

Find new perspective with SilverCloud



Changing times can affect how you think and feel. Whether you're worrying about money more or sleeping less, our online wellbeing programmes could give you the confidence to take control. They're free, easy to use and available to access right now.

Learning how to manage day-to-day worries can help you build resilience and adjust to the new normal.

Whether you're stressed about something, or want to work on keeping a positive mindset, our online programmes in partnership with SilverCloud Health are here to help.

They include preventative online programmes you can take at your own pace. Plus a range of tools, including a thought diary and mindfulness podcasts. All accessible whenever you need them, 24/7.

How to start

- Register to My Bupa at www.bupa.co.uk/mybupa/dashboard using your details exactly how they appear on your policy or trust documents
- Click on the link to SilverCloud in the Mental Wellbeing tile
- Select a programme and register with the same details you use for My Bupa
- You can complete your chosen programme on the website at your own pace

Your concerns. Covered

Explore online mental wellbeing programmes, using proven techniques and tools to bring balance to your 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.

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.

**Need a hand? SilverCloud: support@silvercloudhealth.com
My Bupa: 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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