How do I sign up?

If SilverCloud would be helpful for you, then the first step is to contact our service.

You will need to arrange a 1:1 appointment with a practitioner for an assessment, in order for them to tailor the programme to your individual needs. This appointment can be done over the phone.

In order to be eligible you need to be over 16 years of age and registered with a GP surgery in Wiltshire (excluding Swindon)

If you would like to book an appointment please contact us:

Contact Us

Wiltshire IAPT Service
Green Lane Hospital
Devizes, Wiltshire
SN10 5DS
Tel: 01380 731335

Opening times: Monday to Friday – 9:00 am to 5:00 pm

SilverCloud: Information for Patients

Its Flexible
Access it 24/7, on your computer, tablet or mobile phone. At home, at work or elsewhere.

Work at your own pace
Your supporter will provide feedback on your progress

It's easy to use
Interesting tools and activities make your experience motivational

SILVERCLOUD HEALTH USER
"The fact that it was online meant that I was able to access the programme from the comfort of my home at a time when it suited me"

What is SilverCloud?

SilverCloud is a **website** which offers secure access to **supported**, **flexible** programmes designed to help you learn techniques to overcome **low mood**, **anxiety** and **stress**.

Because it's **online**, there's no need to attend rigid or time consuming appointments, you can do it **any time** and **anywhere** using a computer, tablet or smartphone!

SilverCloud programmes are based on **Cognitive Behavioural Therapy (CBT)** - an effective way of learning about thoughts, feelings and behaviours and how they influence each other. SilverCloud has been **clinically tested** and the programmes have demonstrated **high improvement** rates for low mood, anxiety and stress.

All contact other than the assessment sessions will be online; however if your supporter recognises any potential risk to you or others they may contact you by phone or letter to discuss this further and will also inform your GP.

SILVERCLOUD HEALTH USER
"It was great to know that a therapist was reviewing my work and reading my journal entries and offering feedback. It meant I could get the support I needed each week without

How does it work?

- Each programme consists of **7-8 modules,** you will complete these **independently**, at your own time and pace.

- It is advised to complete **one module per week**. Each module takes around **40 minutes**. This doesn't have to be completed in one go; SilverCloud saves your progress.

- You will have a **supporter** who is a mental health professional within the Wiltshire IAPT service who will **review** your progress and offer **guidance.**

- You are encouraged to **share** content such as **goals** and **activities** with your supporter.

- Your supporter will complete **6** online reviews which will be scheduled **fortnightly.** After this you can continue using the programme for **free** for up to a year.

- Your supporter is there to help **guide** you through the content and help **direct** you to activities that might be helpful. They are **not** going to **tell** you what to do!

- You will be able to securely message your supporter who can read messages at your scheduled review; replies to any messages will not be instant.

Ultimately, you are in control to use the content of the programme in the way that you feel is best.
The more you put into SilverCloud, the more you will get out of it!