

Thinkaction Merton provide FREE NHS-funded treatment online, which you can use without visiting a service. Accessible wherever, whenever, however, it's available at a time and place that suits you.

[www.thinkaction.org.uk/online therapy/](http://www.thinkaction.org.uk/online_therapy/)

Online therapy

Thinkaction now provides an online therapy service for people who are experiencing a wide range of mental health and behavioural issues, and who would rather not come into a service. Our new easy to use online therapy website, SilverCloud, is flexible, friendly and available to use at a time and place that suits you.

It's FREE, NHS-funded and can be accessed from any device. Whether a desktop, laptop, mobile or smartphone, you can get help from the comfort of your own home or any location of your choice.

You will complete your programme in a secure, anonymous and supportive online space. Designed by clinical experts, SilverCloud is easy to use and you can adapt it to make it your own. The built in social and support elements also mean you'll never feel far from help.

You will have a supporter who will monitor your progress online and provide guidance and encouragement. You will also be given a time to speak to one of our practitioners throughout your programme.

Come and have a look for yourself at:

www.thinkaction.org.uk/online-therapy/

Or text TALK to 82085

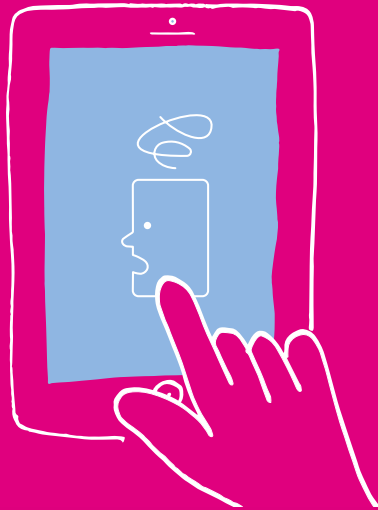
Or call us on 0300 012 0012 to find out more.



All of our treatments are
NHS funded programmes.

thinkaction

Merton MIAPT



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