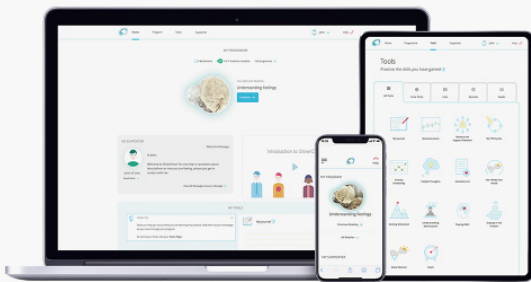# SilverCloud

The industry–leading platform for the delivery of online evidence–based behavioural change

What is SilverCloud?

SilverCloud is the leading provider of computerised CBT interventions, created following over a decade of clinical and academic research into CBT delivery through the use of innovative technology. The emphasis on evidenced-based research and NICE compliant programmes delivered using the most effective design and engagement techniques, delivers both a clinically effective and user engaging experience. The SilverCloud platform delivers programmes and support across a wide range of disorders.

What programmes are offered?

SilverCloud hosts **over 30 programmes** to support with wellbeing, mental health and chronic health. Designed to manage specific symptoms, feelings and behaviours and equip you with effective solutions. The programmes cover a wide range of health and wellbeing topics, including—but not limited to:

- Space for sleep
- Space from stress
- Space for positive body image
- Space from anxiety
- Space from panic
- Space from phobia
- Space from depression
- Space in chronic pain from depression & anxiety
- Space in coronary heart disease (CHD) from depression & anxiety
- Space from diabetic distress

How can it help me?

The platform offers an extensive range of interventions, providing support with over 30 programmes to address your specific needs. It's designed with you in mind, to offer a convenient, user friendly and engaging digital experience. Available on desktop, mobile and tablet, the platform can be accessed anywhere, at anytime.
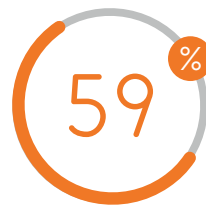
For more information, please contact the helpline on the number below to speak with a counsellor and identify the most suitable programme for you.

Recovery rates

59%

59% for **women**

60%

60% for **men**

24/7 confidential helpline:

health assured