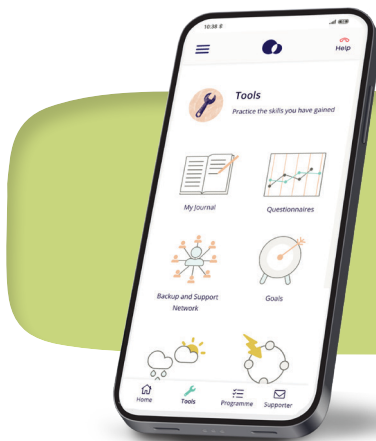


Online Mental Health Support, That Works.

Ask about our free evidence-based digital mental health and wellbeing supports today.

Backed by 20 years of research, SilverCloud[®] by Amwell[®] delivers evidence-based digital Cognitive Behaviour Therapy (CBT) to help people to think more helpfully and manage difficult feelings .

The programmes provide the tools, knowledge and support needed to help people understand and manage everyday issues – such as stress, overwhelm or financial worries, which may affect their mental health. The programmes are accessible 24/7, from a desktop, tablet, or mobile device.



SilverCloud[®] programmes can be integrated into patient care pathways:

- An instant evidence-based solution, with proven outcomes
- As a self-management tool
- While the student is waiting for care
- Between therapy/counselling visits
- Post-treatment and to maintain recovery

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.

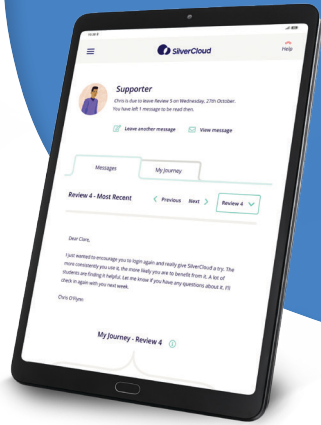
Helped over
1M
patients to think and feel better.

1. <https://www.silvercloudhealth.com/uk>

2. <https://www.silvercloudhealth.com/uk/programmes/wellbeing>

The SilverCloud platform:

- Fast access, available 24/7 supporting students when they need it
- Created by experts and is backed by 20 years of research.
- Is trusted by the NHS, and thousands of clinicians around the world.
- Has a 94% satisfaction rate from its users



How it works

- Programmes include engaging content, videos, user stories and interactive tools.
- Using CBT, users will better understand their thoughts, feelings and behaviours, and learn how to make positive changes.
- People can work through the modules at their own pace – most programmes take around eight weeks to complete.

What programmes are available?

Scan here to find out more about the programmes and learn how to refer students:



amwell 