

NHS North Cumbria Talking Therapies for anxiety and depression

provide a range of computerised programmes that are:

- ✓ supported by trained health professionals.
- ✓ completely free and easily accessible.
- ✓ available any time of day and from any device, including a tablet or your mobile phone.



for anxiety and depression

Service provided by Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

“I’m finding SilverCloud really helpful, particularly as I can do it at my own pace and fit it around work and home ”

All the programmes can be adapted by your practitioner to meet your needs and if you decide you need another form of help this can be arranged.

Some areas covered by the main programme are:

- anxiety
- depression
- panic
- health anxiety
- perinatal wellbeing.

A free, confidential NHS Talking Therapies service for adults in North Cumbria.

To find out more scan the QR code or visit:
www.cntw.nhs.uk/nctalkingtherapies

SCAN ME

