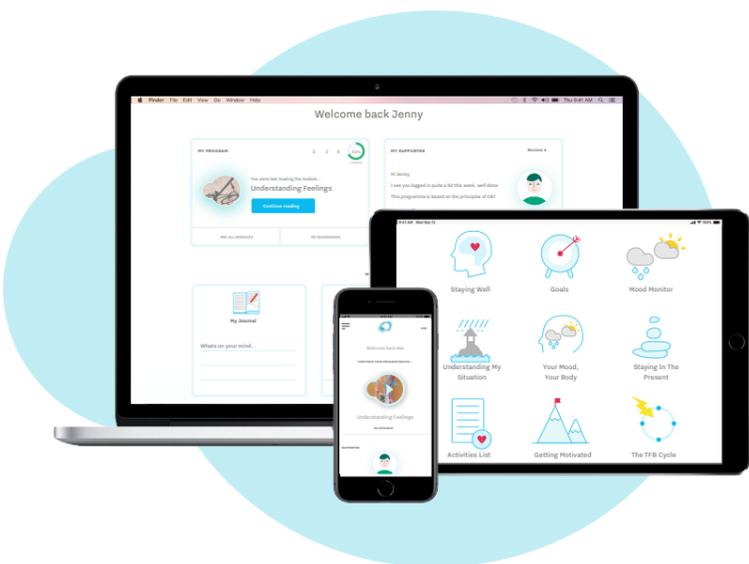




SilverCloud

FEELING ANXIOUS, DEPRESSED OR OVERWHELMED?

GET HELP TO THINK AND FEEL BETTER—
ANYTIME, ANYWHERE



» **ACCESS HELP ANYWHERE**

Access SilverCloud's personalized digital tools anytime on your computer, tablet or cell phone.

» **GET PROVEN TOOLS TO HELP**

Our tools are proven to help you overcome depression, anxiety and stress. The SilverCloud platform is completely secure and your privacy is ensured.

» **EASY AND ENGAGING PROGRAMS**

Programs consist of 6 to 9 engaging and motivational modules that you can complete at your own pace.



I thoroughly enjoyed using SilverCloud and gained a lot from it. I feel better able to understand my moods and I have tools I can use to feel better. ”



SilverCloud was a lot easier to use than I anticipated and has helped me to make positive changes to my life and the way I think about things. ”



I no longer feel alone. It is comforting knowing that I have something to go to whenever I need help. ”

TO SIGN UP, GO TO
[GSH.SILVERCLOUDHEALTH.COM/SIGNUP](https://gsh.silvercloudhealth.com/signup)

