

# Guiding Yourself to Mental Well-Being

## SilverCloud: An online tool now available through the Workplace Clinic

Everyone has experienced sadness or worry at times in life. You can address these feelings before they become long-term problems, affect your health or impact the way you live. It's important to recognize when these feelings become too overwhelming or interfere with your daily functions or relationships.

### Improve and manage mental strain and stress with a self-guided tool.

Your Workplace Clinic provider can prescribe SilverCloud, a no-cost, confidential program. SilverCloud helps you develop coping skills to manage emotions and improve how you think and feel.

A variety of programs are available, addressing:

- Depression
- Anxiety
- Stress
- Insomnia
- Chronic Pain
- Diabetes Management

**To Get Started:** Ask your School District of Greenfield Workplace Clinic provider if SilverCloud is right for you — and begin your journey to better mental health.

Call the Clinic for an in-person or virtual appointment today! 414-777-3463



**Workforce Health**

Check out this short SilverCloud Video to see how it works.