



SilverCloud

Welcome to SilverCloud,
your space for thinking
and feeling better



“The fact that it was online,
I was able to access the
programme from the comfort
of my home at a time when it
suited me.”

SilverCloud Health User

What is SilverCloud

Secure, immediate access to online supported CBT (cognitive behavioural therapy) programmes, tailored to your specific needs.

Our programmes have demonstrated high improvement rates for depression, anxiety and stress.

It's flexible – access it anywhere, on your computer, tablet or mobile phone.

How it works

Programmes consist of six to seven modules - complete these at your own pace, over approximately eight weeks.

Work independently – a supporter will provide feedback and guidance.

Easy to use - interactive tools and activities make your experience interesting and motivational.

To Sign Up Visit: togmind.silvercloudhealth.com/signup/

Call us on: 0161 330 9223



Tameside, Oldham
and Glossop



HEALTHY MINDS
Got something on your mind?

