



*Wooda Surgery is proud to be partnering with Silver Cloud to ensure all of our patients have free access to a suite of online self-help modules that can help to improve your mental wellness and wellbeing.*

*You can access this tool from anywhere, at any time. No waiting times. And with modules covering Resilience, Sleep, Stress – there is something to help everyone and anyone.*

*The specific modules available are as follows:*

- *Space from COVID19*
- *Space from Stress*
- *Space for Sleep*
- *Space for Resilience*

*So if you are over 16 and would like to give it a try, and improve your mental wellness and wellbeing please visit*

*<https://dpt.silvercloudhealth.com/signup/>*

*It allows you to work through the programmes at your own pace and they are available 24 hours a day. Patients who have self-referred or been referred by their GP to TALKWORKS will have access to a greater number of self-help courses available on the programme .*