



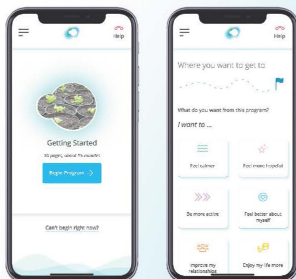
**SilverCloud**  
Digital Mental Health Platform

**NHS**  
Forth Valley

# Self-help for Wellbeing and Mental Health

Emotional health is vital to living a balanced and productive life.

Our self-help programmes give you the skills to deal with everyday issues that affect your emotional health.



## What programmes are available?

Choose from programmes to help with:



### **Stress**

Overcome and manage your stressors.



### **Resilience**

Enhance your wellbeing and build work-life balance.



### **Sleep**

Build healthy sleep habits.



### **COVID-19**

Helping you to deal with worry, sleep issues, loss and work-life balance.



# SilverCloud

Digital Mental Health Platform

## Self-help for Wellbeing and Mental Health

### What are the benefits?



#### Easy to Access

Online when the time is right for you.



#### Easy to Use

82% of users find the programmes simple to use.



#### It Works

Most users report feeling better having used the programmes.

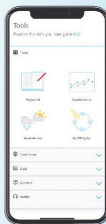
### How do I access these Self-Help Programmes?



Enter your details to set up an anonymous account.



Login, learn & practice. A recommended pace is 1 module a week.



**Sign up and create your account at:**

**[wellbeing.silvercloudhealth.com/signup](https://wellbeing.silvercloudhealth.com/signup)**

**Use PIN code: Scotland2020**

*"I loved that I could use it on my phone when I needed to. I still track my mood and practice what I learned to feel better."*

**SilverCloud Health User**