

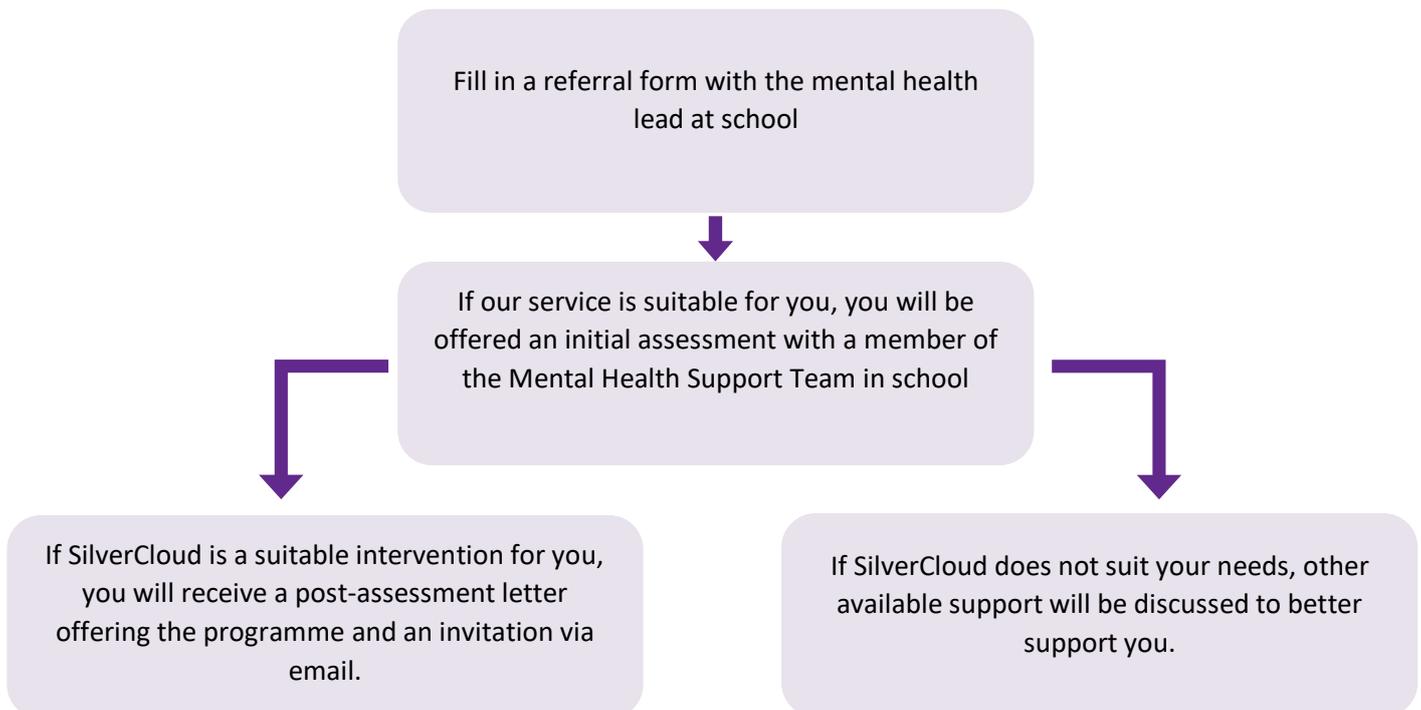


SilverCloud Information for Parents

SilverCloud offers an online intervention on anxiety for parents/carers of children in either primary or secondary school. It aims to improve mental health by focusing on changing thoughts, feelings, and behaviours. Benefits of the programme include:

- ✓ Flexible – you can complete modules wherever, whenever
- ✓ It is not time consuming, and you can work at your own pace
- ✓ It is user friendly. You can access the website on any device, or can download it as an app
- ✓ You will get regular weekly support from an online supporter, who is part of the mental health support team. They will support your progress and provide feedback.

Referral Process:





SilverCloud Programme Information

SilverCloud offers an anxiety intervention for parents of children in either primary or secondary school.

- **Modules include:** positive parenting, problem solving, self-esteem.
- **Extra modules include:** grief, sleep difficulties, relaxation strategies.

Requirements:

- You should have access to a computer / laptop / device, an email address and internet access
- You should be proficient in the English language and have a good level of literacy (reading age of the platform is 12 yrs)

Program Process:

1. You will be sent an invitation via email to sign up (and will have 30 days to activate your account)
2. You will then answer some questionnaires before gaining access to the programme.
3. You will have weekly reviews from an online supporter, who is part of the mental health support team. They will review your activity and support you through the modules. Reviews are done in the format of an email, which you can read and respond to when you next log on.
4. The programme lasts 8-12 weeks (around one module per week), but you can go at your own pace.

If you would like further information, speak to your designated mental health support team worker, or school mental health lead.