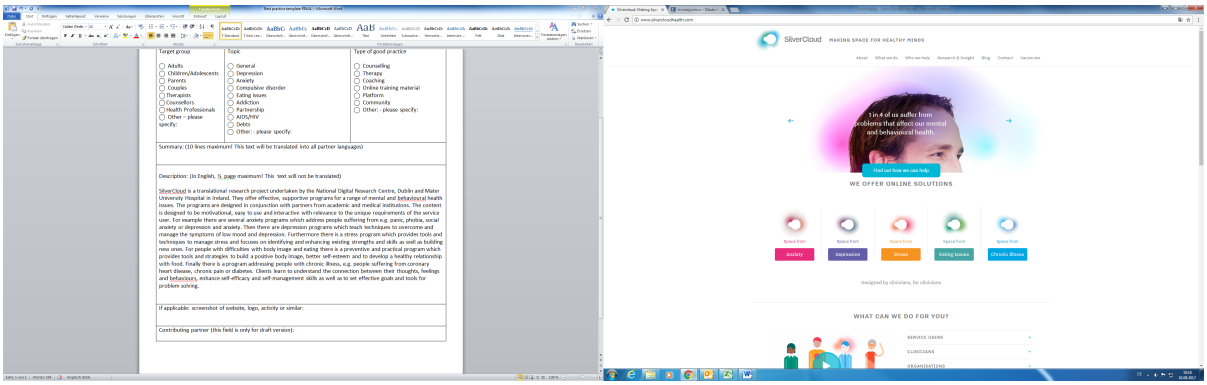
SilverCloud

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	Typ gutes Beispiel	Land
• Erwachsene	• Depression • Angst • Essensprobleme • Stress • Chronische Krankheit / Schmerz	• Therapie • Coaching	• Vereinigtes Königreich

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.



Ursprüngliche Sprache

English

Land

UK

Link

http://www.silvercloudhealth.com/

(access date: 08/02/2017)

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ILI. *SilverCloud.* Abgerufen am Sonntag November 22, 2026 von insgesamt https://ecounselling4youth.gunet.gr/online-material/courses/TGP574/

Co-funded by the Erasmus+ Programme of the European Union

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