

1 IN 4 OF US STRUGGLE WITH MENTAL HEALTH CHALLENGES, LIKE FEELING LOW, ANXIOUS OR STRESSED.

- SilverCloud programmes are based on 2 decades of clinical research and proven therapies.
- SilverCloud online programmes help you to reduce symptoms of low mood, anxiety and stress.
- Giving you the tools and skills to feel better and stay better.



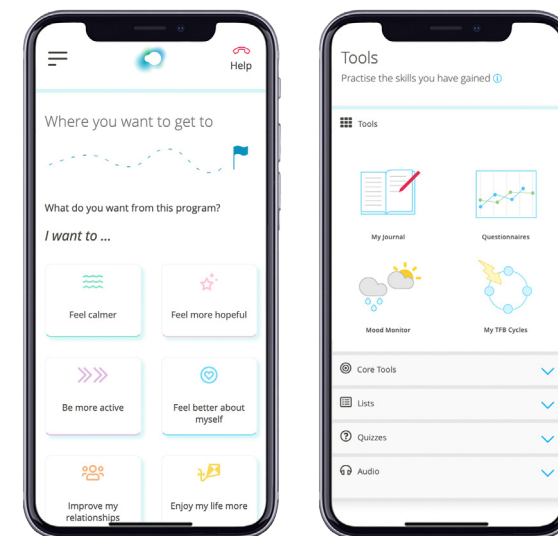
**FOR FURTHER INFORMATION PLEASE CONTACT
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OR EMAIL TAY-UHB.TAYSIDECCBT@NHS.NET**



SilverCloud



Digital training to optimise your emotional health



Available on any internet enabled device



Diverse activities, tools, videos, exercises and mindfulness



Online supporter

What is it?

- Online programmes to help reduce symptoms of low mood, anxiety and stress
- Based on proven methods like cognitive behavioural therapy and positive psychology
- Goal-based programmes
- Interactive activities and tools

When should I use it?

- Whenever you need it
- Recommended use is 40 minutes a week, over 6-8 weeks
- Set a regular time to use it, 3-4 times a week

Why Use it?

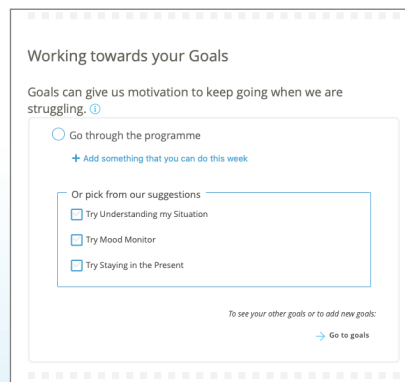
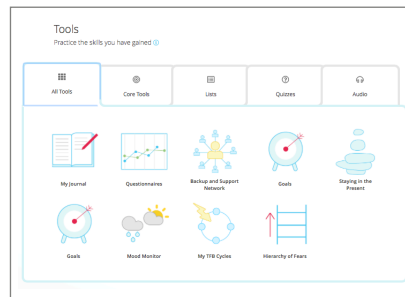
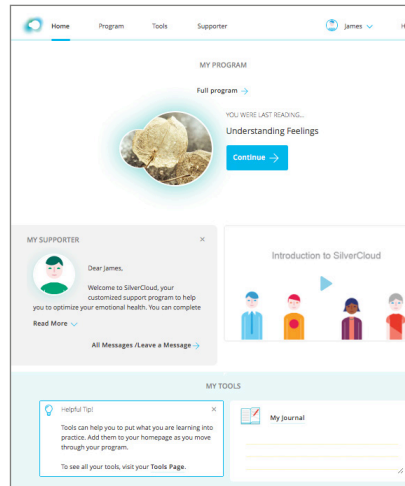
SilverCloud programmes have demonstrated high improvement rates for stress, anxiety and depression.

What is the role of the Supporter?

- Help you to set goals for using your programme
- Help you to apply your learnings from SilverCloud to your daily life
- Deepen your understanding of the programme's content
- Identify progress and celebrate your success

What should I expect from my Supporter?

- To review your progress
- Send you messages in the SilverCloud platform on a scheduled day
- Add personalised recommendations



Access your programme

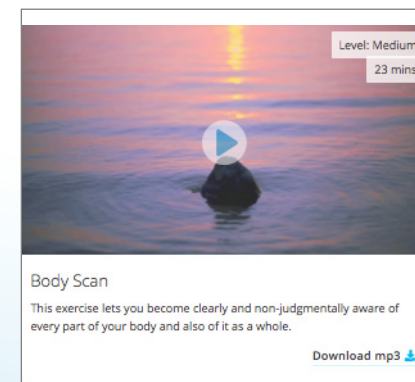
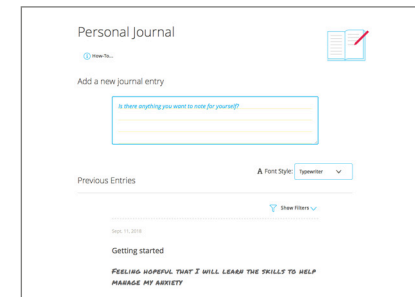
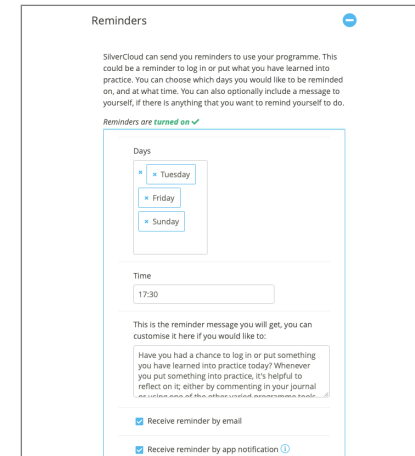
from the homepage, or you can go to the programme page from the main menu to get started.

Tools

help you to put what you learn into practice. Add them to your homepage as you move through your programme.

Set goals

to track your progress and help motivate you through the programme.



Set reminders

To login or put what you have learned into practice.

Use the journal

to help you to clarify your thoughts and feelings, reduce stress and solve problems more effectively.

Practice mindfulness

with a number of relaxation and breathing exercises that help you to be more mindful in your daily life.