



# SilverCloud

MAKING SPACE FOR HEALTHY MINDS

## Space from Stress

The online solution to identify, understand and manage stress

### **Building a balanced life.**

Space from Stress is a pro-active and practical programme built in conjunction with Berkshire Healthcare that provides you with the tools and techniques to manage stress and bring balance into your life.

### **Self-paced, easy to use.**

Complete 7 engaging content modules at your own pace and time, at home, work or remotely.

Topics include assertiveness, problem solving, self-esteem and stress management.

### **Effective evidence-based interventions.**

Programme content is based on Cognitive Behavioural Therapy (CBT). The key concept of CBT is that you can identify and change your thought patterns that have a negative influence on your behaviour, helping you to change how you are feeling, for the better.

### **Stress management and resilience.**

Modules includes a bank of tools and activities to manage stress and build resilience including:

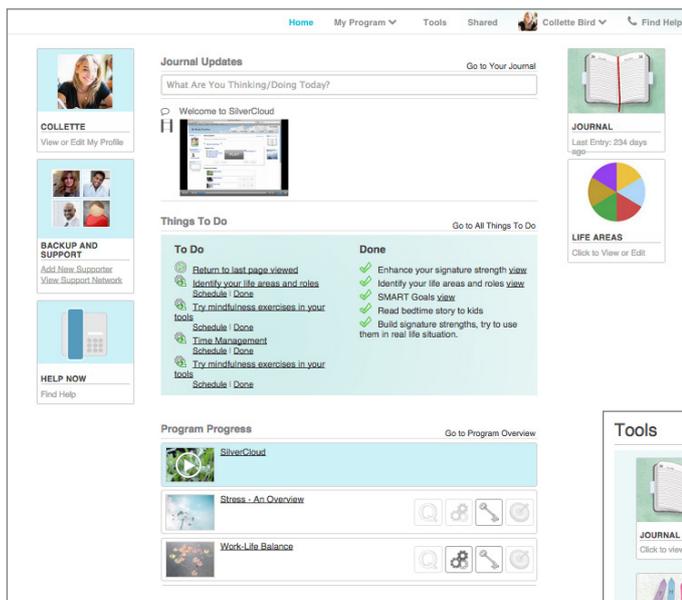
- Signature strength building
- SMART goal setting
- Time management
- Problem solving exercises



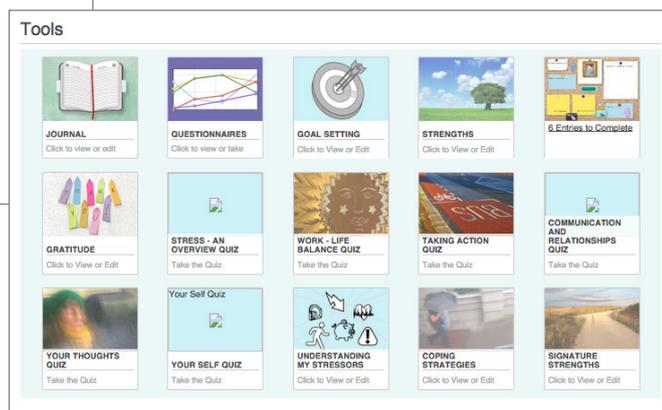
*“The fact that it was online, I was able to access the program from the comfort of my home at a time when it suited me.”*

SilverCloud Health User

To learn more visit us online at:  
[www.firststepcumbria.nhs.uk](http://www.firststepcumbria.nhs.uk)



Nearly half of UK adults feel stressed every day.  
 59% of British adults say their life is more stressful than it was five years ago\*



**Space from Stress is a flexible online solution, delivered over 7 modules, providing skills and tools for:**

- Stress Management
- Work-life balance
- Problem solving/goal setting
- Communication & relationships
- Helpful thinking
- Self-esteem
- Resilience

**Flexible, accessible, easy to use.**

User-friendly design, draws on familiar elements from social networking and other web applications.

Accessible 24/7 on multiple devices: a computer, tablet or mobile phone.

**Integrates human support.**

Work in your own time, at your own pace, with engagement and ongoing reviews from an assigned therapist.

**Engaging, stimulating content.**

Quality clinical content is integrated with leading technology via a variety of engaging tools/applications:

- Quizzes
- Noticeboard
- A journal
- Videos
- Mindfulness audio exercises

\*Source: Mental Health Foundation, www.mentalhealth.org.uk

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