

DHC Talking Therapies are introducing SilverCloud Health - a new flexible online solution!

Designed to help with symptoms of low mood and anxiety.

SilverCloud Health is an exciting new online solution that provides a broad range of programmes to help you in your recovery journey.

Flexible, use it anytime, anyplace, anywhere.

Whether at home, work or elsewhere. On a computer, tablet or on a mobile phone.

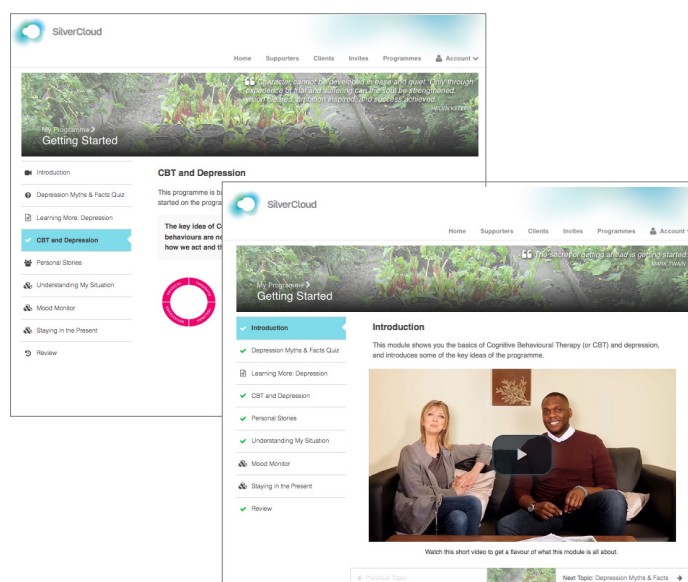
Accessible and easy to use.

You work at your own pace with ongoing reviews from your therapist. The programme consists of evidence-based interventions including; activities and concepts from mindfulness, positive psychology, cognitive behavioural therapy (CBT) all recognised to have a positive impact on low mood and anxiety.

State of the art technology.

Includes easy to follow programmes with:

- **Video clips**
- **Interactive quizzes**
- **A journal**
- **Audio guided mindfulness exercises**
- **Reflective exercises... and more.**



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

SilverCloud Health User

Interested in completing a SilverCloud Health programme?
Please call us on 01483 906392 or visit: www.dhctalkingtherapies.co.uk