

# Free Access to Supported Online Mental Health Programmes that Work!

If you're feeling anxious, low, depressed, or overwhelmed, SilverCloud® by Amwell® online programmes can help you take control and cope better.



## Easy to use

You can access the SilverCloud® platform online - on your phone, tablet, or computer - whenever you need to.



## Proven to work

Used by over 1 million people.  
Most feel better within 3 months.



## Right for you

Programmes are private, judgement-free and tailored to your needs.



Ask your healthcare  
specialist or  
find out more here:



"This has given me a different way of looking at my emotions and feelings. It helps me to feel calmer."

- Susan, 48