



Self-Enrollment for SilverCloud is now available!

SilverCloud's online wellness programs are designed to boost resilience and increase overall well-being. Please note, patients can only sign up for one program at a time.

- **SilverCloud** is a confidential online platform that provides tips, tools and interactive activities for managing family issues, money worries, insomnia & sleep issues, and more.
- **SilverCloud** is available on your laptop or mobile device. You can access the platform anywhere, anytime!

For SilverCloud self-enrollment, visit us at: <https://bh.mymilitary.health.mil/signup/>

Or scan the QR code below:



For technical assistance, contact the My Military Health Help Desk: 844-DIAL-MMH (844-342-5664) or email dhasupport.mymilitary@health.mil



SilverCloud