

SilverCloud: The leading provider of Digital CBT Interventions

As part of Health Assured's clinical interventions, your people will be set up with online CBT programmes (if appropriate) via email support. Available on desktop, mobile, and tablet, the SilverCloud platform is user friendly, engaging, and hosts over **30 support programmes**.

Programmes cover Wellbeing, Mental Health and Chronic Health. They include the below and more:

- ♡ Space for Resilience
- ♡ Space from Money Worries
- ♡ Space from Stress
- ♡ Supporting teens and children with low moods and anxiety
- ♡ Space from Anxiety
- ♡ Space from Depression
- ♡ Space for Sleep
- ♡ Space from Phobia
- ♡ Space from OCD
- ♡ Space in Diabetes
- ♡ Space in Lung Conditions
- ♡ Space in Chronic Pain
- ♡ Space in CHD
- ♡ Space drug use and alcohol
- ♡ Trauma program

