



## Online Mental Health support 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, can be accessed immediately through any device, 24 hours a day, and it's easy to use.

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

### SilverCloud® programmes support patients who experience:

- Mild to moderate symptoms of anxiety and/or depression
- Reduced energy
- Little or no pleasure in doing things
- Disturbed sleep
- Excessive and/or consistent feelings of fear, worry or guilt
- Panic attacks

**89%**

of users indicated that they believed that SilverCloud could work for them before commencing treatment<sup>1</sup>.

**94%**

user satisfaction<sup>2</sup>.

**1M**

patients globally to think and feel better.

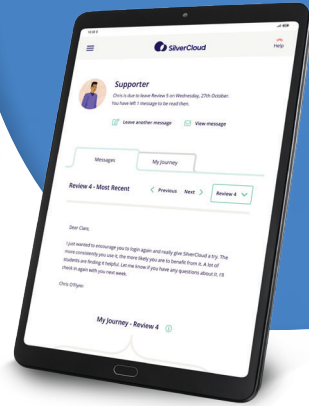
**Offer an instant solution, with proven outcomes to support your patients.**

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

2. Data from the SilverCloud platform

## Follow 3 steps to get a referral:

- 1 Speak to your GP, Primary Care Psychologist, Counselling in Primary Care or Jigsaw about a referral.
- 2 Once you have been referred, you'll receive an invite to begin accessing the platform free of charge.
- 3 Once you're approved, you will be assigned a supporter who will guide you through your SilverCloud programme



## As part of a partnership with the HSE, there are four 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 contains content, tools, and activities to help you manage depression and anxiety symptoms.

### 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.

“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 by Amwell User



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



**SilverCloud®**  
by Amwell®

