Reducing Harm
- Triggers and High Risk Situations
- Moving Forward

Find out more



References:
1. The Daily Telegraph (4th April 2020), DrugUse
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SilverCloud[®]
by Amwell[®]

Space From Text

[EN-GB, EN-US, ES, FR-CA, CY]

The Space from Drug Use programme has been designed to help users self-identify an existing or potential drug use concern. Through this programme, participants engaging in excessive, risky, or harmful drugs will be encouraged to become more aware of their relationship with these drugs, learn the benefits of cutting back or quitting, and gain tools to reduce usage. This programme was designed using Cognitive Behavioural Therapy (CBT) and Motivational Enhancement Therapy (MET) - delivered through our confidential, judgment-free platform.



Tools to Educate and Evaluate

By educating users on what unsafe and problematic consumption looks like, and the impacts it can have on their physical and mental wellbeing, they can start to understand their options to make positive changes. The programme focuses on building awareness around high-risk situations and triggers, while helping to build strategies to identify and cope with these triggers and increase a sense of ownership and responsibility over their decisions.

Confidential, Digitally Delivered & On-Demand

Providing a secure, private, and judgement-free platform breaks down barriers for those who feel overwhelmed or uncomfortable taking the first step to address their relationship with drugs. Delivering a digital and on-demand programme gives users the ability to access the programme, whenever and wherever they want and need.

Forging Ahead

Throughout the programme, individuals will gain the resources and tools needed to set self-identified goals. Members will also learn how to build a strong support network to help them focus and commit to their goals for long-lasting results. This programme will also encourage and drive individuals to focus on creating new behaviours intended to help them feel better, faster.

Cognitive Behavioural Therapy

With Cognitive Behavioural Therapy (CBT), users will better understand their thoughts, feelings, and behaviours and learn how to make positive changes - proven to reduce symptoms and better manage their mental health and wellbeing. Users walk away with the tools to better manage their mental health now and in the future.

Supported Programme

We recommend that all clinical programmes are supported. You can choose to work with one of our expert coaches or we can train your organisation's coaching team. Coaches personalise the programme experience for users so they are able to reach their goals by providing weekly encouragement and ongoing support.

In 2020 alone, it is estimated that over 3 million, or roughly 1 in 10 people, in the U.K. used a drug¹



Motivational

Motivational Enhancement Therapy (MET) focuses on improving an individual's motivation to change with 6 basic steps called the FRAMES model:

- F** **Feedback:** Deliver feedback on the risks and negative consequences of drug use.
- R** **Responsibility:** Emphasise that the individual is responsible for making his or her own decision about his/her drug use.
- A** **Advice:** Give straightforward advice on modifying drug use.
- M** **Menu of options:** Give menus of options to choose from, fostering the participants involvement in decision-making.
- E** **Empathy:** Be empathetic, respectful, and non-judgmental.
- S** **Self-efficacy:** Express optimism that the individual can modify his or her drug use if they choose. Self-efficacy is one's ability to produce a desired result or effect.

Interactive Tools

- My Drug Diary
- Staying in the Present Exercises
- Pros and Cons of Drug Use
- My Harm Reduction Strategies
- My Support Network
- My Plan
- SMART Goals

Modules

- Drugs and You
- Considering Change
- Reducing Harm
- Triggers and High Risk Situations
- Moving Forward

Find out more



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General

Family


Print examples

SilverCloud[®]
by Amwell[®]

Leverage a Leading Digital Mental Health Platform Trusted by NHS to Support Patients Recovery Every Step of the Way

The SilverCloud[®] platform provides:


- Instant support via GP whilst awaiting therapy
- Assists therapists during virtual and face to face sessions
- Added support for patients in between sessions
- Post-treatment to maintain recovery
- Easily integrate into your patient management system



Up to **80%** of users show improvements in symptoms¹

65% achieve clinically significant improvement¹

93% user satisfaction

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1. SilverCloud[®] by Amwell[®] dashboard user data
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Display

SilverCloud[®]
by Amwell[®]

May is Mental Health Awareness Month



If you're searching for a little support for your mental health or just need some guidance, look no further. We're giving all our employees at free access to SilverCloud[®] by Amwell[®].

With the SilverCloud[®] platform, you have free access to a suite of mental health and wellbeing programs and tools. Get personalized, private, and judgment-free mental health tools and support in one convenient and confidential place.

Focus on yourself and your mental health this month and beyond.

Learn more at

amwell  | CO-BRAND LOGO



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SilverCloud[®]
by Amwell[®]

Online Mental Health Support that Works!

If you're feeling anxious, low, depressed or overwhelmed, SilverCloud[®] by Amwell[®]'s online programmes can help you to take control and cope better.

-  **Easy to use**
Once you've been referred, you can access the SilverCloud[®] platform online or on your phone, whenever you need to.
-  **Proven to work**
Used by over 1 million people. Most feel better within 3 months.
-  **Right for you**
Programmes are private, judgement-free and tailored to your needs.



Ask your healthcare specialist or find out more here:



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This has given me a different way of looking at my emotions and feelings. It helps me to feel calmer.

- Susan, 48

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Posters

Print examples

SilverCloud
by Amwell®

Give Your Patients Fast Access to Mental Health Support that Works!

SilverCloud® by Amwell® delivers evidence-based digital Cognitive Behavioural Therapy that supports your patients in thinking and feeling better.

There's a whole host of programmes available, suitable for a wide range of existing mental health conditions, with clinical assessment questionnaires included within the platform.

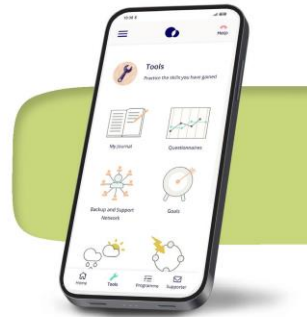
Programmes are accessible 24/7 from a desktop, tablet, or mobile device. Each one can be personalised to meet your patients' needs.

You have the option to refer patients to a self-guided pathway. Or, for additional motivation, you can assign a supporter.

Up to
80%
of users showed improvement in depression and anxiety symptoms¹.

56%
of users with a clinical diagnosis of depression or anxiety were diagnosis-free after three months².

Helped over
1M
patients to think and feel better.



SilverCloud® programmes can be integrated into patient care pathways:

- As part of a care plan
- While a patient is waiting for care
- Between visits
- Post-treatment to maintain recovery

Offer an instant solution, with proven outcomes to support your patients.

¹ <https://www.silvercloud.health.com/uk>
² <https://www.silvercloud.health.com/uk/programmes/wellbeing>

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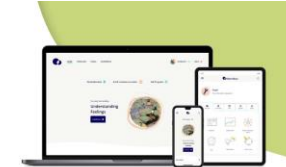
The SilverCloud platform:

- Helps you meet patient demand, with scalable evidence-based support
- Has been created by experts and is backed by leading research
- Is trusted by thousands of clinicians around the world

How it works

- Programmes are comprised of engaging content, videos, user stories and interactive tools.
- Using Cognitive Behavioural Therapy (CBT), individuals will better understand their thoughts, feelings and behaviours, and learn how to make positive changes.
- Patients can work through the modules at their own pace – most programmes take around eight weeks to complete.

For more information about the programmes and how to refer your patients, [service to insert instructions]



What programmes are available?

SilverCloud programmes can support patients experiencing:

- Anxiety
- Depression
- Anxiety & Depression
- Insomnia & Sleep Issues
- Generalised Anxiety Disorder (GAD)
- Health Anxiety
- Obsessive Compulsive Disorder (OCD)
- Panic
- Phobia
- Social Anxiety
- Depression, Anxiety & Chronic Pain
- Depression, Anxiety & Lung Conditions
- Low Mood, Anxiety and Diabetes
- MS and Depression
- RA and Depression
- CHD, Depression & Anxiety
- Breast Cancer, Depression & Anxiety
- Bipolar toolkit

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Leaflet

SilverCloud by Amwell Podcast

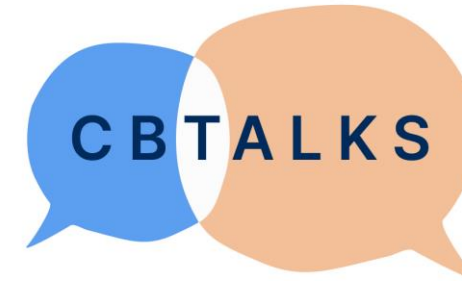
In this mental health podcast, we explore different aspects of mental health, including common mental health conditions, treatment options, coping strategies, and personal stories of individuals who have experienced mental health challenges.

We also discuss the stigma surrounding mental illness and ways to promote mental health awareness and understanding.

Our goal is to provide a safe and supportive space for listeners to learn, share, and engage in conversations about mental health.

SilverCloud[®]
by Amwell[®]

P R E S E N T S



Presenter Name
Title
Company



Guest Name
Title
Company

Social Media Examples - Events

SilverCloud
by Amwell®

Next Generation Mental Health:
Reimagining Workplace Mental Health and Wellbeing

08th Dec | 123 Houndsditch
13:00 BST | Liverpool Street, London

[Register now](#)



Name Surname
Job Title
SilverCloud

SilverCloud
by Amwell®

Live Webinar Series

Customer Showcase
Reduce absenteeism, presenteeism and turnover by providing market-leading employee wellbeing solutions

[Register now](#)

08th Dec
from 13:00 BST

- 13:00 Name Surname Job Title | Company
- 14:00 Name Surname Job Title | Company
- 15:00 Name Surname Job Title | Company
- 16:00 Name Surname Job Title | Company

SilverCloud | **Thrive**
by Amwell®

Next Generation Mental Health:
Reimagining Workplace Mental Health and Wellbeing

08th Dec | 123 Houndsditch
13:00 BST | Liverpool Street, London

[Register now](#)



SilverCloud | **Thrive**
by Amwell®

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Name Surname
Job Title
SilverCloud

SilverCloud
by Amwell®

Next Generation Mental Health:
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123 Houndsditch
Liverpool Street, London

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Name Surname
Job Title
SilverCloud

SilverCloud
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Live Webinar Series

Customer Showcase
Reduce absenteeism, presenteeism and turnover by providing market-leading employee wellbeing solutions

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SilverCloud
by Amwell®

Live Webinar Series

Customer Showcase
Reduce absenteeism, presenteeism and turnover by providing market-leading employee wellbeing solutions

[Register now](#)



SilverCloud
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Customer Showcase
Reduce absenteeism, presenteeism and turnover by providing market-leading employee wellbeing solutions

[Register now](#)

08th Dec
from 13:00 BST

- 13:00 Name Surname Job Title | Company
- 14:00 Name Surname Job Title | Company
- 15:00 Name Surname Job Title | Company
- 16:00 Name Surname Job Title | Company

Social Media Examples – Thought Leadership

SilverCloud
by Amwell®

Whitepaper
**Meeting the Challenge:
Workplace Mental Health
in Ireland Today**

[Download now](#)



SilverCloud
by Amwell®

Whitepaper
**Meeting the Challenge:
Workplace Mental Health
in Ireland Today**

[Download now](#)



SilverCloud
by Amwell®

Whitepaper
**Meeting the Challenge:
Workplace
Mental Health
in Ireland Today**

[Download now](#)



SilverCloud
by Amwell®

Whitepaper
**Meeting the Challenge:
Workplace Mental
Health in Ireland
Today**

[Download now](#)



SilverCloud
by Amwell®

🔥 The Pandemic accelerated the conversation about mental health in the workplace... but we still have a long way to go. 🔥



Leisha McGrath,
Chartered Work &
Organisational Psychologist

SilverCloud
by Amwell®

🌱 Organisations must invest in the wellbeing of their employees. If they don't it will inevitably have an impact on their capacity to attract and retain talent. 🌱



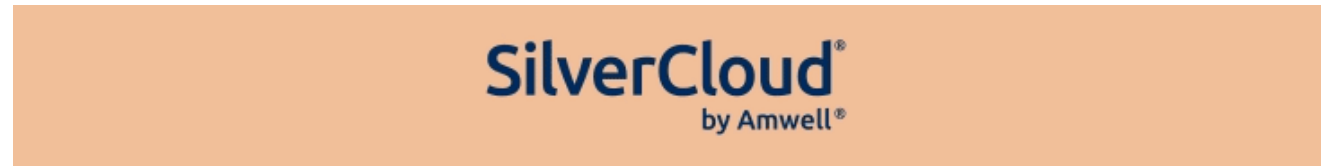
Angel Enrique,
Senior Health Scientist,
Amwell

HTML5 Ad Examples

CYP
Whitepaper



Perinatal
Case Study



Workplace
Whitepaper



SilverCloud by Amwell Slide Decks

For the slide presentations we are leaning on the Amwell style to give clear, crisp and simplified messaging.

This will allow us to produce consistent decks with use of an engaging visual language.

Mass General Brigham Behavioral Health Integration
Care Online powered by SilverCloud

Olivia Cerf, Senior Customer Success Manager
Olivia.Cerf@silvercloudhealth.com

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Breaking down barriers empowering lives

SilverCloud leads the field in digital mental healthcare. Empowering the lives of employees, patients, private healthcare members and students to take control of their mental health.

Sign up for SilverCloud

To request a referral to SilverCloud, contact the MGB EAP:
866 724 4327

SilverCloud Health solves issues of access and outcomes by bringing nearly two decades of clinical research with a data-driven suite of digital programs that can be scaled across large, diverse populations to people whenever and wherever they need them.

- 85%** Show Improvement in Symptoms
- 65%** Experience Clinically Significant Improvement
- 94%** User Satisfaction Rate
- 800k+** Users - And Counting

Why iCBT?

- Robust evidence basis
- First line treatment for anxiety & depression
- Structured protocol adaptable to online format
- Compatible with busy lifestyles - can be done any time, anywhere in brief sessions

What is the experience of iCBT like?

- An active process focused on skill-building and goal-setting
- Noticing and understanding your current situation, moods, thoughts, etc.
- Improving your mood by implementing techniques to change your thoughts and behaviors

Thoughts: This webinar will be a disaster I'm bad at my job

Behaviors: Avoiding procrastinating preparation Avoiding presentations at all

Feelings: Dread Self-Consciousness

SilverCloud's Programs

SilverCloud offers a wide variety of clinically proven on-demand mental health and wellbeing programs

- Anxiety**: Learn to challenge anxious thoughts and situations
- Depression**: Manage and overcome feelings of low mood and sadness
- Anxiety & Depression**: Learn to challenge anxious thoughts and manage low mood
- Insomnia & Sleep**: Build healthy sleep habits
- COVID-19**: Learn to manage your mood and resilience during difficult times
- Resilience**: Enhance your wellbeing and build balance in your life
- Stress**: Manage and overcome your stressors

SilverCloud is available from any smartphone, tablet or computer - you just need internet access to use your programs and tools.

"SilverCloud was both easy to use and fun to do. It helped me understand my emotions and how to manage stress. After just a few weeks on the program, I am feeling better and healthier."
SilverCloud Health User

amwell ®