



SilverCloud



Space in Chronic Pain



**TAKE ON ANXIETY
AND LOW MOOD
HEAD-ON**

Improve your wellbeing and quality of life

What is it?

Your online supported programme tailored to your specific needs. Demonstrated to be highly effective in managing emotional distress associated with chronic pain.

Your personal space

Secure immediate access to your programme. Supported by clinicians, access on your phone, tablet or computer with helpful tools like your journal.

Evidence-based content

Based on proven cognitive behavioural therapy (CBT) techniques.

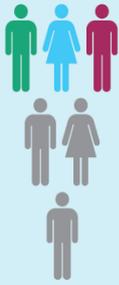


“SilverCloud was a fantastic help and I used it on my phone whilst going to and from work, it gave me help in my hand.”

SilverCloud Health User

For further information on this ONLINE treatment programme talk to your GP or Healthcare Worker

<http://www.element.org.uk/self-help-resources/silvercloud-cbt-programme/>



14.5 Million

In the UK live with chronic pain.



1 in 3 with Chronic Pain

are challenged with low mood and anxiety.



More intense symptoms

symptoms of distress (anxiety or low mood) may intensify feelings of physical pain and impact on self-management.

Take on chronic pain head-on



Empowering

Equips you with the skills to take charge of your emotional wellbeing.



Fits in with your lifestyle

Work at your own pace. Your supporter will provide feedback and guidance.



Easy to use

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



Accessible

Whenever, wherever on any device. Available for 1 year.



It works!

Delivering positive symptom improvement in low mood and anxiety.