



**MY  
THOUGHTS  
WERE  
HOLDING  
ME BACK  
BUT NOW  
I'VE FOUND  
SPACE  
TO MOVE  
FORWARD**

The COVID-19 Pandemic has changed our idea of what's normal, but you can start returning to what feels right for you with free clinically-proven mental health support from SilverCloud, a trusted provider to the NHS.

Nurture your normal at  
[spacefromcovid.com](https://spacefromcovid.com)

 **SilverCloud**