



**SilverCloud**  
Digital Mental Health Platform

# FEELING STRESSED, OVERWHELMED OR HAVING TROUBLE SLEEPING?

GET HELP TO THINK AND FEEL  
BETTER - ANYTIME, ANYWHERE



SilverCloud is a clinically-proven online platform with programs to help you reduce symptoms of stress, improve your sleep and build resilience.

It's natural to feel stress and worry as you go about adapting your life and family routines to the COVID-19 pandemic. As part of our commitment to our employees and their families' whole health, we're working with SilverCloud, a clinically proven online platform that may help build resilience and give you the skills to manage stress and sleep issues. Based on cognitive behavioral therapy (CBT), mindfulness and positive psychology, these action-oriented programs build self-awareness and self-management skills for your emotional health.

## WHY USE IT?

- Over 94% of users find SilverCloud programs relevant, interesting and helpful in supporting them to make progress towards their goals

## WHEN AND HOW SHOULD I USE IT?

- You can access the programs on your desktop, cell phone, or tablet
- The recommendation is to use it at least once a week



## CHOOSE FROM 3 PROGRAMS



### RESILIENCE

Enhance your wellbeing and  
build work-life balance



### SLEEP ISSUES

Build healthy sleep  
habits



### STRESS

Overcome and manage  
your stressors

Please go to this link to learn more and sign up: [carenow.silvercloudhealth.com/signup](https://carenow.silvercloudhealth.com/signup).

From March 30, 2020 through June 30, 2020, expiring July 1, 2020, SilverCloud is providing access to its program at no additional charge. To enter the platform, you will need to enter the PIN: C@re2020.