

## Silver Cloud's positive impact is clear:

**93%**

of users were satisfied with SilverCloud, based on over **1M** patients.



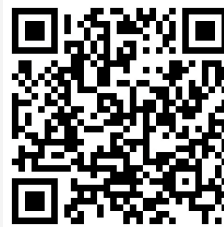
## Self-Enrollment is now available!

Please note, patients can only sign up for one program at a time.

Visit us at:

<https://bh.mymilitary.health.mil/signup/>

Or scan the QR code below:



### Additional Resources:

For technical assistance, contact the My Military Health Help Desk:

844-DIAL-MMH (844-342-5664)  
[dhasupport.mymilitary@health.mil](mailto:dhasupport.mymilitary@health.mil)



**SilverCloud**



Ask your care team about

# SilverCloud

Feeling overwhelmed? Experiencing insomnia, family issues, or money worries? SilverCloud's online programs can help you to take control and manage your well-being.



**SilverCloud**

## SilverCloud is:

- A confidential online self-help platform that teaches you about mental wellness and provides tips and tools for dealing with anxiety, depression, and stress.
- Accessible on your laptop, phone, or tablet. It's easy to navigate and personalize so you can focus on the topics relevant to you.



## Benefits of SilverCloud:

- Navigate the modules at your own pace. Anywhere, anytime.
- SilverCloud isn't formal behavioral health treatment and doesn't have to be reported. It won't impact a security clearance.
- Use it as part of your current care plan, or post-treatment to maintain recovery.



## Available modules on the SilverCloud platform:

Programs include engaging videos, interactive tools and skill building activities to support your wellness goals. Topics include:

### Mental Health Programs

- Depression
- Anxiety
- Depression & Anxiety
- Insomnia & Sleep



### Chronic Conditions

- Chronic Pain
- Diabetes



### Family Programs

- Early Parenting
- Supporting an Anxious Child
- Supporting an Anxious Teen
- Depression (for Teens)
- Anxiety (for Teens)
- Depression & Anxiety (for Teens)



### Well-being Programs

- Resilience
- Stress
- Alcohol
- Covid-19
- And more!

