SilverCloud

Welcome to SilverCloud, your space for thinking and feeling better

How to get started Self-sign up

Go to https://iow.silvercloudhealth.com/signup/

Select your GP surgery from the drop down list (or use the search function)

Pick the programme that you want to sign up to

Review and accept the terms and click "Apply"

Set a username and password, provide an e-mail address and click "Sign Up"

Check your email account for an activation email and click on the link

Sign in, accept the contract and complete the questionnaires

You now have access to the programme!