

SilverCloud for younger people - social posts

We've launched a range of new programs in SilverCloud, specially tailored to younger people aged 16 years+, and we need your help to spread the word. SilverCloud gives people the tools to better manage their mental health and wellbeing. These new programs focus on key areas of mental health and wellbeing affecting young people today such as anxiety and body image.

Everyone who works in the UK automotive industry, including new apprentices, can sign up and use SilverCloud free of charge. Please let your apprentices and younger people in your workforce know about SilverCloud.

Please help us spread the word to help reach those that might need some extra support. Feel free to copy and paste the text below and use it with our images. Make sure to tag us in so that people know we're here to help.

Twitter:

@BenSupport4Auto has launched a range of new programs in SilverCloud, specially tailored to younger people aged 16 years+. SilverCloud is a digital platform with programs to help boost your mental health & wellbeing.

It's free and easy to use 🖱️ www.ben.org.uk/SilverCloud

Facebook:

@Ben - Support for Life has launched a range of new programs in SilverCloud, specially tailored to younger people aged 16 years+. SilverCloud is a digital platform with programs to help boost your mental health and wellbeing.

Everyone who works or has worked in UK #automotive can sign up to SilverCloud including new #apprentices. It's free and easy to use 🖱️ www.ben.org.uk/SilverCloud

There are lots of programs available, including support with anxiety, body image and lots more. Each programme has a range of interactive tools such as videos, activities, quizzes, audio guides - helping you to build resilience and cope with future life challenges.

LinkedIn:

@Ben Automotive Industry Charity has launched a range of new programs in SilverCloud, specially tailored to younger people aged 16 years+. SilverCloud is a digital platform with programs to help boost your mental health and wellbeing.

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Instagram:

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Here are some # that you can add to the end of your posts:

#MentalHealth

#Wellbeing

#Support4Life

#Automotive

#MotorTrade

#Support4Auto