



## DISCOVER SILVERCLOUD: AN ONLINE MENTAL HEALTHCARE PLATFORM

HELP STUDENTS COPE WITH THEIR BEHAVIORAL  
HEALTH CHALLENGES AT NO ADDITIONAL  
COST TO WELLFLEET STUDENT MEMBERS.<sup>1</sup>

SilverCloud is a 24/7 service, that provides self-guided, online behavioral healthcare, helping students develop skills for managing their emotions and habits, while providing an easily accessible alternative to on- and off-campus mental health resources.

MOST PEOPLE BEGIN  
TO SEE IMPROVEMENT  
**WITHIN 3 WEEKS**  
WHEN THEY USE  
SILVERCLOUD.<sup>2</sup>

### SilverCloud helps with personalized behavioral health support for:

- ✦ **Anxiety** - Learn to change anxious thoughts and feel better.
- ✦ **Depression** - Manage feelings of pain and sadness.
- ✦ **Stress** - Find out how to handle stress and build strength.
- ✦ **Sleep Issues** - Learn how to fall asleep faster and stay asleep with healthy habits.

### Students can be on their way to self-help within 5 minutes!

With SilverCloud, students can access simple-to-follow activities and tools to help them sleep better, manage stress, and improve their mood.

Students can get started  
in **3 simple steps** using  
their computer, tablet,  
or phone.

#### Step 01

Request  
access



#### Step 02

Take the  
wellbeing assessment



#### Step 03

Begin  
program



After answering some simple questions, the student is provided with an action plan to help overcome their issues. The program includes an online coach who delivers personalized mental health support with in app feedback and motivation to continue the path to treatment. Modules can last 5-10 weeks and include maintenance programs post-treatment.

## How can you get started?

Wellfleet is offering Silvercloud as an optional program for schools that elect our SHIP plans at no cost to schools and students. If your school is interested in enrolling in the SilverCloud program, we ask that you help us spread the word to students so they can take full advantage of the support available.

### Here are a few simple ways to help promote the program:



#### Welcome Communication:

Wellfleet can send a welcome email or text to all students enrolled in the SHIP plan—or, if you prefer, your school can send it directly.



#### Website Visibility:

Add information about the SilverCloud program to the appropriate page on your school's website.



#### Helpful Resources:

Share the SilverCloud FAQ with your student health center providers, or make it available to students as a handout or flyer.

## GET YOUR SCHOOL ENROLLED

Complete the registration today!



**65% OF USERS**  
EXPERIENCE CLINICALLY  
SIGNIFICANT IMPROVEMENT.<sup>2</sup>



<sup>1</sup> Program is free to schools with fully funded Wellfleet Student plans. Schools must agree to standard use terms and conditions. For more information, contact your Wellfleet Student Account Manager.

<sup>2</sup> Amwell. (n.d.) Our solutions. Retrieved from <https://business.amwell.com/who-we-serve/higher-education>

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