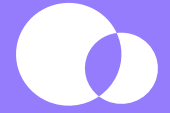


# Programme Overview



SilverCloud

## Mental Health

### Space from Anxiety

**Description:**

Anxiety, worry, and panic are common emotional issues and can easily become overwhelming. To reduce anxiety symptoms and generally improve overall quality of life, the *Space from Anxiety* programme uses Cognitive Behavioural Therapy (CBT), techniques to help individuals learn to better understand their thoughts, feelings, and behaviours.

**Who should Consider?**

Those who are looking to gain tools to understand and manage anxiety, identify and change negative thoughts, and develop coping mechanisms to combat anxiety.

### Space from Panic

**Description:**

The *Space from Panic* programme has been designed to alleviate the user's distress and anxiety resulting from panic. This programme provides tools, activities and psychoeducation in a safe space. Using CBT, individuals can learn to better understand their thoughts, feelings, and behaviours and learn how to make positive changes relating to their anxiety and panic.

**Who should Consider?**

Those who are looking to gain tools to understand and manage their panic and anxiety, identify, and change negative thoughts, and develop coping mechanisms to combat their symptoms

### Space from Depression

**Description:**

The *Space from Depression* programme has been designed to relieve the symptoms of depression by developing more flexible ways of thinking and behaving. The programme also encourages individuals to develop an awareness and understanding of their emotions, while increasing activity and motivation in their daily lives. Using CBT, individuals can better understand their thoughts, feelings, and behaviours and learn how to make positive changes relating to depression.

**Who should Consider?:**

Those who are looking to develop strategies to tackle unpleasant symptoms of depression, identify negative thoughts and how to take action against these, while understanding triggers and developing tools to minimise a relapse.

### Space from Social Anxiety

**Description:**

The *Space from Social Anxiety* programme has been developed to help participants manage distress associated with social situations. Using CBT, The *Space from Social Anxiety* programme helps participants to better understand and manage their thoughts and behaviours related to social anxiety.

**Who should Consider?**

Those who are looking to develop tools to better manage their anxiety in social situations and those looking to alleviate their worry and fears.

### Space from Anxiety & Depression

**Description:**

The *Space from Anxiety and Depression* programme has been designed to relieve the symptoms of depression and anxiety by developing more flexible ways of thinking. The programme also encourages individuals to develop an awareness and understanding of their emotions, while increasing activity and motivation in their daily lives. Using CBT, individuals can better understand their thoughts, feelings, and behaviours and learn how to make positive changes relating to depression and anxiety.

**Who should Consider?**

Those who are looking to develop strategies to tackle unpleasant symptoms of anxiety and depression, identify negative and anxious thoughts and how to take action against these, while understanding triggers and developing tools to minimise a relapse.

### Space for Perinatal Wellbeing

**Description:**

This programme focuses on individuals looking to better manage their anxiety and depression during the perinatal period, while learning to reflect on their mental health and discover ways to reduce tension, worry, and improve their mood. Using CBT, individuals can learn to better understand their thoughts, feelings, and behaviours and learn how to make positive changes that will improve their wellbeing during the perinatal period.

**Who should Consider?**

Those who are experiencing, or may be at risk of experiencing, subthreshold symptoms of depression and/or anxiety during the perinatal period.

## Space from Health Anxiety

### Description:

Distress and anxiety are common symptoms for those experiencing health concerns. The *Space from Health Anxiety* programme includes a range of tools, activities and psychoeducation to help users better manage anxiety relating to their health. Using CBT, individuals can learn to better understand their thoughts, feelings, and behaviours and learn how to make positive changes relating to their anxiety.

### Who should Consider?

Those who are looking to gain tools to understand and manage their anxiety concerning from their health, learn the importance of lifestyle choices relating to their anxiety, and those who are looking to alleviate their worry and fears.

## Space from OCD

### Description:

The *Space from OCD* programme has been designed to relieve the symptoms of OCD by increasing awareness and understanding of emotions, obsessions, and compulsions, while focusing on developing more flexible ways of thinking. Using CBT, Exposure Response Prevention (ERP), and mindfulness techniques, participants will learn to cope with anxiety provoking situations

### Who should Consider?

Those who are looking to gain tools to understand and manage their OCD and anxiety, identify, and change negative thoughts, and develop coping techniques to combat OCD.

## Space from GAD

### Description:

Generalised Anxiety Disorder (GAD) tends to be chronic in nature, therefore significantly impacting one's quality of life. Using CBT, individuals can learn to better understand their thoughts, feelings, and behaviours and learn how to make positive changes relating to their anxiety. Using CBT as part of the treatment plan for GAD has been proven to be effective in reducing anxiety symptoms and improving overall quality of life.

### Who should Consider?

It is specifically for individuals dealing with Generalised Anxiety who are looking to gain tools to understand and manage their anxiety, identify, and change negative thoughts, and develop coping mechanisms to combat anxiety.

## Space from Phobia

### Description:

The *Space from Phobia* programme has been designed to help participants manage their phobias and psychological distress. This programme aims to alleviate participants extensive and prolonged fears using CBT with a variety of tools, activities, and psychoeducation delivered in a safe and confidential space.

### Who should Consider?

Those who are looking to gain tools to understand and manage their phobia(s) to alleviate their fears, develop healthy lifestyle choices, and incorporate relaxation practices into their lives.

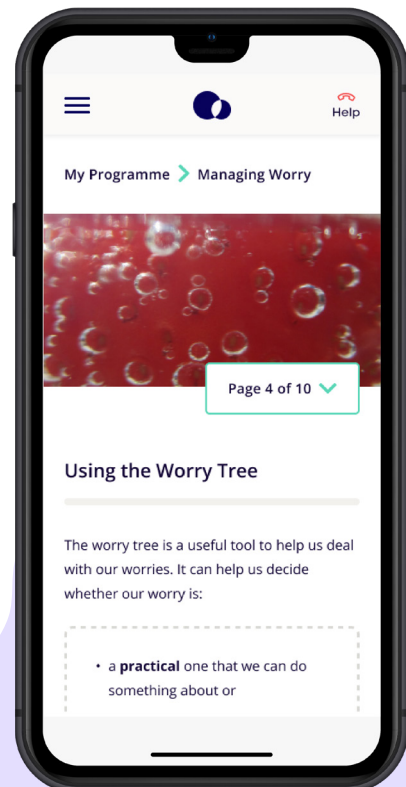
## Space for Sleep

### Description:

Sleep is an essential part of our lives, needed to properly function and maintain good health. This programme educates participants on what a healthy sleep cycle looks like and how to build better habits and routines. Through CBT, individuals will see how their thoughts can affect their sleep cycle and develop strategies to better manage sleep.

### Who should Consider?

Those who are looking to improve quality and quantity of sleep, develop better sleeping habits, and understand and modify their sleep cycle.



# Programme Overview



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## Wellbeing

### Space from Covid-19

#### Description:

Our Covid-19 programme helps users acknowledge that it is normal to feel anxious or low in the face of a global crisis. With quick access to practical tools and strategies, this programme will assist individuals in dealing with difficult emotions and situations during a challenging time.

#### Who should Consider?

Those who are looking to develop coping strategies like relaxation exercises and self-care, implement healthy sleep hygiene techniques, and learn practical strategies for grieving and financial worries.

### Space for Resilience

#### Description:

Resilience is the capacity to face, overcome, and even be strengthened by difficult experiences. Individuals will be educated on the five domains of resilience: purpose, self, connections, body, and mind. Users will analyse their current levels of resilience in each of these areas and learn the benefits of setting goals and practicing mindfulness for resilience.

#### Who should Consider?

Those who are looking to recognise and promote their values and passions, improve self-esteem and self-worth, and develop a more balance and optimistic way of thinking.

### Space from Money Worries

#### Description:

This programme is designed to help users manage and reduce their current symptoms of stress, while developing resilience against stressful experiences in the future. Using CBT techniques, individuals will learn to better understand their thoughts, feelings, and behaviours and learn how to make positive changes relating to stress.

#### Who should Consider?

Those who, in relation to financial concerns, are looking to manage and reduce their current stress, develop resilience and skills to find balance, and understand how sleep, exercise, diet, and relationships impact stress.

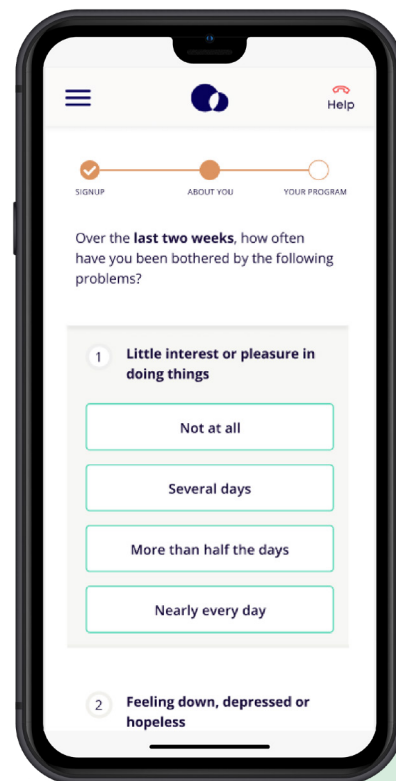
### Space from Stress

#### Description:

This programme is designed to help users manage and reduce their current symptoms of stress, while developing resilience against stressful experiences in the future. Using CBT techniques, individuals will learn to better understand their thoughts, feelings, and behaviours and learn how to make positive changes relating to stress.

#### Who should Consider?

Those who are looking to manage and reduce their current stress, develop resilience and skills to find balance, and understand how sleep, exercise, diet, and relationships impact stress.



# Programme Overview



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## Chronic Health

### Space in Diabetes from Depression & Anxiety

#### Description:

Psychological wellbeing plays a crucial role in coping with the demands of diabetes self-management.

The *Space in Diabetes from Depression & Anxiety* programme has been designed to help individuals with diabetes in managing their depression and anxiety by tackling common mental health challenges, promoting their ability to self-manage and improving their overall mental and physical health.

#### Who should Consider?

Those who are looking to develop tools to self-manage their diabetes and mental health, identify and tackle unhelpful feelings of guilt, shame and self-blame, and understand the relationship between their mood and diabetes and how this can impact their physical health.

### Space in Lung Conditions from Depression and Anxiety

#### Description:

The *Space in Lung Conditions* programme is designed for those who are experiencing a chronic lung condition along with depression and anxiety.

Using CBT, participants will begin to increase awareness and understanding of emotions related to living with lung conditions, while also developing more flexible ways of thinking and motivation in their everyday life.

#### Who should Consider?

Those who are looking for tools and strategies to better manage anxiety and depression related to their lung conditions, understand the relationship between emotion and physical symptoms, and develop better lifestyle and mood enhancing choices.

### Space in Chronic Pain from Anxiety & Depression

#### Description:

This programme provides educational content on how living with chronic pain can impact one's wellbeing.

The programme uses CBT to help individuals understand how living with chronic pain can be linked to low mood and worry and how to manage the difficult thoughts, feelings and behaviours associated with this.

#### Who should Consider?

Those who are looking to develop strategies to tackle unpleasant symptoms of depression, identify negative thoughts, understand how physical pain can impact overall wellbeing, while learning to take action.

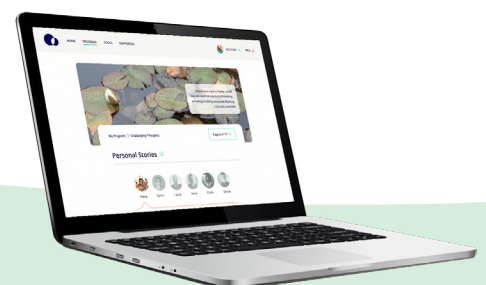
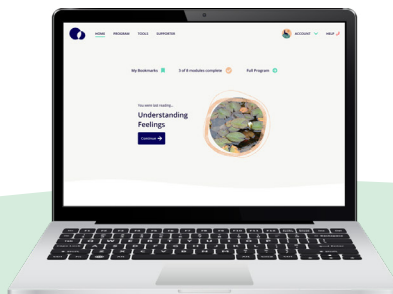
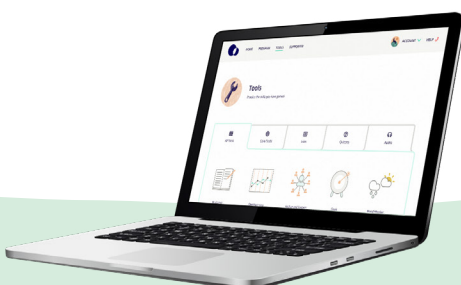
### Space in Coronary Heart Disease (CHD) from Depression & Anxiety

#### Description:

This programme is designed for those with CHD along with depression and anxiety. Using CBT, users will begin to increase awareness and understanding of their emotions related to living with CHD, while developing strategies to manage their symptoms.

#### Who should Consider?

Those who are looking to develop more flexible ways of thinking, increase awareness of their emotions in the context of living with CHD, and those looking to increase activity and motivation in their daily lives.



# Programme Overview



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## Family

### Supporting an Anxious Child

#### Description:

This programme has been designed for caregivers of children, ages 5-11, who are looking to support their child in dealing with worry and anxiety, while learning helpful strategies to tackle their own anxiety. This programme incorporates elements of CBT such as psychoeducation, relaxation and gradual exposure, with the aim of enabling children to identify their anxiety, and to apply their skills in anxiety-provoking situations.

#### Who should Consider?

Caregivers of children, ages 5-11, who are looking to learn how to support and better manage the child's anxiety, as well as better manage their own anxiety.

### Supporting an Anxious Teen

#### Description:

The programme has been designed for caregivers of teenagers, ages 12-18, who are looking to support their teen in dealing with worry and anxiety, while learning helpful strategies to tackle their own anxiety. The programme incorporates elements of CBT such as psychoeducation, relaxation and gradual exposure, with the aim of enabling the teen to identify their anxiety, and to apply their skills in anxiety-provoking situations.

#### Who should Consider?

Caregivers of teens, ages 12-18, who are looking to learn how to support and better manage the teen's anxiety, as well as better manage their own anxiety.

### Space from Low Mood for Teens

#### Description:

Using CBT, teens, ages 15-18, can learn to better understand their thoughts, feelings, and behaviours and how to make positive changes relating to low mood. Using a combination of educational resources, CBT, and coping strategies has been proven to be effective in reducing low mood symptoms and improving overall quality of life.

#### Who should Consider?

Teens, ages 15-18, who are looking to gain tools to understand and manage low mood, identify and change negative thoughts, and develop coping mechanisms to combat low mood.

### Space from Anxiety for Teens

#### Description:

Using CBT, teens, ages 15-18, can learn to better understand their thoughts, feelings, and behaviours and how to make positive changes relating to anxiety. Using a combination of educational resources, CBT, and coping strategies has been proven to be effective in reducing anxiety symptoms and improving overall quality of life.

#### Who should Consider?

Those who are looking to manage and reduce their current stress, develop resilience and skills to find balance, and understand how sleep, exercise, diet, and relationships impact stress.

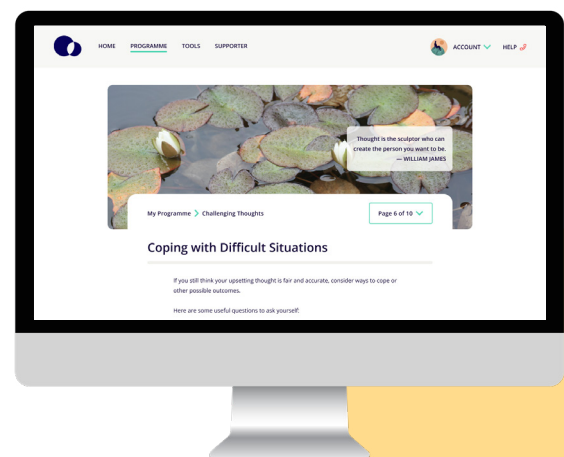
### Space from Low Mood & Anxiety for Teens

#### Description:

Using CBT, teens, ages 15-18, can learn to better understand their thoughts, feelings, and behaviours and how to make positive changes relating to low mood and anxiety. Using a combination of educational resources, CBT, and coping strategies has been proven to be effective in reducing low mood and anxiety symptoms and improving overall quality of life.

#### Who should Consider?

Teens, ages 15-18, who are looking to gain tools to understand and manage low mood and anxiety, identify and change negative thoughts, and develop coping mechanisms to combat anxiety.



# Programme Overview



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## Substance Use

### Space from Alcohol

#### Description:

The *Space from Alcohol* programme encourages individuals to take a look at their relationship with alcohol, reflect on their patterns of alcohol consumption, and determine if they have a need and want to reduce or eliminate usage. This programme uses Motivational Enhancement Therapy (MET) and CBT techniques in a confidential, judgement-free space.

#### Who should Consider?

Individuals who are looking to understand what safe and unsafe consumption looks like and are interested in assessing their want and need to quit or cut back usage.

### Space from Drug Use

#### Description:

The *Space from Drug Use* programme has been designed to help users self-identify an existing or potential drug use concern. Through this programme, participants engaging in excessive, risky, or harmful drugs, will be encouraged to become more aware of their relationship with these drugs, learn the benefits of cutting back or quitting, and gain tools to reduce usage. This programme was designed using Cognitive Behavioural Therapy (CBT) - delivered through our confidential, judgment-free platform\*.

#### Who should Consider?

Those who are looking to understand what unsafe and problematic consumption looks like, and the impacts it can have on their physical and mental wellbeing. Those looking to build strategies to identify and cope with these triggers and increase a sense of ownership and responsibility over their decisions. Individuals who feel overwhelmed or uncomfortable and looking for a secure, private, and judgement-free platform to address their relationship with drugs.

