

NHS Wales Digital Support for Alcohol and Drug Use

Help to explore your relationship with substances and make informed choices that feel right for you.

Are you worried about your drinking or drug use? Perhaps you're thinking of making changes but are unsure where to start?

Online therapy programmes, *Space from Alcohol* and *Space from Drug Use*, provide early access to support for substance use when it's needed.

What are SilverCloud® Programmes?

SilverCloud® programmes are online mental wellbeing support services available free on the NHS in Wales. People aged 16+ who are affected by **mild-to-moderate alcohol or substance use*** can now sign up for a 12-week guided self-help programme based

on Cognitive Behavioural Therapy (CBT) and Motivational Enhancement Therapy (MET).

Access anytime, anywhere

Sign up via mobile, tablet or laptop and access your programme 24/7.

Confidential and judgement-free

It's secure, supportive and delivered online. No need to be referred by a GP.

Online therapy with a human touch

You'll be allocated a SilverCloud® Supporter who will check-in with you online every fortnight to review your progress and provide feedback.

Cognitive Behavioural Therapy works by encouraging people to challenge the way they think, feel and behave.

Motivational Enhancement Therapy (MET) is a technique that can help people feel more motivated to make changes.

Sign up: nhswales.silvercloudhealth.com/signup 



Space from Alcohol



For people aged 16+

Gain insights into your relationship with alcohol, explore why you drink, learn the facts about alcohol and your health, and build practical skills to make positive changes when you're ready.

You will explore:

Alcohol and You

Take a look at your relationship with alcohol and ask yourself: is there a problem?

Considering Change

Consider whether you want to make any changes and what they may look like.

Reducing Harm

Explore the impact that alcohol can have on your life and ways to reduce the harm it may be causing you.

Triggers & High-Risk Situations

Support to identify and overcome obstacles that you may encounter as you make changes to your relationship with alcohol.

Moving Forward

Help to maintain any changes you have made by using your support network and setting SMART goals.



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Space from Drug Use

You will explore:

Drug Use & You

Take a look at your relationship with drugs and ask yourself: is there a problem?

Considering Change

Consider whether you want to make any changes and what they may look like.

Your Decision Making and the Law

Take an honest look at your drug use and how it may be impacting your decision making.

Reducing Harm

Explore the impact that drugs can have on your life and ideas to reduce the harm they may be causing you.

Triggers & High-Risk Situations

Learn how to identify and overcome obstacles that you may encounter as you make changes to your relationship with substances.

Moving Forward

Help to maintain any changes you have made by using your support network and setting SMART goals.

For people aged 16+

Help to understand your relationship with drugs, explore why you use them, learn the facts about drugs and your health, and build practical skills to make positive changes when you're ready.



*Is this service right for you?

Space from Alcohol and *Space from Drug Use* are guided, online self-help programmes designed to provide a low level of support. They are suitable for:

- ✓ People aged 16+ who are affected by mild-to-moderate alcohol or drug use / experiencing mild-to-moderate effects of substance use
- ✓ Who are not at crisis point
and
- ✓ Who want to gain insights into their relationship with alcohol or other drugs
and/or
- ✓ Are thinking about making changes around alcohol or drug use

We recognise that some people will need a higher level of support for their substance use than this service can provide. These services may not be suitable for:

- ✓ People affected by heavy or long-term use (for example: using daily or almost daily; using in large quantities; problem use over a long period of time)
- ✓ People with lived or living experience of drug or alcohol dependence
- ✓ People already receiving secondary or tertiary care for substance use or mental health concerns.

How to sign up → Visit: nhswales.silvercloudhealth.com/signup

1. Choose an online programme
2. Register for an account
3. You'll be asked to complete a set of questionnaires. This helps us assess if this is the right service for your needs. If yes, you'll be allocated a SilverCloud® Supporter and you're good to go!

If no – it's not you, it's us: please contact your GP for help finding the right service for your needs.

Queries?

Please contact us on
Silver.cloud@wales.nhs.uk



Cymorth Digidol GIG Cymru ar gyfer Defnydd Alcohol a Chyffuriau

Cymorth i archwilio eich perthynas â sylweddau a gwneud dewisiadau gwybodus sy'n teimlo'n iawn i chi.

Ydych chi'n poeni am eich yfed neu ddefnydd o gyffuriau? Efallai eich bod chi'n ystyried gwneud newidiadau ond ddim yn siŵr ble i ddechrau?

Mae'r rhaglenni therapi ar-lein, **Gofod rhag Alcohol a Gofod rhag Defnyddio Cyffuriau**, yn cynnig cymorth cynnar ar gyfer defnydd sylweddau pan fydd ei angen.

Beth yw rhaglenni SilverCloud®?

Gwasanaethau cymorth lles meddyliol ar-lein sydd ar gael am ddim gan y GIG yng Nghymru. Gall pobl 16+ oed sy'n cael eu heffeithio gan alcohol neu ddefnyddio sylweddau ysgafn i gymedrol* nawr gofrestro ar gyfer rhaglen hunangymorth dan arweiniad

12 wythnos yn seiliedig ar Therapi Gwybyddol Ymddygiadol (CBT) a Therapi Gwella Cymhelliant (MET).

Ar gael unrhyw bryd, unrhyw le

Cofrestrwch trwy eich ffôn symudol, llechen neu liniadur a chyrchu eich rhaglen 24/7.

Cyfrinachol a di-farn

Mae'n ddiogel, yn gefnogol ac yn cael ei gyflwyno ar-lein. Does dim angen atgyfeiriad gan Feddyg Teulu.

Therapi ar-lein sydd â naws personol

Byddwch yn cael Cefnogwr SilverCloud® penodol a fydd yn gwirio gyda chi ar-lein bob pythefnos i adolygu eich cynnydd a rhoi adborth.

Mae Therapi Gwybyddol Ymddygiadol yn gweithio drwy annog pobl i herio'r ffordd maen nhw'n meddwl, teimlo ac ymddwyn.

Mae Therapi Gwella Cymhelliant (MET) yn dechneg a all helpu pobl i deimlo'n fwy brwd frydig i wneud newidiadau.

Cofrestrwch: nhs.wales.silvercloudhealth.com/signup



Gofod rhag Alcohol



I bobl 16 + oed

Dysgu mwy am eich perthynas ag alcohol, archwilio pam rydych chi'n yfed, dysgu'r ffeithiau am alcohol a'ch iechyd, a meithrin sgiliau ymarferol i wneud newidiadau cadarnhaol pan fyddwch chi'n barod.

Byddwch yn archwilio

Alcohol a Chi

Cymerwch olwg ar eich perthynas ag alcohol a gofynnwch i chi'ch hun: oes gen i broblem?

Ystyried Newid

Ystyriwch a ydych am wneud unrhyw newidiadau a sut y maen nhw'n edrych.

Lleihau Niwed

Archwiliwch yr effaith y gall alcohol ei chael ar eich bywyd a ffyrdd o lleihau'r niwed y gallai fod yn ei achosi i chi.

Sbardunau a Sefyllfaoedd Risg Uchel

Cefnogaeth i adnabod a goresgyn rhwystrau y gallech ddod ar eu traws wrth i chi wneud newidiadau i'ch perthynas ag alcohol.

Symud Ymlaen

Cymorth i gynnal unrhyw newidiadau rydych chi wedi'u gwneud drwy ddefnyddio eich rhwydwaith cymorth a gosod nodau CAMPUS.



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Gofod rhag Defnyddio Cyffuriau

Byddwch yn archwilio:

Defnydd Cyffuriau a Chi

Cymerwch olwg ar eich perthynas â chyffuriau a gofynnwch i chi'ch hun: oes gen i broblem?

Ystyried Newid

Ystyriwch a ydych am wneud unrhyw newidiadau a sut y maen nhw'n edrych.

Eich Penderfyniadau a'r Gyfraith

Cymerwch olwg onest ar eich defnydd o gyffuriau a sut y gallai fod yn effeithio ar eich penderfyniadau.

Lleihau Niwed

Archwiliwch yr effaith y gall cyffuriau eu cael ar eich bywyd a ffyrdd o leihau'r niwed y gallai fod yn eu hachosi i chi.

Sbardunau a Sefyllfaoedd Risg Uchel

Dysgu sut i adnabod a goresgyn rhwystrau y gallech ddod ar eu traws wrth i chi wneud newidiadau i'ch perthynas â sylweddau.

Symud Ymlaen

Cymorth i gynnal unrhyw newidiadau rydych chi wedi'u gwneud drwy ddefnyddio eich rhwydwaith cymorth a gosod nodau CAMPUS.

I bobl 16 + oed

Cymorth i ddeall eich perthynas â chyffuriau, archwilio pam rydych chi'n eu defnyddio, dysgu'r ffeithiau am gyffuriau a'ch iechyd, a meithrin sgiliau ymarferol i wneud newidiadau cadarnhaol pan fyddwch chi'n barod.



*Ydy'r gwasanaeth hwn yn iawn i chi?

Mae Gofod rhag Alcohol a Gofod rhag Defnyddio Cyffuriau yn rhaglenni hunangymorth ar-lein sydd wedi'u cynllunio i ddarparu lefel isel o gymorth. Maen nhw'n fwyafrif addas ar gyfer y canlynol:

- ✓ Pobl 16+ oed sy'n cael eu heffeithio gan ddefnydd alcohol neu gyffuriau ysgafn i gymedrol / sy'n profi effeithiau ysgafn i gymedrol o ganlyniad i ddefnydd sylweddau.
 - ✓ Y rhai nad ydynt ar bwynt argyfwng a'r
 - ✓ Rhai sydd am edrych ar eu perthynas ag alcohol neu gyffuriau eraill
- a/neu**
- ✓ Yn meddwl am wneud newidiadau o gwmpas eu defnydd alcohol neu gyffuriau.

Rydym yn cydnabod y bydd rhai pobl angen lefel uwch o gefnogaeth am eu defnydd o sylweddau nag y gall y gwasanaeth hwn ei ddarparu. Efallai na fydd SilverCloud® yn addas ar gyfer y canlynol:

- ✓ Pobl sy'n cael eu heffeithio gan ddefnydd trwm neu hirdymor (er enghraifft: defnyddio bob dydd neu bron bob dydd; defnyddio mewn symiau mawr; defnyddio dros gyfnod hir)
- ✓ Pobl sydd â phrofiad byw neu wedi byw gyda dibyniaeth i gyffuriau neu alcohol.
- ✓ Mae pobl sydd eisoes yn derbyn gofal eilaidd neu drydyddol ar gyfer defnyddio sylweddau neu bryderon iechyd meddwl.

Sut i gofrestru → Ewch i

nhswales.silvercloudhealth.com/signup

1. Dewiswch raglen ar-lein
2. Cofrestrwch ar gyfer cyfrif
3. Bydd rhaid i chi gwblhau cyfres o holiaduron. Mae'r rhain yn ein helpu asesu os mai hwn yw'r gwasanaeth cywir ar gyfer eich anghenion chi. **Os ydy**, byddwch yn cael Cefnogwr SilverCloud® a byddwch chi'n barod i fynd!

Os nac ydy – nid eich bai chi yw hi:
Cysylltwch â'ch meddyg teulu am gymorth i ddod o hyd i'r gwasanaeth cywir ar gyfer eich anghenion.

Unrhyw gwestiynau?

Cysylltwch â
Silver.cloud@wales.nhs.uk



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Mae SilverCloud® yn ddilysnod cofrestredig American Well Corporation.