



NORTHPOINT



SilverCloud

This service offers on-line mental health support. There are a number of different guided self-help programmes that can be accessed by young people and parents and carers and worked through in their own time.

June 2026

The programmes that are available are as follows:

Young people:-

- Living well with ADHD - young people (age 13 yrs and upwards)
- Space from Anxiety - young people (age 13 yrs and upwards)
- Space from Low mood - young people (age 13 yrs and upwards)
- Space from Low Mood and Anxiety - young people (age 13 yrs and upwards)

Parents / Carers:-

- Supporting a child with ADHD - parent/carers
- Supporting an Anxious Child - parent/carers
- Supporting an Anxious Teen -parent/carers
- Supporting and Autistic Child - parent/carers
- Supporting an Autistic Teen -parent/carers





SilverCloud C/YP



Suitability Guidance:

The client is **most suited** to online CBT support if they:

- Present with mild to moderate levels of anxiety or low mood
- Believe the online program can benefit them (or is willing to try it)
- Are able to identify clear goals
- Have access to external supports
- Has good level of literacy
- Are computer literate – with email address & access to a computer
- Would prefer a flexible treatment approach without the need to attend regular appointments



SilverCloud C/YP

Suitability Guidance



The client is **less suitable/unsuitable** if:

- They are acutely distressed or currently at risk of harming self or others
- Presents with severe mental health difficulties (e.g. personality disorders, psychosis)
- Presents with active addiction or recently recovering from addiction
- Has poor literacy levels (reading age of platform is 12 years)
- Does not have regular access to internet in a relatively private setting
- Has little or no computer skills
- Does not like the idea of online therapy
- Has poor psychological insight, very low motivation or an inability to concentrate



Important information



1. North West Leeds Children's Services has 6 Silvercloud logins. We commission Northpoint to offer this service. NWLCS allocated Silvercloud logins at Support and Guidance. We are supported by Melaine Hiles from Northpoint who provides the updates and feedback.
2. Currently until the end of this term we also have unlimited access to the anxiety and low mood programmes for young people 13-16 years. Referral to go through Support and Guidance
3. All YP who have a referral for School counselling will be offered Silvercloud for anxiety and low mood if appropriate. Northpoint are responsible for offering this service.
4. For 16-19-year-olds school can make direct referrals to Northpoint to access any of the Young people programmes, See attached the referral form and email 16-19@northpoint.org.uk.