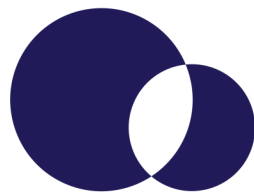




GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board



SilverCloud

Blended online CBT

Tackle Mental Health Head On!

Your space for thinking and feeling better

EASY TO USE

Interactive tools, quizzes, activities and personal stories help you to better understand your experiences.

FLEXIBLE ONLINE SOLUTION

Work with a practitioner at your own pace - over 6 modules, with tools and activities to help you to develop skills to manage your symptoms and build resilience.

EMPOWERING

Practical strategies help you to tackle unhelpful thoughts and behaviours and the unpleasant physical feelings and sometimes difficult emotions associated with depression.

FITS IN WITH YOUR LIFESTYLE

Access it 24/7 on your phone, tablet or computer - **wherever suits you.**

EVIDENCE BASED

The programme is based on Cognitive Behavioural Therapy (CBT). CBT is an effective treatment that helps you to identify and change your thought and behaviour patterns that have a negative influence on your mood.

8-12% of the population experience depression.

More than **1 in 10** will experience an anxiety disorder in their lifetime.

For more information please contact 01686 621586
Ponithafren Association, Longbridge Street, Newtown, Powys, SY16 2DY

www.ponithafren.org.uk

This poster is also available in other formats, such as large print. If you would like a copy of this in another format please contact us.
Phone (via Text Relay): 18001 01686 621586, this will enable someone who is deaf to call up and have the info translated.

Payment may only be refunded if 24 hours notice is received.

Reg Charity No.: 1035326