

MENTAL HEALTH, HEAD ON >

DIGITAL MENTAL
HEALTH SUPPORT
FOR STUDENTS



GIG
CYMRU
NHS
WALES

SilverCloud[®]
by Amwell[®]

> Tackle anxiety, stress and low mood – and build resilience for the future

Adjusting to student life can be a dizzying experience, but looking after your mental health will help you rise to the challenge – and if you do feel down or overwhelmed from time to time, NHS Wales can help you get back on track with instant, online access to early intervention support powered by SilverCloud®.

What is SilverCloud®?

It's a suite of guided, self-help programmes based on Cognitive Behavioural Therapy (CBT). Through activities and exercises, you'll learn to understand and challenge your thoughts, feelings and actions, and you'll gain practical skills and strategies to help boost your mood, cope with stress and manage your future wellbeing.

Access anytime, anywhere

Sign up online for free on your phone, tablet or laptop without speaking to a GP. Access programmes 24/7 wherever you have an internet connection.

80% show
improvement in depression
& anxiety

Support on your terms

Complete your course in your own time over 12 weeks.

For best results, use your programme 15-20 mins a day, 3-4 times a week.

Digital help with a human touch

Don't worry – you won't be left to the whim of a chatbot or AI. You'll be allocated a real, human online NHS supporter who will monitor your progress and give you personalised fortnightly feedback.

Sign up today at

nhs.wales.silvercloudhealth.com/signup
or scan the QR code



Helped over
1 million people
to think & feel better

> We can support anyone who is a patient/resident of Wales. If you are still registered to a GP outside of Wales whilst studying, we encourage you to register with a Welsh GP so you are able to access healthcare locally.

> Don't let mental health hold you back

Is it for me?

Are you struggling with exam stress? Or social anxiety? Or feeling low? You're not alone – but SilverCloud® can help. Besides support for managing body image, money worries, drug and alcohol intake – and more – we have student-specific programmes for mild-to-moderate anxiety, stress and depression, plus a course for building lasting resilience to life's setbacks.

Space from anxiety

By tuning in to your emotions and physical feelings you can begin to spot patterns and triggers, and challenge your thinking. Moving through the programme, you'll begin to overcome your fears – one step at a time.

You'll learn to...

> Understand anxiety & notice feelings

Find out how anxiety affects you, recognise its source and start using CBT to manage your symptoms.

> Face Your Fears

Manage them by breaking them down into achievable goals.

> Spot thoughts & challenge negativity

Catch those thoughts that stop you from seeing things as they really are. Rise above negative thinking.

Space from depression

Finding motivation is tough when you're down, so this programme will help you pinpoint things you enjoy and make them part of daily life. You'll also learn how to question negative thoughts and manage some of the physical symptoms that might come with depression, such as tiredness or aches and pains.

You'll learn to...

> Understand depression & how it makes you feel

Find out about the effects of depression and start using CBT to manage it. Identify the source of your low mood.

> Boost behaviour

Small changes can make a huge difference! Find new ways of moving from mood slumps to action.

> Challenge negative thoughts

Stop them in their tracks and start seeing things as they really are.

Space from stress

Understand how your emotions, thoughts, and actions are connected – and how they impact your stress levels. Use the programme toolkit to unravel the issues affecting how you feel and take action to make your life less stressful.

You'll learn to...

> Manage stress

Think about what's causing you stress and find better balance in your life by learning techniques to better cope with it.

> De-stress thoughts

Find out about the role your thoughts play in fuelling stress.

> Make positive lifestyle choices

Learn how exercise, diet and sleep can impact stress levels, for better or worse.

Space for resilience

Building your resilience helps shield your wellbeing from life's hard knocks. You'll work out what's most important to you in life, start to create a more positive outlook, and discover ways to boost both your confidence and your relationships.

You'll learn to...

> Find your purpose

Identify your values, passions and what matters most to you in life.

> Appreciate yourself - and others

Recognise your strengths, practice self-compassion and nurture relationships.

> Boost body & mind

Focus on maintaining good diet, exercise and rest habits, and cultivate an optimistic mindset.

