SilverCloud Health

Gallagher Student Health in partnership with SilverCloud Health offers an online behavioral health program as part of your student health insurance plan, at no additional cost. If you are enrolled in your School's Student Health Insurance Plan, you have access to the SilverCloud website.

SilverCloud supplies you with a broad library of online therapy programs to promote and support positive behavior change and overall mental wellness. Programs are delivered via SilverCloud's secure, anonymous technology platform. The online therapy library includes programs that address depression, anxiety and stress.

Space from **Anxiety**

Space from **Depression**

Space from **Stress**

Personalized pathways

Online modules help students to face and manage anxiety step by step. Topics include:

- **Understanding your feelings and thoughts**
- **Worry monitoring and management**
- **Exposure strategy**
- **Addressing your core fears**
- **Identifying negative thinking**
- **Cognitive restructuring**
- **Consolidation & relapse prevention**

Personalized pathways

Online modules help students to increase positive behaviors and feel better about themselves and the world around them. Topics include:

- **Tuning into mood**
- **Spotting thoughts/distorted thinking**
- **Boosting behavior – motivation, activity levels**
- **Challenging negative thoughts**
- **Balance on core beliefs**

Personalized pathways

Online modules help students to manage the symptoms of stress and develop skills to successfully create school-life balance. Topics include:

- **Stress management**
- **Work-life balance**
- **Problem solving/goal setting**
- **Communication & relationships**
- **Helpful thinking**
- **Self-esteem**
- **Resilience**

Each program consists of several modules that use Cognitive Behavioral Therapy (CBT) principles to treat, reduce and alleviate symptoms. Each module is comprised of an introductory video and quiz, psychoeducational content with examples and personal stories, interactive activities, homework suggestions and summaries.

Flexible delivery

Accessible anytime, any place and across all platforms.

"I was initially drawn to the fact it was online and easily accessible"

SilverCloud Health User

Evidence-based

Over a decade of clinical and academic research, and still growing.