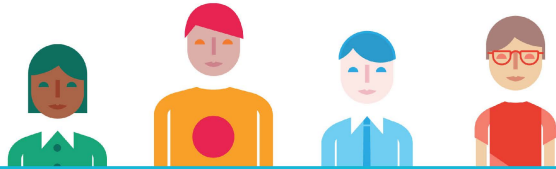


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for thinking and feeling better



WHAT IS SILVERCLOUD?

We offer secure, immediate access to online Cognitive Behavior Therapy programs, tailored to your specific needs.

SilverCloud has demonstrated high improvement rates for depression, anxiety and stress.

Available for current UW-Madison students, faculty, and staff.

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

SilverCloud Health User



SilverCloud

WHY SILVERCLOUD?



Flexible

Available 24/7 on your computer, tablet or mobile phone.



Empowering

Empowers you to take charge and manage your mental health and wellbeing.



Easy to use

Interactive tools and activities make your experience interesting and motivational.

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