



SilverCloud

Interactive cognitive behavioural therapy (CBT) programmes to help support and make you feel better

SilverCloud offers a number of programmes including:

- **Supporting an Anxious Child**
- **Supporting an Anxious Teen**
- **Supporting a Child with ADHD**



For more information and to sign up please use the link below:

<https://cornwallcyp.silvercloudhealth.com/signup/>