

Space from Drug Use

Help to explore your relationship with substances.

Are you worried about your substance use? Maybe you're thinking about making some positive changes, but aren't sure where to start? Whatever journey you're on, support is available to you.

Guided self-help programme, *Space from Drug Use*, can help you explore your relationship with substances and build skills to make changes that feel right for you, if or when you're ready.

People aged 16+ who are affected by mild-to-moderate substance 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:

<https://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 substances but are not at crisis point. 2022 SilverCloud® All Rights Reserved. SilverCloud® is a registered trademark of American Well Corporation.

Gofod rhag Defnyddio Cyffuriau

Cymorth wrth archwilio eich perthynas â sylweddau.

Ydych chi'n poeni am eich defnydd o sylweddau? Efallai eich bod chi'n ystyried gwneud rhai newidiadau cadarnhaol, ond ddim yn siŵr ble i ddechrau? Pa bynnag daith rydych chi arni, mae cymorth ar gael i chi.

Gall y rhaglen hunangymorth ar-lein, *Gofod rhag Defnyddio Cyffuriau*, eich helpu archwilio eich perthynas â sylweddau a meithrin sgiliau i wneud 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

Am fwy o wybodaeth ac i gofrestru, ewch i:

<https://nhs.wales.silvercloudhealth.com/signup/>

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