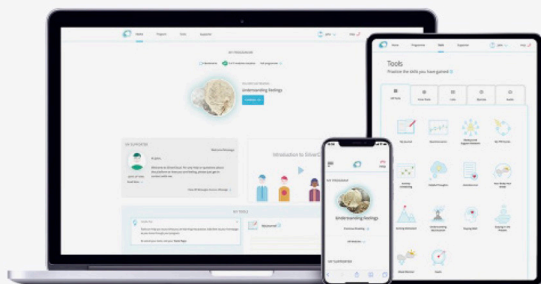


# The industry-leading platform for the delivery of online evidence-based behavioural change

## 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.



## How can it help my employees?

Annual Support Line customers can be provided access to digital CBT. If it is appropriate to proceed with online CBT, the employee will be set up on a dedicated programme and provided information via email. With an updated, modern interface, SilverCloud is user friendly and offers an engaging digital, experience. Available on desktop, mobile and tablet, the platform can be accessed anywhere, at anytime so your people can engage with the modules at their convenience.

## 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 the user 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

## Recovery Rates



59% for **women**



60% for **men**