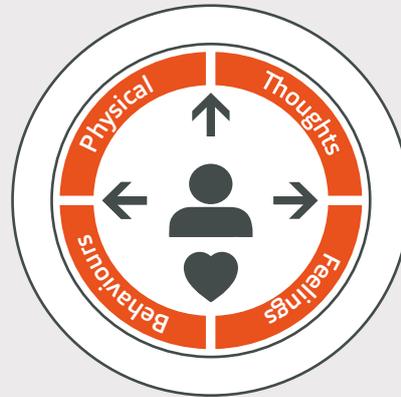


# Explaining SilverCloud to your employees

## What is CBT?

Cognitive Behavior Therapy (CBT) is an evidence-based therapy designed to help you learn techniques and skills to overcome symptoms of conditions like low mood, anxiety and stress.

The key idea of CBT is that your thoughts, moods and behaviors are not separate; they are linked and influence each other. By changing how we act and think, we can have a positive effect on how we feel.

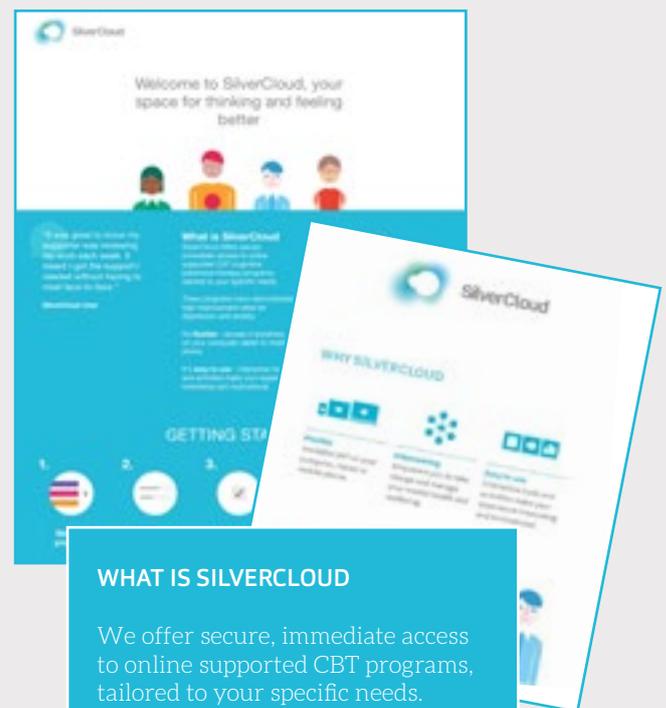


CBT adopts practical strategies that can help you to stop undesirable symptoms and regain control.



## What is SilverCloud?

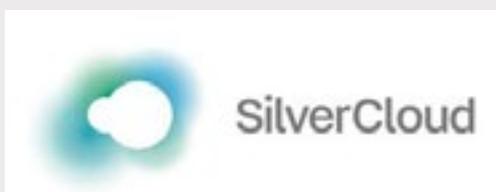
SilverCloud provides private and secure access anywhere, anytime to evidence-based, online programs that will help to teach you techniques based on CBT. It looks at both thoughts and behaviors and there are many activities to complete to help you to make practical changes in these areas to improve your mood. The program is very interactive and very flexible. It can even be used on your phone or tablet device so that you always have access to it.



### WHAT IS SILVERCLOUD

We offer secure, immediate access to online supported CBT programs, tailored to your specific needs.

SilverCloud Has demonstrated high improvement rates for depression, anxiety and stress.



## The benefits

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### It's flexible

- You can use it whenever and wherever you are e.g. lunch breaks, on the bus home, in the evening, when the kids are in bed, etc
- It is not time consuming, and you don't have to stick to rigid appointments, (good for people working long hours or with childcare commitments)
- You set your own pace

### It's supportive

- Existing evidence suggests it is very effective
- Ability to share activities and exercises with your online Supporter, meaning they can read exactly what you have written and provide personalised guidance and feedback



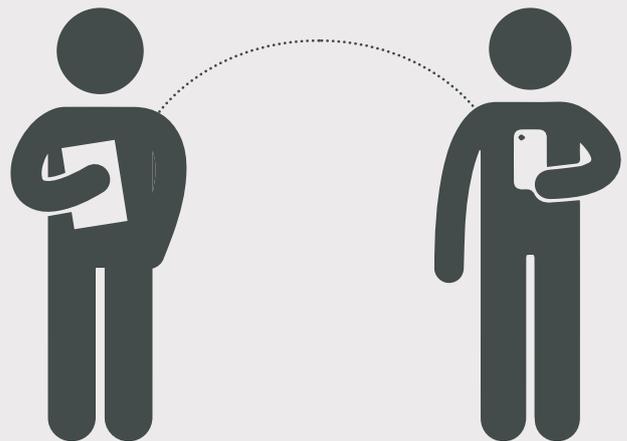
### It's easy to use

- Clear step-by-step layout
- User friendly
- Able to use it for a year
- Very interactive (videos, quizzes, interactive activities) – good for those with concentration difficulties

## Support process

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When you sign-up a Supporter is assigned to you. Work at your own pace and the Supporter will provide feedback and guidance as you progress through the modules in your program. Their written feedback will appear on your Homepage and the Messages page, on your agreed review date which is typically every two weeks.



## Always here for you

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Email [supportservices@ben.org.uk](mailto:supportservices@ben.org.uk)

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