



SilverCloud

Welcome to SilverCloud,
your space for thinking
and feeling better



“The fact that it was online,
I was able to access the
programme from the comfort
of my home at a time when it
suited me.”

SilverCloud Health User

What is SilverCloud

Secure, immediate access to online supported CBT (cognitive behavioural therapy) programmes, tailored to your specific needs.

Our programmes have demonstrated high improvement rates for depression, anxiety and stress.

It's flexible – access it anywhere, on your computer, tablet or mobile phone.

How it works

Programs consist of a range of modules - complete these at your own pace, over approximately eight weeks.

Work independently – a supporter will provide feedback and guidance.

Easy to use - interactive tools and activities make your experience interesting and motivational.

SilverCloud is working in partnership with –
**First Step - part of Cumbria, Northumberland,
Tyne and Wear NHS Foundation Trust**

Find out more visit: <https://www.cntw.nhs.uk/services/first-step/>