



# Your mind is like a garden, **nurture** **and care for it**

The **SilverCloud**<sup>®</sup> digital mental health programmes have already helped **over 1 million people** to understand their thoughts and feel better.

Online clinically proven Cognitive Behaviour Therapy tools and exercises to review negative thought patterns and change the way you think and behave.

- Fast access
- Confidential
- Easy-to-use content
- Available on mobile & laptop
- Evidence based programmes
- 93% user satisfaction

Ready to discover more about  
digital mental health support?

Ask your  
for more details