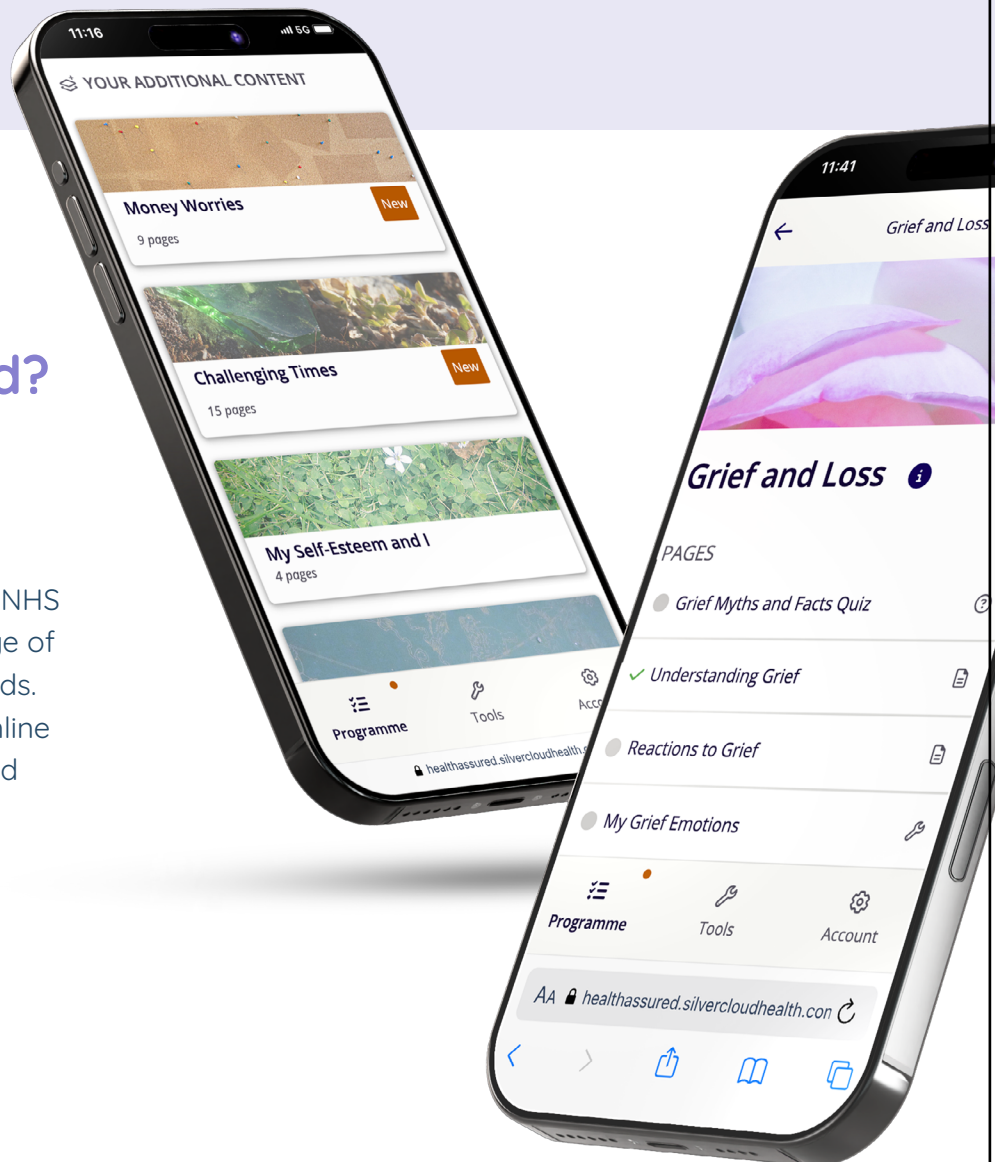


Digital CBT Programmes available with SilverCloud

HA | Wisdom Wellbeing is partnered with SilverCloud to provide tailored services surrounding money matters, mental health issues and much more.

Who are SilverCloud?

SilverCloud is a Digital Wellbeing platform designed to empower individuals to manage their mental health and wellbeing. Trusted by the NHS and HSE, SilverCloud provides a range of programmes to address specific needs. If it is appropriate to proceed with online CBT, you will be set up on a dedicated programme and provided with the relevant information via email.



Programmes

Mental Health

- ♡ Space from Anxiety (& student)
- ♡ Space from GAD
- ♡ Space from Health Anxiety
- ♡ Space from Social Anxiety
- ♡ Space from OCD
- ♡ Space from Depression & Anxiety
- ♡ Space from Depression (& student)
- ♡ Space from Panic
- ♡ Space from Phobia
- ♡ Bipolar Toolkit
- ♡ First Steps in Trauma Recovery

Chronic Health

- ♡ Space in CHD from Depression & Anxiety
- ♡ Space in COPD from Depression & Anxiety
- ♡ Space in Diabetes from Depression & Anxiety
- ♡ Space in MS from Depression
- ♡ Space in RA from Depression

Wellbeing

- ♡ Space from Challenging Times
- ♡ Space from Money Worries
- ♡ Space for Perinatal Wellbeing
- ♡ Space for Body image
- ♡ Space for Resilience (& students)
- ♡ Space for Sleep
- ♡ Space for Stress

Substance use

- ♡ Space from Alcohol

Neurodiversity

- ♡ Living well with ADHD

Family

- ♡ Supporting an Anxious Child
- ♡ Supporting an Anxious Teen

How do I access support with SilverCloud?

Simply call our helpline on

