SilverCloud

MAKING SPACE FOR HEALTHY MINDS

1 in 4 people will experience a mental health problem this year

How can SilverCloud help?

- A **FREE** online (computer) course that's easy to use;
- Offering help for a range of different topics;
- Helping you develop skills to manage your mental wellbeing;
- Available to all North Wales residents, aged 16+;
- Use it on any device - phone, tablet, etc.;
- Where and when convenient for you, at your own pace;
- Dip in and out as much or as little as you need;
- Takes approximately 12 weeks;
- Fortnightly review by your own online SilverCloud Supporter;
- Helpful videos and tools for relaxation and mindfulness;
- Materials available for 12 months from sign up;
- All information you enter is confidential.

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Law yn llaw at iechyd meddwl
Together for mental health

Community Wellbeing / Llesol Cymuned
TAN Y MAEN

GIG CYMRU NHS WALES

How does it work?

1. Sign up to SilverCloud, creating a username and password and providing your email address so that we can contact you.
2. Add your personal details and complete a quiz so we understand how you are feeling.
3. When your SilverCloud Supporter reviews your answers, we may need to check with you that this course is the most beneficial for you.
4. Off you go with lots of tools, videos and exercises
5. Every 2 weeks your SilverCloud Supporter will check how you are getting on, write you a review and send a link to the review.
6. Check the review for helpful tips and advice and complete the quiz again so that we can see how you are feeling now compared to when you started.
7. If your SilverCloud Supporter is concerned about your well being, appropriate action will be taken to make sure that you are safe.
8. When 6 reviews (12 weeks) have been completed (or you stop doing the course), your SilverCloud Suppporter will let you know that we are no longer monitoring your progress.
9. You will still be able to use the course material for up to 12 months – you can go back and look at all the things you learnt about during your course.

PLEASE REMEMBER: *SilverCloud is not an emergency response service*

If you are in crisis or feeling very distressed you must contact supportive family, friends, your GP or one of the following contacts:

- **Community Advice & Listening Line** (CALL) – 0800 132 737
- **The Samaritans** – 116 123

How do I sign up?

Follow this link https://nhswales.SilverCloudhealth.com/signup/

STEP 1 – Who is your GP?
Go to the "Choose Your GP" box and click on the small   arrow on
the right hand side, pick your GP from the list.

STEP 2 – Which course is best for you?

Space from Anxiety	Space from COVID-19	Space from Depression	Space from Depression & Anxiety	Space from Stress

Click on a course and read the description, if its not the one for you click ⇐
(top left) and pick another one. Happy with the one selected? Tick the box
and Click on **Apply.**

STEP 3 – Sign Up
Choose a Username and Password, confirm your Password and enter your
email address. (*Username cannot contain any spaces*).   Click on Sign Up

SilverCloud will send you an email to verify your email address – click on the
link. *If you don't receive the email, please check your junk/spam folders.*

STEP 4 – Your Agreement
Read through the Client Contract, click in the box
to show that you understand and are happy with the agreement.

STEP 5 – Quiz
Enter your personal details and answer some questions to help us
understand how you are feeling.

STEP 6 – Off you go
You are now ready to find out about all the interesting activities in
SilverCloud. Work through the modules, read, watch, listen. Have a go with
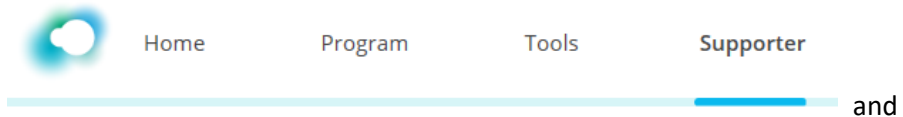the tools – write a journal, set some goals.

Additional Modules

You can complete additional modules alongside your main course – if you would like these, contact your SilverCloud Supporter:

- ❖ Challenging Times
- ❖ Sleep Difficulties
- ❖ Grief & Loss
- ❖ Relaxation
- ❖ Communication & Relationships
- ❖ Employment
- ❖ Anger Management
- ❖ Behavioural experiments
- ❖ Self Esteem

Support

Your SilverCloud Supporter will offer administrative and technical support as well as ongoing encouragement throughout the course.

Click on the Supporter Tab:

 Home   Program   Tools   **Supporter**   and

 Leave a message for your SilverCloud Supporter

Further Information

Any enquiries about SilverCloud, please email: Silver.Cloud@wales.nhs.uk