



Space in COPD



**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 COPD.

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



1.2 Million

In the UK
are diagnosed
with COPD.



**More than
1 in 3 with COPD**

are challenged with
anxiety and low mood.



**Poorer health
outcomes**

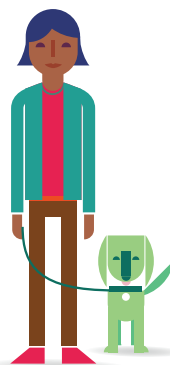
If symptoms of low mood
and anxiety in COPD are left
unaddressed.

Take on COPD head-on



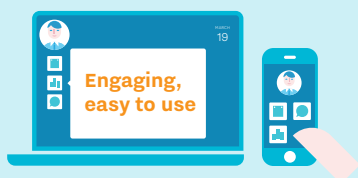
Empowering

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.

