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## Find new perspective with SilverCloud

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, Bupa's online programmes in partnership with SilverCloud Health are here to help.

They're free, easy to use and available to access right now.

### Seven programmes designed to help today

Explore seven 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.

#### COVID-19

Taking time to process worries, loss and loneliness and help in developing 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

- [Register with Bupa Touch](#) using your details exactly how they appear on your health insurance or health 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 Bupa Touch
- You can complete your chosen programmes at your own pace.

### Need a hand?

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. Bupa may record or monitor their calls

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