Frequently Asked Questions:

What is SilverCloud?
SilverCloud is a completely confidential digital mental health platform developed by SilverCloud Health and offered in partnership with Shoppers Drug Mart that delivers online therapeutic and psycho-education programs to support your mental health. The programs consist of several modules which can be completed at a time and pace most convenient to you. Each module contains text, video, and audio clips, as well as interactive and engaging activities, applications, and quizzes. SilverCloud incorporates Cognitive Behavioural Therapy (CBT), which teaches you practical strategies to battle stress and negative thoughts. SilverCloud is completely confidential, and your participation will never be shared with the university or any one else.

What is Cognitive Behavioural Therapy (CBT)?
CBT teaches you practical strategies to help manage your thoughts, feelings, and behaviours. It has been proven to be an extremely effective treatment for common conditions such as anxiety and/or depression. CBT recognizes you as an expert of your own experiences and places you at the centre of change, empowering you to make positive changes to the ways you think and feel.

Will the program take up a lot of my time during the day?
We recommend that you use your program twice a week, for 30-45 minutes. However, the program is designed for you to use at your own pace. Many people find that even just 15 minutes once per week can be beneficial.

What programs are offered?
SilverCloud has programs designed for: Stress, Resilience, Depression, Anxiety, Depression & Anxiety, and Sleep & Insomnia. The Stress and Resilience programs are self-led programs while the other programs give you access to a behavioural health coach who will check in with you and be your own personal cheerleader as you progress through the program.

Sign up here:
silvercloud.morewaystobenefit.ca

Access Code: UCalgary GSA