



# Find new perspective with SilverCloud

Online Mental Wellbeing Programmes for your employees

## Introducing new support for you and your people

Stress, worries and the unknown can all affect mental wellbeing as we're forced to live and work outside our comfort zone.

Our Online Mental Wellbeing Programmes, provided by SilverCloud Health, are available now to support your employees when it suits them, wherever they are. Making healthcare easier to access and helping to stop small worries turning into more serious issues.

### What is SilverCloud Health?

SilverCloud Health is a digital mental and behavioural health platform. Built on clinical research, they've developed evidence-based mental health programmes. They've helped 500+ customer organisations, including the NHS, and have over 1,000,000 active users.

### Benefits that work for everyone

#### For you

Your employees can remotely access a range of clinically validated online programmes that use cognitive behavioural therapy techniques to help their mental wellbeing.

Seven different programmes are available covering common issues, all accessible on the SilverCloud website via Bupa Touch.

As your people build resilience, you'll develop a better picture of their mental wellbeing and risks with data and information on programme usage.

#### For your employees

Learning how to manage day-to-day worries can help your people build resilience and adjust to new ways of living and working.

**Safe** as they don't need to leave home to access wellbeing support.

**Handy** because they can work through the programmes in their own time and around their schedules.

**Accessible** straightaway with minimum hassle.



## Common concerns. Covered

Seven Online Mental Wellbeing Programmes are available, each designed to bring balance to the day.

### Stress

How to manage it, use problem solving to your advantage and communicate effectively.

### Sleep

Practical tips on catching more ZZZs with a new and improved sleep routine.

### COVID-19

Taking time to process worries, loss and loneliness to help develop new ways of coping.

### Resilience

Looking at self-esteem, connections to others and ways to boost healthy habits.

### Money worries

How to shake unhelpful thinking patterns, reduce comfort spending and more.

### Alcohol

Understanding your relationship with drink, the effects and how to handle triggers.

### Body image

How we view ourselves, when this can become a problem and challenging negative thoughts.



## How to get started

Taking advantage of our Online Mental Wellbeing Programmes is simple.

All users need to do is:

- Log in to Bupa Touch at **[bupa.co.uk/touchdashboard](https://bupa.co.uk/touchdashboard)**
- Click on the link to SilverCloud in the Mental Wellbeing tile
- Select a programme and register with the same details they use for Bupa Touch

Users can complete their chosen programme at their own pace.

Technical support is available at

**SilverCloud: [support@silvercloudhealth.com](mailto:support@silvercloudhealth.com)**

**Bupa Touch: 0345 608 0898**

Lines are open Monday to Friday 8am to 8pm and Saturday 8am to 4pm.  
We may record or monitor our calls.

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