



# FEELING STRESSED, OVERWHELMED OR DISCONNECTED? HAVING TROUBLE SLEEPING?

GET HELP TO THINK AND FEEL  
BETTER - ANYTIME, ANYWHERE



SilverCloud is a clinically-proven online platform with programs to help you reduce symptoms of stress, improve your sleep and build resilience.

## WHY USE IT?

Over 94% of users find SilverCloud programs

- relevant, interesting and helpful in supporting them to make progress towards their goals

## WHEN AND HOW SHOULD I USE IT?

You can access the programs on your desktop, cell phone, or tablet

- The recommendation is to use it at least once a week



## CHOOSE FROM 4 PROGRAMS

All programs offer bonus content, including the Challenging Times module specifically developed to support you as you navigate the current COVID-19 crisis.



### COVID-19

Manage stress & self-care during challenging times



### SLEEP ISSUES

Build healthy sleep habits



### RESILIENCE

Enhance your wellbeing and build work-life balance



### STRESS

Overcome and manage your stressors