



SilverCloud
Digital Mental Health Platform

INTRODUCING SILVERCLOUD™:

A FULL RANGE OF DIGITAL MENTAL HEALTH PROGRAMS DESIGNED TO MEET INDIVIDUAL NEEDS.



SLEEP & INSOMNIA

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Did you know that sleep affects your mental health?

Poor sleep can impact mood and lead to physical health problems. This program will help you understand the causes of any sleep difficulties that you may have, as well as provide you with the necessary tools and techniques for overcoming them.

Learn to:

- Accurately record and assess how you are sleeping
- Build a personalized sleep prescription
- Manage the thoughts and worries keeping you awake
- Cultivate healthy sleep habits, associations, and routines
- Maintain a healthy sleep cycle into the future

Take a look at the [other programs](#) SilverCloud has to offer.

Self-guided: Our self-guided programs for Stress, Resilience, and Sleep & Insomnia are designed to keep you engaged and accountable.

Guided: Our guided programs include a behavioural health coach who will support you in overcoming your mental health concerns relating to Depression, Anxiety, Chronic Pain, Diabetes, and Depression & Anxiety.

All programs can be completed in your own time and at your own pace.

SELF-GUIDED PROGRAMS



Stress

This program can enhance your existing stress-busting strengths and skills and help you build new ones.

- Learn to manage stress, build resilience, and improve self-esteem
- Learn to set SMART goals for your life
- Learn to problem-solve and communicate assertively



Resilience

This program can help you improve your sense of well-being and satisfaction in all areas of your life.

- Improve your physical, social, mental, and emotional health
- Increase your ability to overcome difficult experiences
- Appreciate your strengths and build positive self-esteem

GUIDED PROGRAMS



Depression

This program will help you to learn techniques to overcome and **manage the symptoms of low mood and depression**. Practical strategies help you to tackle unhelpful thoughts and behaviours and the unpleasant physical feelings and sometimes difficult emotions associated with depression.

You can learn to:

- Tuning into mood
- Spotting thoughts/distorted thinking
- Boosting behaviour - motivation, activity levels
- Challenging negative thoughts



Chronic Pain

This program will help you understand the basics of Cognitive Behavioural Therapy (CBT) and help those living with chronic pain who may be experiencing symptoms of depression and anxiety.

You can learn to:

- Make small changes to lift your mood
- Challenge anxious and distorted thoughts and develop coping skills
- Increase awareness and understanding of emotions in the context of living with a chronic condition
- Increase activity and motivation in daily life, in the context of physical limitations that can occur when living with chronic pain



Anxiety

This program can help you to manage anxiety, challenge anxious thoughts and **feel better**. It teaches you skills and strategies to tackle anxiety now and in the future.

You can learn to:

- Increase awareness of your moods and anxious thoughts
- Reduce avoidance, learn to face your anxieties
- Challenge anxious and distorted thoughts.
- Develop coping skills



Diabetes

This program recognizes that living with diabetes can have an impact on your mood. And, in turn, mood can also have a significant impact on your ability to manage diabetes.

You can learn to:

- Understand how thoughts, behaviours, and actions are connected
- Challenge anxious and distorted thoughts and develop coping skills
- Support healthy diabetes behaviour through normalization of difficulties, education, and empowerment
- Overcome and manage the symptoms of depression and anxiety, while also managing day-to-day life with diabetes



Depression & Anxiety

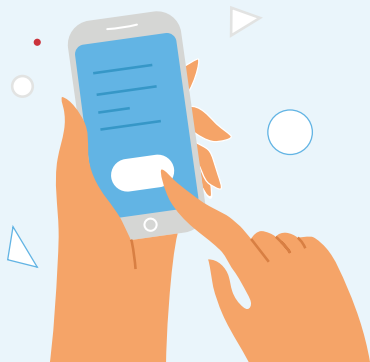
This program will help you to understand the basics of Cognitive Behavioural Therapy (CBT) and depression/anxiety.

You can learn to:

- Understand how thoughts, behaviours, and actions are connected
- Make small changes to lift your mood
- Challenge anxious and distorted thoughts
- Develop your coping skills



SilverCloud™: a full range of digital mental health programs that meet individual needs.



Start your journey towards thinking and feeling better.

Get started at: silvercloud.morewaystobenefit.ca

Access Code: UCalgary GSA

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