



## Students & staff have access to free and evidence based digital mental health supports

### Ask about the SilverCloud<sup>®</sup> programmes today

Stress and worry are common and inevitable in our modern society and in university life. Having access to tools can help us to manage thought and feelings before they escalate.

Our digital mental health and wellbeing programmes are free and available to all students and staff via SilverCloud<sup>®</sup> by Amwell<sup>®</sup>.

The engaging and interactive content and programmes are evidence based and centred around Cognitive Behavioural Therapy (CBT), psychoeducation and positive psychology. They can help to manage difficult feelings, stress, financial issues, or exam worry.



#### Easy to use

Available online 24/7. Accessible on your phone, tablet, or laptop whenever you need.



#### Proven to work

Evidence based, backed by 20 years of research and has already helped over 1 million people to think more helpfully and manage difficult feelings



#### Right for you

Private, judgement-free and tailored to your needs.

**Speak to wellbeing, counselling, or student health team for confidential information or find out more here.**