



SilverCloud

MAKING SPACE FOR HEALTHY MINDS

Space from Stress

The online solution to identify, understand and manage stress

Building a balanced life.

Space from Stress is a pro-active and practical programme built in conjunction with Berkshire Healthcare that provides you with the tools and techniques to manage stress and bring balance into your life.

Self-paced, easy to use.

Complete 7 engaging content modules at your own pace and time, at home, work or remotely.

Topics include assertiveness, problem solving, self-esteem and stress management.

Effective evidence-based interventions.

Programme content is based on Cognitive Behavioural Therapy (CBT). The key concept of CBT is that you can identify and change your thought patterns that have a negative influence on your behaviour, helping you to change how you are feeling, for the better.

Stress management and resilience.

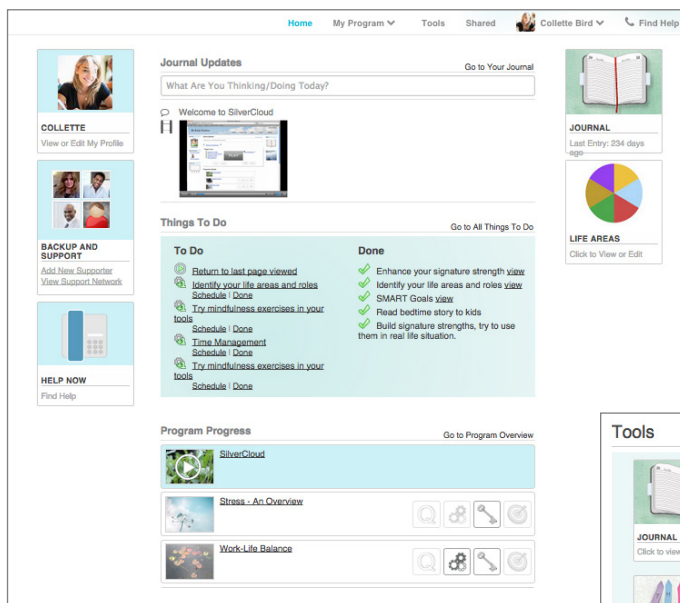
Modules includes a bank of tools and activities to manage stress and build resilience including:

- Signature strength building
- SMART goal setting
- Time management
- Problem solving exercises

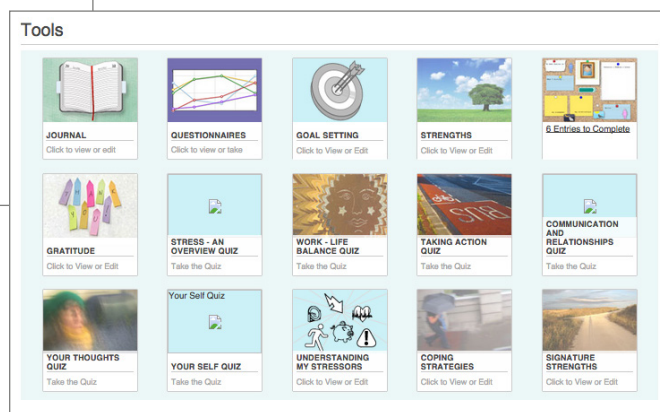


“The fact that it was online, I was able to access the program from the comfort of my home at a time when it suited me.”

SilverCloud Health
User



Nearly half of UK adults feel stressed every day.
 59% of British adults say their life is more stressful than it was five years ago*



Space from Stress is a flexible online solution, delivered over 7 modules, providing skills and tools for:

- Stress Management
- Work-life balance
- Problem solving/goal setting
- Communication & relationships
- Helpful thinking
- Self-esteem
- Resilience

Flexible, accessible, easy to use.

User-friendly design, draws on familiar elements from social networking and other web applications.

Accessible 24/7 on multiple devices: a computer, tablet or mobile phone.

Integrates human support.

Work in your own time, at your own pace, with engagement and ongoing reviews from an assigned therapist.

Engaging, stimulating content.

Quality clinical content is integrated with leading technology via a variety of engaging tools/applications:

- Quizzes
- Noticeboard
- A journal
- Videos
- Mindfulness audio exercises

*Source: Mental Health Foundation, www.mentalhealth.org.uk