

SilverCloud

SilverCloud bietet Online-Programme für Menschen, die unter Ängsten, Depressionen, Stress und Essproblemen oder chronischen Krankheiten leiden. Die Programme sind alle evidenzbasiert und werden von führenden Klinikern entwickelt. Die Klienten werden mit Techniken zur Bewältigung und Überwindung ihrer Gesundheitsprobleme vertraut gemacht. Darüber hinaus liegt der Fokus auf der Identifizierung und Nutzung vorhandener Kompetenzen.

Zielgruppe Thema

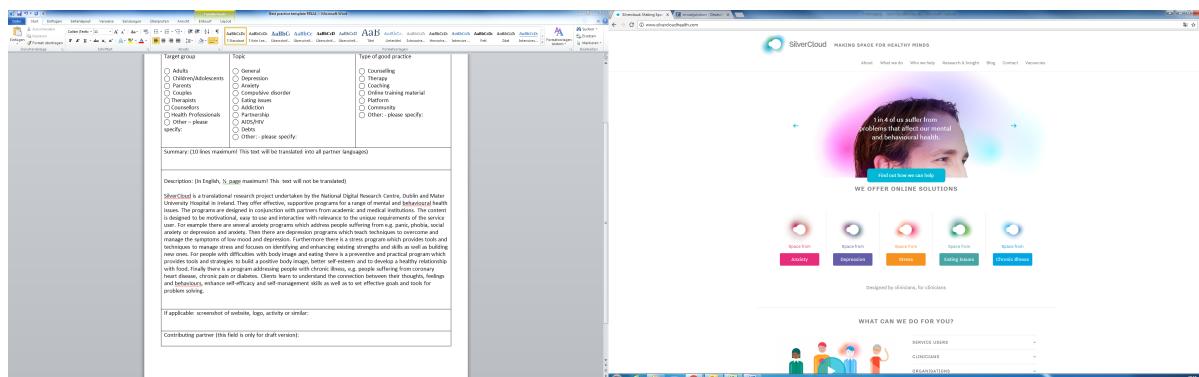
- Erwachsene
- Depression
- Angst
- Essensprobleme
- Stress
- Chronische Krankheit / Schmerz

Typ gutes Beispiel Land

- | | |
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| <ul style="list-style-type: none"> • Therapie • Coaching | <ul style="list-style-type: none"> • Vereinigtes Königreich |
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Beschreibung

SilverCloud is a translational research project undertaken by the National Digital Research Centre, Dublin and Mater University Hospital in Ireland. They offer effective, supportive programs for a range of mental and behavioural health issues. The programs are designed in conjunction with partners from academic and medical institutions. The content is designed to be motivational, easy to use and interactive with relevance to the unique requirements of the service user. For example there are several anxiety programs which address people suffering from e.g. panic, phobia, social anxiety or depression and anxiety. Then there are depression programs which teach techniques to overcome and manage the symptoms of low mood and depression. Furthermore there is a stress program which provides tools and techniques to manage stress and focuses on identifying and enhancing existing strengths and skills as well as building new ones. For people with difficulties with body image and eating there is a preventive and practical program which provides tools and strategies to build a positive body image, better self-esteem and to develop a healthy relationship with food. Finally there is a program addressing people with chronic illness, e.g. people suffering from coronary heart disease, chronic pain or diabetes. Clients learn to understand the connection between their thoughts, feelings and behaviours, enhance self-efficacy and self-management skills as well as to set effective goals and tools for problem solving.



The image displays two side-by-side screenshots. On the left is a screenshot of a Microsoft Word document titled 'SilverCloud Application Form - Microsoft Word'. It contains a form with sections for 'Target group' (with options like 'Adults', 'Children/Adolescents', 'Couples', 'Groups', 'Health professionals', and 'Other - please specify'), 'Topic' (with options like 'General', 'Depression', 'Anxiety', 'Obsessive-compulsive disorder', 'Panic', 'Phobia', 'Addiction', 'Family', 'Community', and 'Other - please specify'), and 'Type of good practice' (with options like 'Counseling', 'Therapy', 'Coaching', 'Online training material', 'Reading material', 'Community', and 'Other - please specify'). Below these are sections for 'Summary' (with a note about translation), 'Description' (with a note about language), and 'If applicable: screenshot of website, logo, activity or similar'. At the bottom is a section for 'Contributing partner' (with a note that it's only for draft versions). On the right is a screenshot of the SilverCloud website, featuring a header with the logo 'SilverCloud MACHING SPACE FOR HEALTHY MINDS', a navigation menu with links like 'About', 'What we offer', 'Who we help', 'Research & Insights', 'Blog', 'Contact', and 'Services'. The main content area features a large image of a person's head with a brain-like pattern, the text '1 in 4 suffer from conditions that affect our mental and physical health', and a button 'Find out how we can help'. Below this are six colored boxes labeled 'Anxiety', 'Depression', 'Obsessive-compulsive disorder', 'Panic', 'Phobia', and 'Chronic illness'. At the bottom of the website screenshot is a footer with icons for 'Facebook', 'Twitter', 'LinkedIn', 'YouTube', and 'Instagram', along with the text 'designed by clinicians, for clinicians'.

Ursprüngliche Sprache

English

Land

UK

Link

<http://www.silvercloudhealth.com/>

(access date: 08/02/2017)



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