



Investing in mental health is good for employees... and smart for business

Unaddressed mental health concerns are all too common in the workplace, and they directly affect employees' ability to do their best work. Meanwhile, getting the right kind of help can be difficult, costly, and even inconvenient. Employees need more support than ever before — and the team at Health Solutions by Shoppers™ can help.

Meet SilverCloud™ — a smart mental health solution

SilverCloud™ is an evidence-based, digital mental health platform *proven* to help employees suffering from stress and conditions like depression and anxiety.

With SilverCloud™:

EMPLOYERS

can address workplace mental health issues and their impact on business



TRUSTED & CLINICALLY PROVEN

Award-winning digital mental health platform backed by nearly 20 years of research and validated by global experts and randomized clinical trials



SCALABLE

Easily supports the entire workforce — no matter the size



COST-EFFECTIVE

1/3 the cost of traditional face-to-face mental health therapy

EMPLOYEES

are supported along a path to better mental health and well-being



EASY & ENGAGING

Interactive, motivational modules that employees can complete on their own time and at their own pace



CONVENIENT

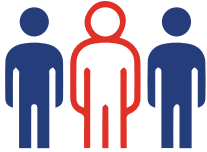
24/7 access to a suite of interactive digital tools on a computer, tablet, or cell phone



SUPPORTED & CONFIDENTIAL

A dedicated coach helps employees set goals, apply their learnings, and celebrate successes, all within a completely secure platform

Unmet mental health needs are costing businesses...



Nearly 1 in 3 Canadian employees experiences **high levels of stress on a daily basis**¹



In the past year,¹ 41% of employees took at least one full sick day due to stress — and those who did **missed an average of 5.1 days**



Mental health issues make up 1/3 of disability claims and account for **70% of total disability costs**²

...and prioritizing mental health starts with the right support

Based on cognitive behavioural therapy (CBT), SilverCloud™ programs are designed to help employees improve and maintain their well-being by addressing underlying issues that can have a negative impact on their work and personal lives.

Self-guided programs

Allow employees to work through content independently and at their own pace as they focus on:

- Stress
- Resilience
- Sleep & insomnia

Guided programs

Include a behavioural health coach who helps encourage employees as they seek support for mental health concerns relating to:

- Depression
- Anxiety
- Diabetes
- Chronic pain

SilverCloud™ equips employees with the knowledge, techniques, and support they need through:

Tools & activities



Mindfulness



Educational videos



Journaling



65% of SilverCloud™ users experience clinically significant improvement.

Discover the value of supporting a mentally healthy workforce.

To learn more about SilverCloud™, please contact our Business Development Team at saleshealthsolutions@shoppersdrugmart.ca.

References:

1. The Sanofi Canada Healthcare Survey. 2020. 2. CAMH Workplace Mental Health. Review and Recommendations. 2020.

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