



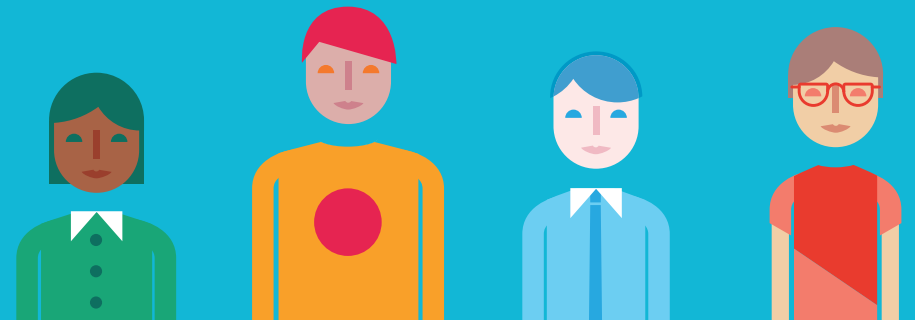
NHS



NHS

Welcome to SilverCloud,
your space for thinking and
feeling better

For more information visit:
www.dhctalkingtherapies.co.uk





WHAT IS SILVERCLOUD

We offer secure, immediate access to online supported CBT programmes, tailored to your specific needs.

SilverCloud has demonstrated high improvement rates for depression, anxiety and stress.

“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.”

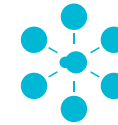
SilverCloud Health User

WHY SILVERCLOUD



Flexible

24/7 access from the comfort of your home.



Empowering

No waiting lists, immediate access.



Easy to use

Work through programmes to manage low mood, stress, or anxiety at your own pace.

TO LEARN MORE ABOUT
DHC TALKING THERAPIES VISIT:

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