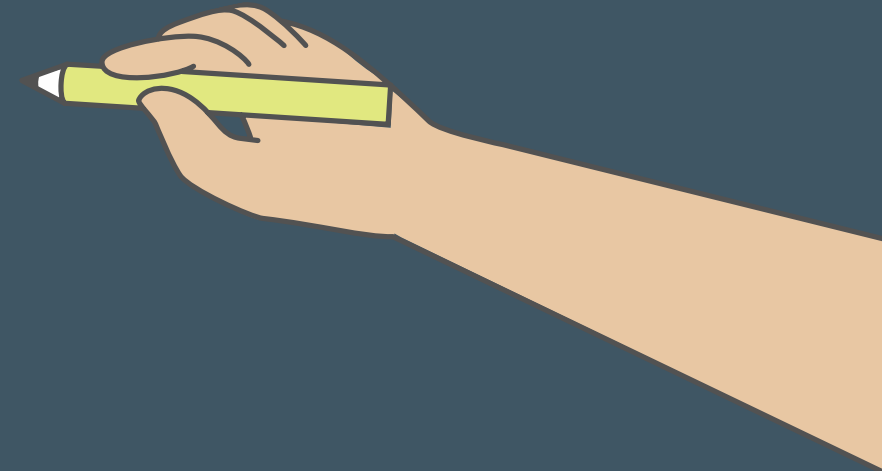


DIGITAL MENTAL HEALTH OFFER WITHIN GREATER MANCHESTER

MARCH 2022



GETTING HELP

Living Life to the Full (16+)

www.gmlifeskills.com

Online support for anxiety and / or depression. Participant works independently

SilverCloud: unsupported offer (16+)

gm.silvercloudhealth.com/signup/

Online support for anxiety and / or depression. Participant works independently

Kooth (10-25)

www.kooth.com/

Resources, online community, message facility & online chat with the Kooth team

Qwell (26+) www.qwell.io/

Self-directed, the Qwell Community & one off / intermittent sessions with Qwell practitioner

GETTING MORE HELP

Living Life to the Full (16+)

www.gmlifeskills.com

Online support for anxiety and / or depression – participant works independently

SilverCloud: supported offer (16+)

gm.silvercloudhealth.com/signup/

Online support for anxiety and / or depression – delivered by IAPT therapist

Kooth (10 -25)

www.kooth.com/

Resources, online community, message facility & online chat with the Kooth team

Qwell (26+) www.qwell.io/

Scheduled sessions with a consistent Qwell practitioner

GETTING RISK SUPPORT

Qwell (26+)

www.qwell.io/

Ongoing sessions

Kooth (10-25)

www.kooth.com/

Ongoing sessions

For both these are available where an individual's circumstances are particularly complex

Programme	Where from?	Overview
Living Life to the Full (16+)	www.gmlifeskills.com	<ul style="list-style-type: none"> • For anybody 16+ living in the GM region. Provides online support for anxiety and / or depression through delivery of a course that the participant works through independently • Courses are also available in languages other than English
SilverCloud: unsupported offer (16+)	gm.silvercloudhealth.com/signup/	<ul style="list-style-type: none"> • For anybody 16+ living in the GM region. Provides online support for anxiety and / or depression through delivery of a course that the participant works through independently
Qwell (26+) Younger adults can access if they wish	www.qwell.io/	<ul style="list-style-type: none"> • Resources, online community, message facility & online chat with the BACP accredited counsellors – available 365 days & 24/7. (Counselling up to 10pm). • Self-directed and the Qwell Community pathway • Moderated self-reflective therapeutic content and community-centred forums where users share personal experience, advice and emotional support with one another
Kooth (10 to 25)	www.kooth.com/	<ul style="list-style-type: none"> • Resources, online community, message facility & online chat with the BACP accredited counsellors– available 365 days & 24/7. (Counselling up to 10pm). • Self-directed and the Kooth Community pathway - Moderated self-reflective therapeutic content and community-centred forums where users share personal experience, advice and emotional support with one another

Programme	Where from?	Overview
SilverCloud: supported offer (16+)	gm.silvercloudhealth.com/signup/	For anybody 16+ living in the GM region. Provides online support for anxiety and / or depression through delivery of a course that the participant works through with the support of a qualified therapist from the Improving Access to Psychological Therapies (IAPT Programme)
Qwell (26+) Younger adults can access if they wish	www.qwell.io/	Resources, online community, message facility & online chat with the BACP accredited counsellors – available 365 days & 24/7. (Counselling up to 10pm). Structured pathway A series of scheduled sessions with a consistent Qwell practitioner
Kooth (10 to 25)	www.kooth.com/	Resources, online community, message facility & online chat with the Kooth team

Programme	Where from?	Overview
<p>Qwell (26+)</p> <p>Younger adults can access if they wish</p>	<p>www.qwell.io/</p>	<p>Ongoing sessions</p> <p>Where an individual's circumstances are particularly complex, they might return to Qwell on an ongoing basis to receive support i.e. those adults who typically dip in and out of inpatient or crisis service, present in A&E and frequently to their GP</p>
<p>Kooth (10 to 25)</p>	<p>www.kooth.com/</p>	<p>Resources, online community, message facility & online chat with the BACP accredited counsellors – available 365 days & 24/7. (Counselling up to 10pm).</p> <p>Ongoing sessions</p> <p>Where an individual's circumstances are particularly complex, they might return to Kooth on an ongoing basis to receive support i.e. those adults who typically dip in and out of inpatient or crisis service, present in A&E and frequently to their GP</p>