

# Digital Therapy To Support Your Mental Health

Thinking about using a SilverCloud® programme to support you with low mood or anxiety? This leaflet tells you what it is, how it works and why it can help you with your mental health.

## What is the SilverCloud® platform?

It is a guided mental health support that you can do online, via an app or a website. It's free, and usually there's no wait to get started.

## What problems can the platform help with?

Using the SilverCloud programmes can help you manage difficult feelings. You might be:

- Worried all the time
- Panicky and/or stressed
- Overwhelmed
- Sad or upset



You also might not feel like doing things you once enjoyed, so you avoid friends or social events.

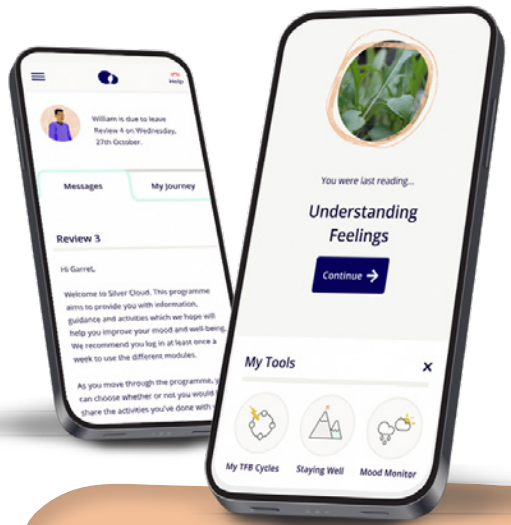
Everyone has these feelings sometimes, but if they won't go away, or they're stopping you from doing things you want to do, it's a good idea to get some help.

## Will I feel better?

SilverCloud programmes use Cognitive Behavioural Therapy, or CBT for short. CBT helps you understand your thoughts and feelings. It also helps you to change them, so you can feel more positive and in control, now and in the future. It's really good at helping people who feel anxious or low. The SilverCloud platform is recommended by NICE – the National Institute for Clinical Excellence. (This is the organisation responsible for public health guidelines in the UK.)

## How does it work?

- You will receive a link and a passcode from your mental health service, school, university or GP.
- You can download the SilverCloud app or access the programme online from your phone or computer browser.
- Once you've signed up, you'll be asked some questions about how you're feeling. Then you can make a start.
- Most programmes have 7 or 8 modules, which you can complete in your own time.
- A supporter will check in with you online every two weeks, to see how you're getting on and answer any questions you have. They message you privately within the platform, so nothing will pop up on your phone.
- You'll be able to access the SilverCloud programme for 12 months. That means that even when you've finished you can still use any of the tools, watch the videos or practice the techniques that you find most helpful.



“ I'm feeling a lot better about myself and much more confident. I know that my worries may never go away, but I feel like I am much more able to manage them now. ”

**Hannah, SilverCloud® programme user.**

[Find out more](#)

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