

Blended Online CBT with SilverCloud

Sometimes we say we're
fine, when we're not.

We provide 1 to 1 support over the phone or via Zoom with one of our highly trained Blended Online CBT Practitioners, to support you with using SilverCloud.

Why choose Blended?

- Someone to talk to about the SilverCloud platform and how it can work best for you.
- 1:1 support to navigate the system and direct you to the modules most appropriate for your needs.
- Provide encouragement and motivation.

SilverCloud is a free online space which offers a range of programmes based on Cognitive Behavioural Therapy (CBT) to empower you to develop skills to manage your psychological wellbeing with more confidence, from the convenience of your own locations and in your own time.

I'm okay,
thanks

How are
you?

1 in 4 people will experience a
mental health problem this year

"I have found SilverCloud hugely
useful in teaching me ways to
improve my mental health and
managing stressful situations."

Contact Details

If you are registered at Llandrindod,
Builth or Rhayader surgeries:

Contact Anthea on 07498 066793

Knighton or Presteigne surgeries:

Contact Jen on 07498 066760

Available to all Powys GP patients 16+



SilverCloud



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board



for better mental health
o blaid gwell iechyd meddwl

Mid and North Powys
Canolbarth a Gogledd Powys