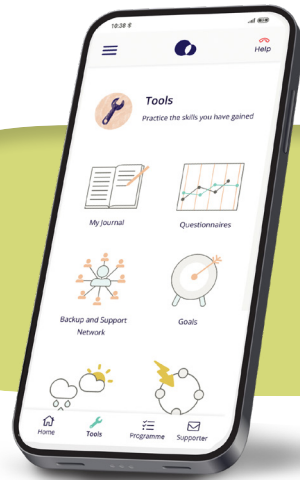# SilverCloud® by Amwell® | HSE

Give Your Patients Fast Access to Supported Mental Health Programmes

SilverCloud® by Amwell® delivers evidence-based digital Cognitive Behavioural Therapy (CBT) programmes that support your patients/clients in thinking and feeling better.

The SilverCloud® platform has partnered with the HSE to increase access to digital CBT programmes on a national level.

The partnership works with GPs, Primary Care Psychologists, Counselling in Primary Care therapists, Community Mental Health Teams and Jigsaw clinicians to provide patients/clients with mental health support outside appointment hours. To find out more, visit www.silvercloudhealth.com/hse

SilverCloud® programmes can be used by patients/clients with:

- Mild to moderate symptoms of anxiety and/or depression (not PTSD)
- Sleep problems
- Panic attacks
- High self-efficacy
- Openness to guided self-help

Up to
90%
of users indicated that they believed that SilverCloud could work for them before commencing treatment[1].

95%
user satisfaction[2].

Helped over
1M
patients globally to think and feel better[2]

Rates of Recovery:
50.3%
of programme completers with clinical levels of anxiety or depression transitioned to recovery[3].

Offer an immediate intervention, with proven outcomes to support your patients.

1. https://www.silvercloudhealth.com/ie/hse-digital-mental-health
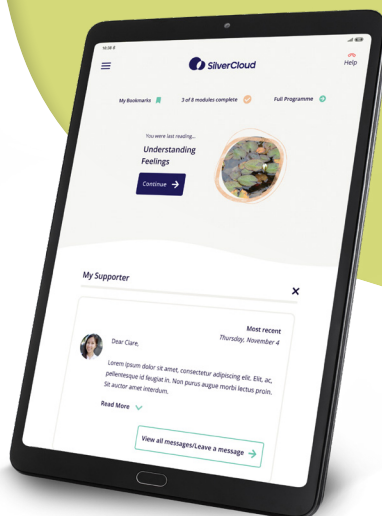2. Data from the SilverCloud platform
3. According to 2024 report

The SilverCloud® platform:

- Has been created by experts and is backed by leading research

- Helps you meet patient/client demand with evidence-based support

- Is trusted by thousands of clinicians around the world

How to refer

- Send your referral via HealthLink or Healthmail (refer to silvercloud@healthmail.ie using your Healthmail email address). You must include patient/client's full name, date of birth and email address. You should also include GP name and a practice-wide monitored Healthmail email address in case of escalation.

- The SilverCloud Admin team will email your patient/client and invite them to sign up.

- Once the patient/client begins their programme they will be assigned a supporter who will contact them weekly through written reviews, guiding them through the programme. The patient/client can also access the programme content and tools after they complete the supported phase of the intervention

What programmes are available?

SilverCloud programmes can support patients experiencing:

- *Anxiety*

- *Depression & Anxiety*

- *Depression*

- *Generalised Anxiety Disorder (GAD)*

- *Sleep Issues*

For more information about the programmes and how to refer your patients.

SilverCloud® | **HSE**
by Amwell®