

# Online Mental Health Support that Works!

If you're feeling anxious, low, depressed or overwhelmed, SilverCloud® by Amwell®'s online programmes can help you to take control and cope better.



## Easy to use

Once you've been referred, you can access the SilverCloud® platform online or on your phone, whenever you need to.



## Proven to work

Used by over 1 million people. Most feel better within 3 months.



## Right for you

Programmes are private, judgement-free and tailored to your needs.



Ask your healthcare specialist  
or find out more here:



“ This has given me a different way of looking at my emotions and feelings. It helps me to feel calmer. ”

- Susan, 48