University Health Services (https://www.uhs.wisc.edu/)
Promote, Protect and Restore Health & Well-Being

HOME
(HTTPS://WWW.UHS.WISC.EDU/)

MEDICAL SERVICES
(HTTPS://WWW.UHS.WISC.EDU/MEDICAL/)

MENTAL HEALTH
(HTTPS://WWW.UHS.WISC.EDU/MENTAL-HEALTH/)

SilverCloud

SilverCloud is an online, self-guided, interactive mental health resource that provides students with accessible cognitive behavioral interventions 24 hours a day. SilverCloud does not require a referral from a mental health or medical provider.

SilverCloud's learning modules address:

- Anxiety
- Depression
- Body image
- Stress
- Sleep
- Resilience

SilverCloud is not designed to replace in-person mental health treatment for many complex concerns but may be an effective option for students with mild to moderate symptoms to:

- Help manage day-to-day stresses and anxiety
- Improve resilience
- Learn skills to understand thoughts, feelings, and behaviors
- Reduce symptoms of depression and anxiety
- Hear stories of other college students

ACCESS SILVERCLOUD

CREATE AN ACCOUNT »
(HTTP://WISC.SILVERCLOUDHEALTH.COM/SIGNUP/)

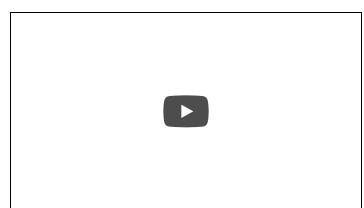ADD ANOTHER SPACE »
(HTTP://WISC.SILVERCLOUDHEALTH.COM/SIGNUP/)

LOG INTO SILVERCLOUD »
(HTTP://WISC.SILVERCLOUDHEALTH.COM/)

SILVERCLOUD FOR FACULTY & STAFF »
(HTTPS://HR.WISC.EDU/WELL-BEING/SILVERCLOUD/)

For questions, email silvercloud@uhs.wisc.edu (mailto:silvercloud@uhs.wisc.edu).

How to Set up SilverCloud

On your Android device

Open the SilverCloud Health app

Choose the Settings up the top right of the screen

Tap 'General' then Service

In the list presented, choose UW–Madison

Re-launch the SilverCloud Health app and log in using your NetID

On your Apple device (iPhone, iPad)

Open the Settings app

Scroll down to the list of apps and choose the SilverCloud Health app

Under 'SilverCloud Settings' choose Service and pick UW–Madison

Re-launch the SilverCloud Health app and log in using your NetID

Mental Health Services & Information

24-hour Crisis Services (https://www.uhs.wisc.edu/mental-health/24-hour-crisis-services/)