

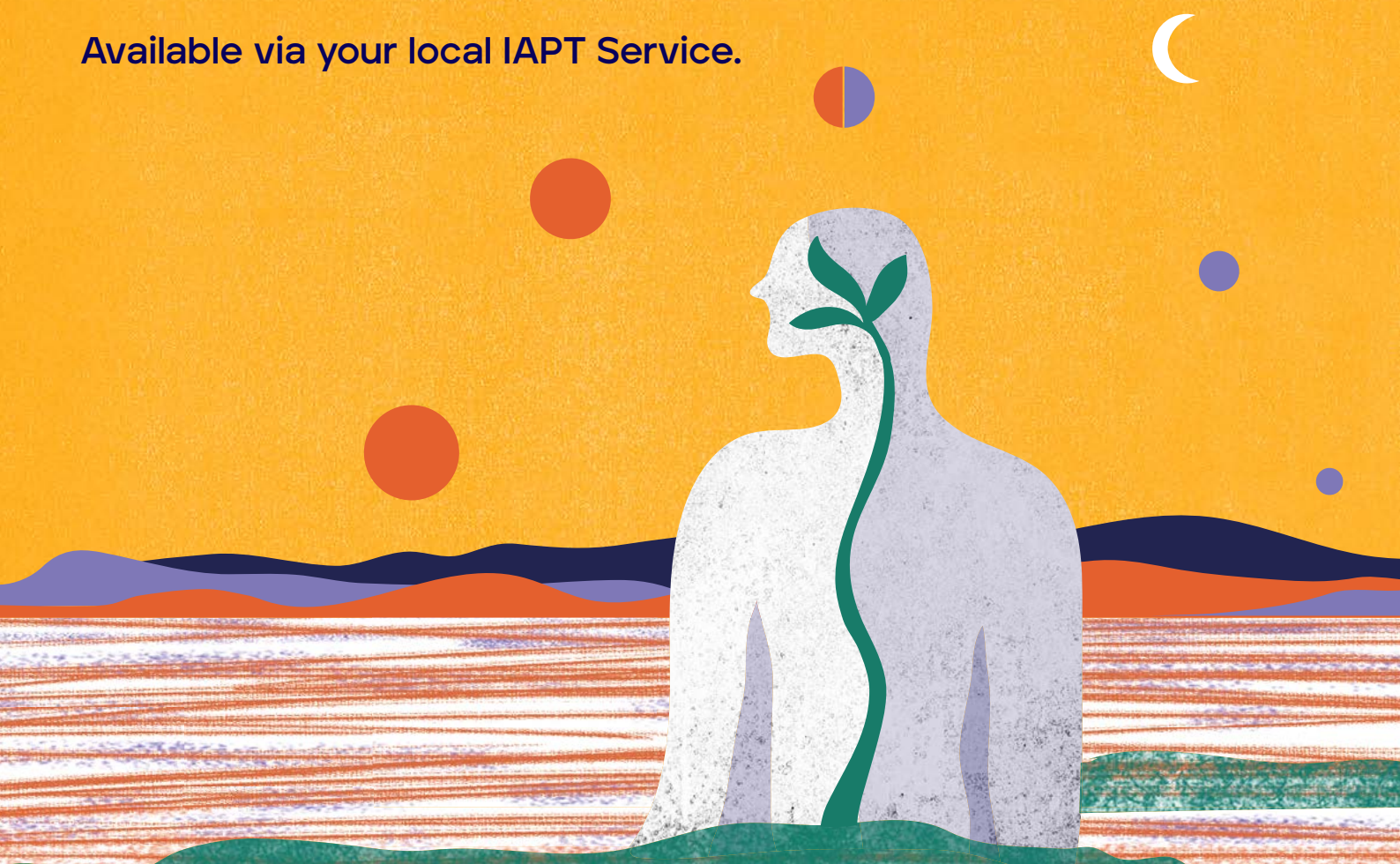


SilverCloud

Digital mental health & wellbeing for the population of Greater Manchester

The World's Leading Digital
Mental Health Platform with
over 900,000 users globally

Available via your local IAPT Service.



Welcome to SilverCloud Health

A very warm welcome to SilverCloud Health. This guide is designed to help GP's and practice managers find out more about our range of digital health solutions and how they support the Greater Manchester area.

About SilverCloud Health

As the leading global provider of evidence-based digital mental health solutions, our programmes provide organisations and healthcare providers with a smart, measurable and modern way to invest in the health and happiness of their people through the use of internet-based Cognitive Behavioural Therapy (iCBT).

We help you add mental health tools, programmes and support across large populations with different needs to increase access, meet demand and improve outcomes while saving costs.

Supporting more than 900K users to date, SilverCloud Health's unique approach is backed by nearly two decades of direct clinical research coupled with easy-to-use technology proven to help people better manage their mental health. Together, we can empower the people of Manchester to manage their own mental health, wellbeing and chronic conditions more effectively through the development of sustainable, life-long results.

We work with healthcare providers such as the NHS, local authorities, other government bodies, and private providers. Our aim is to address unmet mental health and wellbeing needs among their populations, helping build capacity for organisations to better support people with their increasing health and wellbeing needs.

We offer behavioural therapy and digital tools (including a dedicated wellbeing app and a specialist mental health app), online content and further support focused on everything from depression and anxiety to stress and resilience.



How can we help the People of the Greater Manchester Area?

Mental Health

Programmes for a wide range of common mental health conditions.

- Depression
- Anxiety
- Depression & Anxiety
- Phobia
- Panic
- Social Anxiety
- Health Anxiety
- OCD
- GAD
- Bipolar Toolkit
- Perinatal Wellbeing

Wellbeing

Proactive and preventative programmes that teach you the skills to cope with the everyday issues that can affect mental health.

- COVID-19
- Sleep
- Resilience
- Money Worries
- Stress
- Positive Body Image
- Alcohol Use

Chronic Health

Programmes that focus on the mental health impact of living with a long term condition.

- CHD
- COPD & other lung conditions
- Diabetes
- Chronic Pain
- MS
- RA



Why choose SilverCloud Health?

Evidence-based Wellbeing and Behavioural Health Solutions

Up to
70%
Clinical Recovery

Helping
500+
Customer
Organisations

Over
18
Years of Research

Helped Over
900k
People to Date

CBT for Proven Outcomes and Long-Lasting Results

Our programmes are developed using Cognitive Behaviour Therapy (CBT), educating participants to better understand their thoughts, feelings, and behaviours and learn how to make positive changes - proven to reduce symptoms and better manage their mental health and wellbeing. Upon completion, individuals will walk away with the tools to better manage their mental health now and in the future. With traditional face-to-face therapy, 50% of individuals typically experience a relapse within a year. SilverCloud has proven continued maintenance past 12 months post-treatment.

Delivered Digitally, On-Demand

Participants can gain the support they need through digital clinical-grade content, often minimising the need to see a clinician face-to-face. This can reduce wait times and alleviate the growing burden of mental health on clinical staff while delivering the same or better results. Participants can access on-demand programmes anytime, anywhere in a private, judgement free space. As the demand for mental health support increases, it is becoming more challenging to provide and find help. With SilverCloud, you can provide a solution that scales, while also delivering long-lasting results.

Our clients value the flexible treatment option of online therapy because they can work entirely at their own pace and can choose how to complete sessions according to their schedule. Our service data suggests that SilverCloud is effective achieving a level of recovery, which is well above the expected 50%.

Dr. Stavros Markatselis,
Deputy Clinical Lead at Greenwich Time to Talk

Contact your local IAPT service to find out how to access SilverCloud Health.

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