

Online Mental Health Support that Works!

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



Easy to use

Once you've been referred, you can access the SilverCloud[®] platform online or on your phone, 24 hours a day.



Proven to work

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



Professional online supporter

You will be assigned an online supporter who will guide you through the 6-8 week programme.



Ask your GP, Primary Care Psychologist, Counselling in Primary Care or Jigsaw or scan the QR code to find out more



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

- Susan, 48

