

## SilverCloud

SilverCloud ponuja spletnne programe za ljudi, ki trpijo zaradi tesnobe, depresije, stresa ali kroničnih bolezni. Programi so oblikovali vodilni zdravniki. Klienti se naučijo tehnik, ki priporomorejo k izboljšanju njihovega zdravstvenega stanja.

### Ciljne skupine Teme

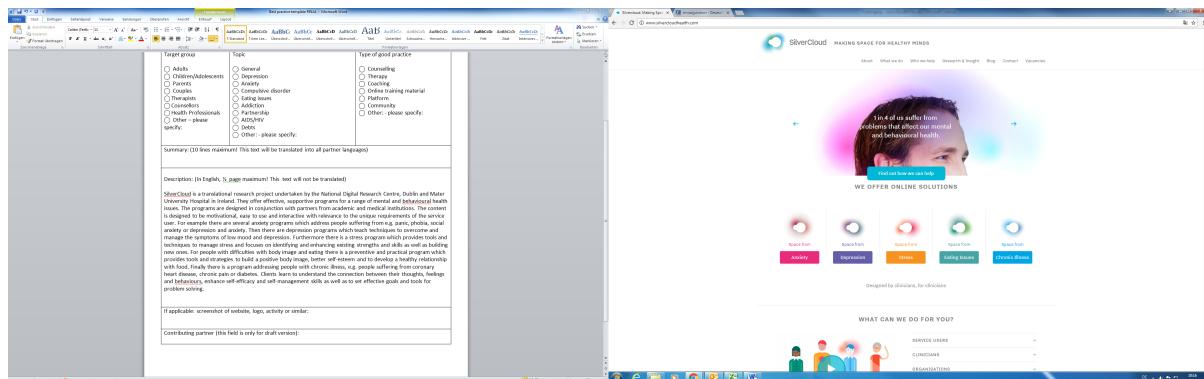
• Odrasli	• Depresija
	• Anksioznost
	• Motnje hranjenja
	• Stres
	• Kronične bolezni / bolečine

### Vrsta dobre prakse Jezik

• Terapija	• Velika Britanija
• Spletno izobraževanje	

### Opis

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 shows a split-screen comparison. On the left, a Microsoft Word document titled 'SilverCloud - Feedback Form' is displayed. It contains a table with sections for 'Target group', 'Topic', 'Type of good practice', 'Summary (10 lines maximum. This text will be translated into all partner languages)', 'Description (in English, 5 page maximum. This text will not be translated)', and 'If applicable: screenshot of website, logo, activity or similar; Contributing partner (this field is only for draft version)'. The right side of the image shows the official SilverCloud website, which features a header with the logo and navigation links, a main banner with the text 'WE OFFER ONLINE SOLUTIONS' and icons for various mental health topics, and a footer with contact information.

### Jezik, v katerem je praksa dostopna v originalu

English

## Država

UK

## Povezava

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

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Vsebine spletne strani ne odražajo uradnih stališč Evropske komisije, ampak stališča avtorjev v projektnem partnerstvu. Zato Komisija za vsebinski del ne prevzema odgovornosti, prav tako ne odgovarja za kakršnokoli uporabo teh podatkov brez dovoljenja njenih avtorjev.

<https://www.ecounselling4youth.eu/project/>