

Space from Alcohol



Help to
explore your
relationship
with alcohol.

Have you noticed that maybe you're drinking more lately? Perhaps you're thinking about making some positive changes, but aren't sure where to start? If you're worried about your drinking, support is available to you.

Guided self-help programme, *Space from Alcohol*, can help you explore your relationship with alcohol and make changes that feel right for you if, or when, you're ready.

People aged 16+ who are affected by mild-to-moderate alcohol use* can sign up for a 12-week online programme – based on Cognitive Behavioural Therapy (CBT) and Motivational Enhancement Therapy (MET) - free on the NHS in Wales.

Confidential and judgement-free

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

Access anytime, anywhere

Sign up using your phone, tablet or laptop and access 24/7. Work through the programme at your own pace.

Online therapy with a human touch

Receive guidance and feedback from a SilverCloud® Supporter via fortnightly online check-ins.

Learn more and sign up:

nhs.wales.silvercloudhealth.com/signup

* SilverCloud's online guided self-help programmes are designed to support people who are looking to explore their relationship with alcohol and other substances but are not at crisis point. 2022 SilverCloud All Rights Reserved. SilverCloud is a registered trademark of American Well Corporation.

Gofod rhag Alcohol

Cymorth wrth
archwilio eich
perthynas ag
alcohol.

Ydych chi wedi sylwi eich bod chi'n yfed yn fwy diweddar? Efallai eich bod chi'n ystyried gwneud rhai newidiadau cadarnhaol, ond ddim yn siŵr ble i ddechrau? Os ydych chi'n poeni am eich yfed, mae cymorth ar gael i chi.

Gall y rhaglen hunangymorth ar-lein, *Gofod rhag Alcohol*, eich helpu i archwilio eich perthynas ag alcohol a gwneud newidiadau sy'n teimlo'n addas i chi, pan fyddwch chi'n barod.

Gall pobl 16+ oed sydd wedi'u heffeithio gan ddefnydd alcohol ysgafn i gymedrol* gofrestru ar gyfer rhaglen ar-lein 12 wythnos - yn seiliedig ar Therapi Gwybyddol Ymddygiadol (CBT) a Therapi Gwella Cymhelliant (MET) - am ddim ar y GIG yng Nghymru.

Cyfrinachol a di-farn

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

Ar gael unrhyw bryd, unrhyw le

Cofrestrwch drwy ddefnyddio eich ffôn, llechen neu liniadur 24/7. Gweithiwch drwy'r rhaglen ar gyflymder sy'n siwtio chi.

Therapi ar-lein sydd â naws personol

Byddwch yn cael arweiniad ac adborth gan Gefnogwr *SilverCloud*[®] trwy wiriad ar-lein bob pythefnos

Learn more and sign up:

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* Mae rhaglenni hunangymorth ar-lein SilverCloud wedi'u cynllunio i gefnogi pobl sy'n ceisio archwilio eu perthynas ag alcohol a sylweddau eraill ond nid ydynt nhw ar bwynt argyfwng. Mae SilverCloud[®] yn ddilysnod cofrestredig American Well Corporation.