

Open Minds Therapies

Welcome to SilverCloud, your space
for thinking and feeling better



What is SilverCloud?

Secure, immediate access to online, flexible programmes designed to help you learn techniques to overcome symptoms of low mood, anxiety and stress.

Programmes are based on cognitive behavioural therapy (CBT), an effective way of learning about thoughts, feelings and behaviours, and how they influence each other.

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SilverCloud, online supported programmes to help improve emotional wellbeing

Why use SilverCloud?

- **It's flexible:**
access it anywhere, on your computer, tablet or smart phone.
- **It's supportive:**
work independently, with support and guidance from your supporter.
- **Easy to follow**
programmes with video clips, journals and interactive tools and activities.

How does it work?

Programmes consist of six to seven modules.

Access and work through the programmes at your own pace in your own time with the support of a wellbeing practitioner. Each programme can take up to eight weeks.



To find out more or register, please call 01642 218361