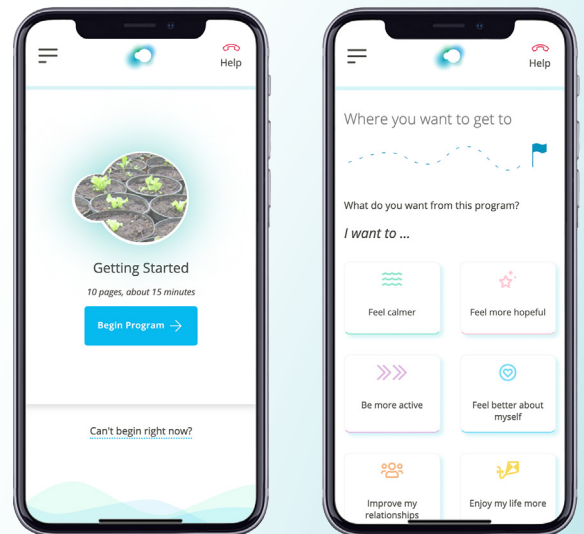




Self-help for Wellbeing and Mental Health

Emotional health is vital to living a balanced and productive life.

Our self-help programmes give you the skills to deal with everyday issues that affect your emotional health.



What programmes are available?

Choose from programmes to help with:



Stress

Overcome and manage your stressors.



Resilience

Enhance your wellbeing and build work-life balance.



Sleep

Build healthy sleep habits.



COVID-19

Helping you to deal with worry, sleep issues, loss and work-life balance.



SilverCloud

Digital Mental Health Platform

Self-help for Wellbeing and Mental Health

What are the benefits?



Easy to Access

Online when the time is right for you.



Easy to Use

82% of users find the programmes simple to use.



It Works

Most users report feeling better having used the programmes.

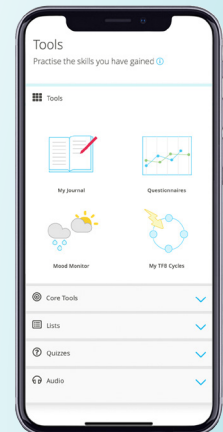
How do I access these Self-Help Programmes?



Enter your details to set up an anonymous account.



Login, learn & practice. A recommended pace is 1 module a week.



Sign up online at:

wellbeing.silvercloudhealth.com/signup

Use access code: Scotland2020

"I loved that I could use it on my phone when I needed to. I still track my mood and practice what I learned to feel better."

SilverCloud Health User