

# MENTAL HEALTH PROGRAM FROM SILVERCLOUD



Included **Free** with **Diamond, Platinum, Gold, Silver, Bronze & Cobalt** Health Plan Options

## A BETTER WAY TO FEEL BETTER

### DIGITAL PLATFORM

SilverCloud Offers Personal, On-Demand, Digital Mental Health Support and Guidance for Anxiety, Depression, Stress, Sleep Problems or Resilience Concerns.

- » Access by Phone, Tablet or Computer
- » Explore a Wide-Range of Lessons, Tools & Videos
- » Receive Coaching & Support
- » Record Thoughts & Feelings with the Journal Tool
- » Practice Mindfulness with Relaxation & Breathing Techniques

### CERTIFIED COACHING

Coaches that work for you by providing guidance and assistance in completing the program, offering help with:

- » Goal Setting
- » Progress Charting
- » Inspiring & Motivating
- » Celebrating Successes

### KEYS TO SUCCESS

- » Create & Maintain Consistent Behaviors
- » Log In, Same Time, Several Days a Week
- » Continue Until Program is Complete



### Suicidal Thoughts? Help is Available

If you or anyone you know is having thoughts of suicide, 24/7, please call the Suicide & Crisis Lifeline:

**988**

or call 911 if you feel you're in immediate danger.



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