

SilverCloud is a digital mental health and wellbeing platform which can help you to better manage your mental health and wellbeing. It's free for those who work, or have worked, in the automotive industry. It's easy to use and is available all day, every day.

You can use SilverCloud on your own (self-help) or you can choose to be supported as you work through your chosen programme(s). You can work through the programmes at your own pace, any time, on your computer, tablet or phone.



What is SilverCloud?

- A digital training program that helps you reduce symptoms of stress, anxiety, low mood or depression
- Based on cognitive behavioural therapy, mindfulness and positive psychology
- Goal-based programs
- Diverse activities, tools, exercises and mindfulness

How should I use it?

- Whenever you need it
- Recommended use is 40 minutes per week, over 6-8 weeks
- Set a regular time to use it, 3-4 x per week

Why use it?

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

What is the role of the Supporter?

- Help you to set goals for using your programme
- Help you to apply your learnings from SilverCloud to your daily life
- Deepen your understanding of the programme's content
- Identify progress and celebrate your success

What should I expect from my Supporter?

- To review your programme usage fortnightly (unless you choose to keep your usage private)
- To send you messages every two weeks in the SilverCloud platform on a scheduled day
- Add personalised and interactive elements to your SilverCloud experience

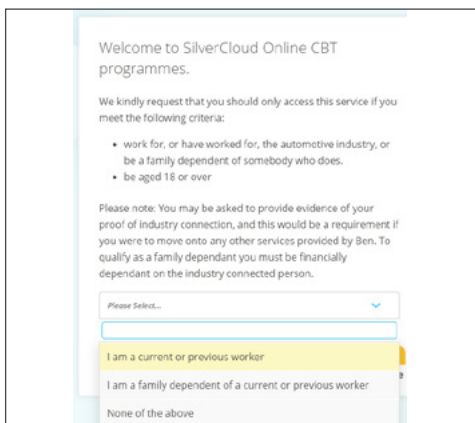
Always here for you

Visit www.ben.org.uk for self-help tools and online chat
Call our free and confidential helpline **08081 311 333**
Email supportservices@ben.org.uk

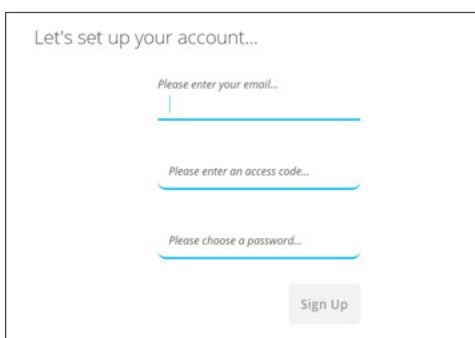
We're here Monday to Friday 8am – 8pm

Sign up

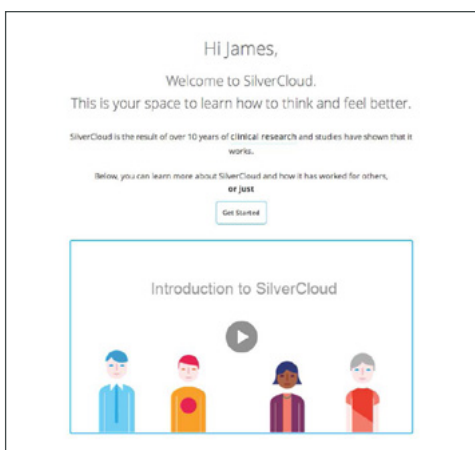
1. Go to <https://ben.silvercloudhealth.com/signup> to sign up to SilverCloud. You will need to use the access code **ben**.
2. Tell us how you are connected to the automotive industry.



3.
 - Choose your programme
 - Choose your support option
 - Agree to the conditions
 - Sign up with your email, a password & use the access code **ben**



4. Get started with SilverCloud!



5. Download the App

App Store: Search 'SilverCloud Toolkit'

Google Play: Search 'SilverCloud'

Programmes available

You can use SilverCloud on your own unsupported (self-help) or you can choose to be supported as you work through your chosen programme(s).

Wellbeing (unsupported):

- Stress
- Mindfulness
- Resilience
- Sleep

Mental health (supported or unsupported):

- Anxiety
- Depression
- Anxiety/depression combined
- Health anxiety
- Money worries
- Covid - challenging times, resilience, grief & loss

Each programme has a range of interactive tools such as videos, activities, quizzes, audio guides - helping you to develop coping strategies and get you back on track.

When to use SilverCloud

Think about a time of day you have 10-15 minutes to yourself.

As with most things, it may take time and practice to make progress.

Always here for you

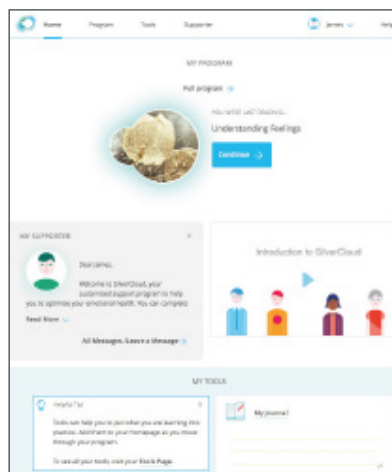
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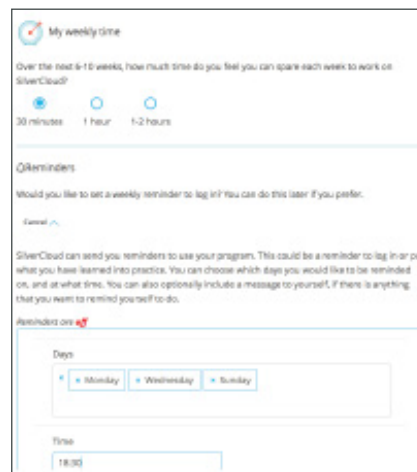
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SilverCloud tips



Access your programme from the homepage, or you can go to the programme page from the main menu to get started.



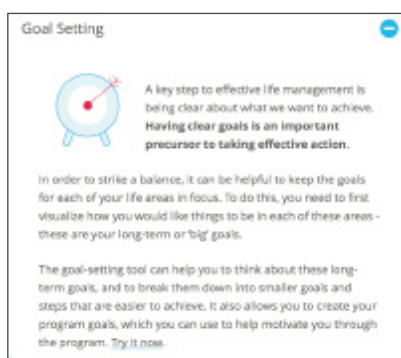
Set reminders to login or put what you have learned into practice.



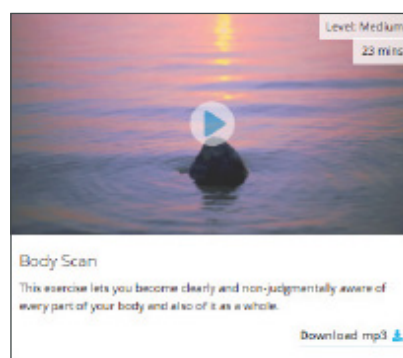
Tools help you to put what you learn into practice. Add them to your homepage as you move through your programme.



Use the journal to help you to clarify your thoughts and feelings, reduce stress and solve problems more effectively.



Set goals to track your progress and help motivate you through the programme.



Practice mindfulness with a number of relaxation and breathing exercises that help you to be more mindful in your daily life.

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