

Online Mental Health Programmes Can Help You With Difficult feelings

SilverCloud® by Amwell® is a leading evidence-based digital mental health and wellbeing platform used by over one million people globally and offers a new way to a healthier mind.

It uses proven tools based on Cognitive Behavioural Therapy (CBT) to support a variety of mental health issues.

The platform is free, easy to use and can be accessed immediately through any device, 24 hours a day.

Speak to your GP about free online mental health support from SilverCloud® by Amwell®.



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

- Mild to moderate symptoms of anxiety and/or depression
- 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 treatment¹.

95%

user satisfaction².

Helped over

1M

patients globally to think and feel better².

Rates of Recovery:

50.3%

of programme completers with clinical levels of anxiety or depression transitioned to recovery³.

SilverCloud® by Amwell® offers an immediate intervention with proven outcomes

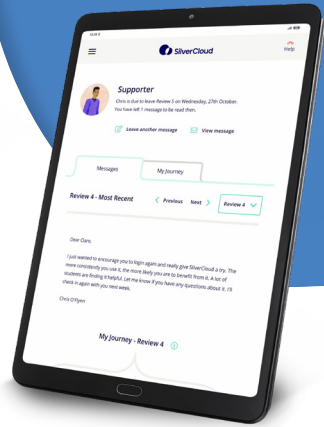
1. <https://www.silvercloudhealth.com/ie/free-mental-health-support/>

2. Data from the SilverCloud platform

3. According to 2024 report

Follow 3 steps to get a referral:

- 1 Speak to your GP, Primary Care Psychologist, Counselling in Primary Care therapist or Jigsaw clinician about a referral.
- 2 Once you have been referred, you'll receive an email invite to access the platform free of charge.
- 3 Once you have completed the sign-up process and we have established that the programme is right for you, you will be assigned a supporter. Your supporter will guide you through your programme by sending you weekly written reviews.



As part of a partnership with the HSE, there are five programmes available:

Anxiety Programme

consists of 8 modules that contain content, tools, and activities to help you manage your anxiety symptoms.

Depression & Anxiety Programme

consists of 10 modules that contain content, tools, and activities to help you manage depression and anxiety symptoms.

Sleep Programme

consists of 6 modules that contain content, tools, and activities to help you develop healthy sleep habits and promote restorative sleep.

Depression Programme

consists of 8 modules that contain content, tools, and activities to help you relieve symptoms of depression.

Generalised Anxiety Disorder (GAD) Programme

consists of 8 modules that contain content, tools, and activities to help you relieve symptoms of generalised anxiety.

To find out about
SilverCloud® by Amwell®
scan the QR code



I know I'll still have days where I might be feeling a bit low but thanks to SilverCloud I have the tools and knowledge now to get me through those times. ”

Kelly
SilverCloud user



SilverCloud®
by Amwell®

