SilverCloud by Amwell®

NHS Leicester, Leicestershire and Rutland Talking Therapies

vita health group

Silver Cloud

What is the Silver Cloud?

Silver Cloud is an online therapy programme that provides information and techniques to help you manage your stress and find balance in your life.

The programme is based on Cognitive Behavioural Therapy (CBT) which is an effective way to improve wellbeing, become more aware of how you are feeling and teaches you how to make the changes you need to feel better.

How does it work?

- Accessible anytime on your phone, computer or tablet
- Seven modules you can complete at your own pace (about 8 weeks for most people)
- Small steps – there may be days you don't feel like using the programme, but just taking a moment to log your mood or do a relaxation exercise can help make a difference to how you're feeling.

Available Programmes

Space from Stress	Understanding the causes and impact of stress and learning coping mechanisms to manage it. Highlighting the importance of our thoughts, lifestyle changes (exercise, diet, sleep), communication and relationships.
Space for Resilience	Building resilience to help handle challenges and boost your wellbeing. Identifying personal values, passions and focusing on self-compassion. Developing positive relationships, staying healthy and focusing on optimism and gratitude.
Space from Challenging Times	Learning emotional coping strategies and practical solutions for maintaining wellbeing during challenging times. Focusing on sleep difficulties, relaxation, mindfulness and understanding grief and loss.

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