SilverCloud

SilverCloud is an online, self-guided, interactive mental health resource that provides students with accessible cognitive behavioral interventions 24 hours a day. SilverCloud does not require a referral from a mental health or medical provider.

SilverCloud's learning modules address:

- Anxiety
- Depression
- Body image
- Stress
- Sleep
- Resilience

SilverCloud is not designed to replace in-person mental health treatment for many complex concerns but may be an effective option for students with mild to moderate symptoms to:

- Help manage day-to-day stresses and anxiety
- Improve resilience
- Learn skills to understand thoughts, feelings, and behaviors
- Reduce symptoms of depression and anxiety
- Hear stories of other college students

ACCESS SILVERCLOUD

CREATE AN ACCOUNT » (HTTP://WISC.SILVERCLOUDDHEALTH.COM/SIGNUP/)
ADD ANOTHER SPACE » (HTTP://WISC.SILVERCLOUDDHEALTH.COM/SIGNUP/)
LOG INTO SILVERCLOUD » (HTTP://WISC.SILVERCLOUDDHEALTH.COM/)
SILVERCLOUD FOR FACULTY & STAFF » (HTTPS://HR.WISC.EDU/Well-Being/SILVERCLOUD/)

For questions, email silvercloud@uhs.wisc.edu (mailto:silvercloud@uhs.wisc.edu).
How to Set up SilverCloud

**On your Android device**

Open the SilverCloud Health app

Choose the Settings up the top right of the screen

Tap ‘General’ then Service

In the list presented, choose UW–Madison

Re-launch the SilverCloud Health app and log in using your NetID

**On your Apple device (iPhone, iPad)**

Open the Settings app

Scroll down to the list of apps and choose the SilverCloud Health app

Under ‘SilverCloud Settings’ choose Service and pick UW–Madison

Re-launch the SilverCloud Health app and log in using your NetID

Mental Health Services & Information

24-hour Crisis Services
(https://www.uhs.wisc.edu/mental-health/24-hour-crisis-services/)

https://www.uhs.wisc.edu/mental-health/silvercloud/