



Space in Diabetes



**TAKE ON ANXIETY
AND LOW MOOD
HEAD-ON**

Improve your wellbeing and quality of life

What is it?


Your online supported programme tailored to your specific needs. Demonstrated to be highly effective in improving symptoms of low mood and anxiety associated with diabetes.

Your personal space

Secure immediate access to your programme. Supported by clinicians, access on your phone, tablet or computer with helpful tools like your journal.

Evidence-based content

Based on proven cognitive behavioural therapy (CBT) techniques.



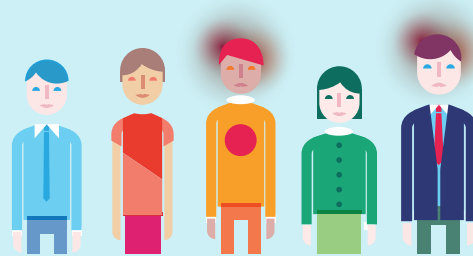
“SilverCloud was a fantastic help and I used it on my phone whilst going to and from work, it gave me help in my hand.”

SilverCloud Health User



4 Million

in the UK
live with
diabetes.



**2 in 5
with diabetes**

are challenged with
low mood and
health anxiety.



**Less
than 15%**

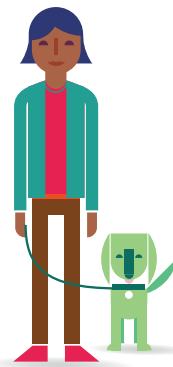
of those with diabetes
have access to psychological
support leading to poorer
health outcomes.

Take on diabetes head-on



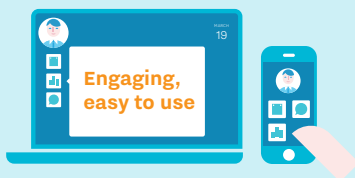
Empowering

Equips you
with the skills to
take charge of
your emotional
wellbeing.



Fits in with your lifestyle

Work at your own pace.
Your supporter will
provide feedback and
guidance.



Easy to use

Interactive tools, quizzes,
activities and personal stories
help you to better understand
your experiences.



Accessible

Whenever, wherever
on any device.
Available for 1 year.



It works!

Delivering positive
symptom improvement
in low mood and anxiety.