



Centric
Mental Health

New

CBT

Programme

for Depression & Anxiety

- ✓ **12 week programme**
- ✓ **Affordable**
- ✓ **Clinically led**
through fortnightly 1-to-1
therapy sessions with one
of our qualified clinicians
- ✓ **Digitally supported**
through SilverCloud's
online CBT platform
- ✓ **12 month access**
to the digital CBT
resources to aid
continued recovery
- ✓ **Easy to use platform**

**Programme
Benefits**



In partnership with:

SilverCloud[®]
by Amwell[®]

Proven Results

80% of participants show improvement in depression and anxiety symptoms*

93% of participants were highly satisfied with the SilverCloud service*

82% of participants find SilverCloud's digital platform easy to use*



"I felt supported throughout the programme and loved that I could use it on my phone when I needed to. I still track my mood and practice what I learned to feel better."
– SilverCloud User

Programme Details

- 12 week CBT programme
- Includes 6 x 30-minute 1-to-1 talk therapy sessions with one of our qualified clinicians
- Clinician will guide the patient through SilverCloud's digital CBT modules and tools
- Patient will have access to the digital CBT resources for 12 months
- Price: €275 for 12 weeks + Initial Consultation fee

Referral Process

- eReferrals can be sent via Healthlink, or a patient can self-refer by getting in touch with us directly.
- Referrals are reviewed by our team and the patient will be contacted and scheduled in for their initial consultation to establish whether they are suited to this service.

Find Out More

Get in touch or scan the QR code to find out more:

 01 611 1719

 hello@mentalhealth.ie

 www.mentalhealth.ie/cbt-programme



*Data from SilverCloud