

Q: What is SilverCloud?

A: SilverCloud is a suite of evidenced-based programs designed by clinical experts to help you think and feel better.

It is a confidential online portal that teaches users about mental wellness, and provides tips and tools for dealing with anxiety, depression, and stress. It frequently draws upon Cognitive Behavioral Therapy (CBT) methods. You can access SilverCloud here: <https://jhu.silvercloudhealth.com/signup/>

Q: What is CBT?

A: CBT is [an empirically-supported approach to psychotherapy characterized by teaching the patient a set of coping skills](#). The CBT approach is present-focused and problem-specific. Sessions are structured and goal-oriented.

CBT has the best evidence base for managing anxiety and mood. It focuses on how our thoughts, moods and behaviors influence each other. Working to change our thinking and behavior patterns can lead to very positive changes in the way we feel. Online CBT has been shown to be as effective as face-to-face therapy, and has the added advantage of being available at all times.

Q: How does SilverCloud work?

A: The online program walks you through interactive tools and activities to learn about and then change negative thoughts and behaviors. The activities are somewhat similar to homework assignments.

SilverCloud can be used on your laptop, phone or tablet. As long as you have reliable computer and Internet access, the program is accessible. It's also easy to navigate and personalize, so you can focus on the topics most relevant to you. Additionally, each user is assigned a SilverCloud coach, who reviews your work weekly and sends messages to help keep you engaged and motivated.

Your coach can see what you're working on, though your journal entries will be private unless you choose to share them. You'll be able to message your coach with any questions or observations, and they will respond on a weekly scheduled date. Coaches are available for about 10-12 weeks, and after that you can access to the SilverCloud platform independently to keep building skills.

You can use it the program as often as you like. The recommended pace is a minimum of one module per week for eight to 10 weeks. Each module takes about an hour; often people choose to do 15-20 minutes sessions several times per week to complete a module. But SilverCloud's flexibility allows you to work at whatever pace feels right for you.

Q: How much will it cost me to use SilverCloud?

A: SilverCloud is available for free to all currently enrolled Johns Hopkins students in all programs who are over the age of 18.

Q: Do I do the program totally on my own?

A: Although you'll be hearing from your coach on a regular basis, you'll be responsible for your own progress. The program is what you make of it.

Some people do SilverCloud in addition other forms of therapy. In some of those cases, a clinician serves as the patient's coach. In other cases, the patient may prefer to use a remote coach provided by SilverCloud. Consult with your provider to see which arrangement is feasible and/or optimal for you.