

NHS Online Cognitive Behavioural Therapy Service to Support Young Minds



1 in 6 young people
experience
mental health
challenges

If your child is experiencing symptoms of anxiety or low mood, they are not alone. As a parent or carer trying to support them, help is here for you.

Cognitive Behavioural Therapy (CBT) can help young people manage anxiety by encouraging them to understand how they think, feel and behave.

Parents can sign up for a free 12-week online CBT programme to support children and young people aged 4-18 who are experiencing mild-to-moderate anxiety.

Teens aged 16-18 can also sign up for their own free programme independently of a parent.

Helping you help them

Programmes feature tools and activities to try at home. Support your child to build skills to manage their anxiety and thrive.

Access anytime, anywhere

Sign up for free online therapy via smartphone, tablet, laptop or desktop computer. It's available 24 hours a day, 7 days a week. No need to be referred by a GP.

Go at your own pace

Family life is busy. Complete online programmes at your own pace over 12 weeks. For best results, use it for 15-20 mins per day, three to four times a week

Online therapy with a human touch

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

Sign up here: nhs.wales.silvercloudhealth.com/signup

Gwasanaeth Therapi Gwybyddol Ymddygiadol Ar-lein y GIG i Gefnogi Meddyliau Ifanc



**1 ym mhob 6 person
ifanc yn profi heriau
iechyd meddwl**

Os yw eich plentyn yn profi symptomau gorbryder neu hwyliau isel, nid yw ar ei ben ei hun. Fel rhiant neu ofalwr sy'n ceisio ei gefnogi, mae help ar gael i chi.

Gall Therapi Gwybyddol Ymddygiadol (CBT) helpu pobl ifanc rheoli gorbryder drwy eu hannog i ddeall sut maen nhw'n meddwl, yn teimlo ac yn ymddwyn.

Gall rhieni gofrestru ar gyfer rhaglen CBT 12 wythnos ar-lein am ddim i gefnogi plant a phobl ifanc 5-18 oed sy'n profi gorbryder ysgafn i gymedrol.

Gall pobl ifanc 16-18 oed hefyd gofrestru ar gyfer y rhaglen am ddim, yn annibynnol.

Helpu chi i'w helpu nhw

Gallwch roi cynnig ar offer a gweithgareddau gartref trwy'r rhaglen. Cefnogwch eich plentyn i feithrin sgiliau, rheoli gorbryder ac i ffynnu.

Ar gael bob amser, ym mhob man

Cofrestrwch ar gyfer therapi am ddim drwy eich ffôn clyfar, llechen, gliniadur neu gyfrifiadur. Mae ar gael 24 awr y dydd, 7 diwrnod yr wythnos. Does dim angen atgyfeiriad gan Feddyg Teulu.

Ewch ar gyflymder sy'n siwtio chi

Mae bywyd teulu yn brysur. Cwblhewch y rhaglenni ar-lein ar gyflymder sy'n siwtio chi dros 12 wythnos. Ar gyfer y canlyniadau gorau, defnyddiwch y rhaglen am 15-20 munud y dydd, rhyw dair i bedair gwaith yr wythnos.

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.

Cofrestrwch yma: nhs.wales.silvercloudhealth.com/signup

