



NHS Wales Online Cognitive Behavioural Therapy Service Programmes for Children and Young People October 2022

Find out more and sign up: <https://nhs.wales.silvercloudhealth.com/signup/>

Context

- The Covid-19 pandemic has had a significant impact on children and young people's mental health and wellbeing.
- 1 in 6 children and young people had a diagnosable mental health condition in 2021, such as anxiety or depression.¹ This is up from 1 in 9 in 2017.²
- The roll-out of online Cognitive Behavioural Therapy (CBT) to young people and their families across Wales through the NHS aims to meet the increase in demand for children's mental health services by providing early access to support for those who need it.

Key Messages

- SilverCloud is a free online Cognitive Behavioural Therapy service, delivered by NHS Wales in partnership with SilverCloud by Amwell. It is designed to support mental health and wellbeing (WHAT IS IT?).
- NHS Wales provides SilverCloud services free for anyone living in Wales or registered with a GP in Wales.
- We have a suite of new programmes designed to support children and young people who are experiencing mild-to-moderate symptoms of anxiety or low mood (WHAT'S NEW?).
- Parents and carers can sign up for a free 12-week online therapy programme to help support children and young people aged 4-18 with mild-to-moderate anxiety (WHO IS IT FOR?):
 - *Supporting an Anxious Child* helps parents and carers support children aged 4-11 to understand and manage their anxiety.
 - *Supporting an Anxious Teen* helps parents and carers support young people aged 12-18 to understand and manage their anxiety.

- Teens aged 16-18 can sign up for a free 12-week online therapy programme, without needing adult consent, for support with anxiety or low mood (WHO IS IT FOR?):
 - *Space from Anxiety* can help young people aged 16-18 understand and manage their anxiety.
 - *Space from Low Mood* can help young people aged 16-18 understand and manage symptoms of low mood.
 - *Space from Low Mood & Anxiety* can help young people aged 16-18 understand and manage symptoms of anxiety and low mood.
- Access tools and learn practical skills to manage your anxiety or low mood / help your child manage their anxiety. Understand how thoughts, feelings and behaviours are linked (WHAT WILL I LEARN?).
- Choose one of our easy-to-use, interactive online therapy programmes to complete over 12 weeks and receive regular feedback from a qualified SilverCloud Supporter (MORE DETAIL).
- No need to be referred by your GP – access anytime, anywhere on your smartphone, tablet or desktop computer (HOW?).
- Find out more and sign up: <https://nhs.wales.silvercloudhealth.com/signup/> (CALL TO ACTION)
- SilverCloud is based on Cognitive Behavioural Therapy (CBT), an evidence-based therapy that works by encouraging people to challenge the way they think, feel and behave (ABOUT CBT).

Key messages for each programme:

Supporting an anxious child

For parents and carers of children aged 4 -11:

- If your child is experiencing symptoms of anxiety, they are not alone. As a parent/carer trying to support them, help is here for you.
- Helping your child to manage their anxiety can be challenging. SilverCloud's new online therapy programmes for young people have been developed to help you and your child understand their anxiety and learn new skills to help them cope.

Supporting an anxious teen

For parents and carers of young people aged 12-18:

- If your teen is experiencing symptoms of anxiety, they are not alone. As a parent/carer trying to support them, help is here for you.
- Helping your teen to manage their anxiety can be challenging. SilverCloud's new online therapy programmes for young people have been developed to

help you and your teen understand their anxiety and learn new skills to help them cope

Space from Anxiety

For young people aged 16-18:

- If you're feeling anxious, you're not alone. Many young people struggle with their mental health and wellbeing.
- Managing your anxiety can be hard. Our new online therapy programme can help you understand what's going on and learn new skills to help you cope.

Space from Low Mood

For young people aged 16-18:

- If you're feeling low, you're not alone. Many young people struggle with their mental health sometimes. The good news is there's lots you can do to help yourself.
- Our new online therapy service can help you understand what's going on and learn new skills to help you cope.

Space from Low Mood and Anxiety

For young people aged 16-18:

- If you're feeling anxious or low, you're not alone. Many young people struggle with their mental health sometimes. The good news is there's lots you can do to help yourself.
- Our new online therapy service can help you understand what's going on and learn new skills to cope.

References:

1. NHS Digital (2021). Mental Health of Children and Young People in England 2021'. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2021-follow-up-to-the-2017-survey>
2. NHS Digital (2018). Mental Health of Children and Young People in England 2017. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017>

**Gwasanaeth Therapi Gwybyddol Ymddygiadol Ar-lein GIG Cymru
Rhaglenni i Blant a Phobl Ifanc.
Hydref 2022**

Am fwy o wybodaeth ac i gofrestru, ewch i:

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

Cyd-destun

- Mae pandemig COVID-19 wedi cael dylanwad sylweddol ar iechyd meddwl a lles plant a phobl ifanc.
- Yn 2021 roedd gan 1 ym mhob 6 plentyn a pherson ifanc cyflwr iechyd meddwl y gellir gwneud diagnosis, megis gorbryder neu iselder. ¹ Mae hyn wedi cynyddu o 1 ym mhob 9 yn 2017.²
- Nod cyflwyno Therapi Gwybyddol Ymddygiadol (CBT) ar-lein trwy'r GIG i bobl ifanc a'u teuluoedd ledled Cymru, yw ateb y galw am wasanaethau iechyd meddwl plant trwy gynnig mynediad cynnar at gefnogaeth i'r rhai sydd eu hangen.

Negeseuon Allweddol

- Mae SilverCloud yn wasanaeth Therapi Gwybyddol Ymddygiadol ar-lein, sy'n rhad ac am ddim, a ddarperir gan GIG Cymru mewn partneriaeth â SilverCloud gan Amwell, ac wedi'i gynllunio i gefnogi iechyd meddwl a lles (WHAT IS IT?).
- Mae GIG Cymru yn darparu gwasanaethau SilverCloud am ddim i unrhyw un sy'n byw yng Nghymru neu sydd wedi cofrestru gyda meddyg teulu yng Nghymru.
- Mae gennym gyfres o raglenni newydd sydd wedi'u cynllunio i gefnogi plant a phobl ifanc sy'n profi symptomau ysgafn i gymedrol o orbryder neu hwyliau isel (WHAT'S NEW?).
- Gall rhieni a gofalwyr gofrestru ar gyfer rhaglen therapi 12 wythnos ar-lein, am ddim i gefnogi plant a phobl ifanc 4-18 gyda gorbryder ysgafn i gymedrol. (WHO IS IT FOR?):
 - Mae *Cefnogi Plentyn Gorbryderus* yn helpu rhieni a gofalwyr i gefnogi plant 4-11 oed i ddeall a rheoli eu gorbryder.
 - Mae *Cefnogi Person Ifanc Gorbryderus* yn helpu rhieni a gofalwyr i gefnogi pobl ifanc 12-18 oed i ddeall a rheoli eu gorbryder.
- Gall pobl ifanc rhwng 16-18 oed gofrestru ar gyfer rhaglen therapi ar-lein 12 wythnos am ddim, heb angen caniatâd oedolion, am gymorth gyda gorbryder neu hwyliau isel (WHO IS IT FOR?):
 - Gall *Gofod o Orbryder* helpu pobl ifanc 16-18 oed deall a rheoli eu gorbryder.

- Gall *Gofod o Hwyliau Isel* helpu pobl ifanc 16-18 oed deall a rheoli symptomau hwyliau isel.
- Gall *Gofod o Hwyliau Isel a Gorbryder* helpu pobl ifanc 16-18 oed deall a rheoli symptomau gorbryder a hwyliau isel.
- Defnyddiwch offer a dysgwch sgiliau ymarferol i reoli eich gorbryder neu hwyliau isel / helpu eich plentyn i reoli ei orbryder. Dewch i ddeall sut mae meddyliau, teimladau ac ymddygiad i gyd wedi cysylltu (WHAT WILL I LEARN?).
- Dewiswch un o'r rhaglenni therapi rhyngweithiol, hawdd i'w defnyddiol, ar-lein i gwblhau dros 12 wythnos a derbyn adborth yn rheolaidd gan Gefnogwr SilverCloud cymwys. (MORE DETAIL).
- Does dim angen atgyfeiriad gan eich Meddyg Teulu - defnyddiwch y rhaglen unrhyw le ar eich ffôn clyfar, llechen, neu gyfrifiadur (HOW?).
- Am fwy o wybodaeth ac i gofrestru, ewch i: <https://nhs.wales.silvercloudhealth.com/signup/> (CALL TO ACTION)
- Mae SilverCloud wedi ei seilio ar Therapi Gwybyddol Ymddygiadol (CBT), sef therapi sy'n seiliedig ar dystiolaeth ac yn gweithio drwy annog pobl i herio'r ffordd y maent yn meddwl, yn teimlo ac yn ymddwyn. (ABOUT CBT).

Negeseuon allweddol i bob rhaglen:

Cefnogi plentyn gorbryderus

I rieni a gofalwyr plant rhwng 4-11 oed:

- Os yw eich plentyn yn profi symptomau gorbryder, nid yw ar ei ben ei hun. Fel rhiant / gofalwr sy'n ceisio eu cefnogi nhw, mae help ar gael i chi.
- Gall helpu eich plentyn i reoli ei orbryder fod yn heriol. Mae rhaglen therapi ar-lein newydd SilverCloud i bobl ifanc wedi'i dylunio i'ch helpu chi a'ch plentyn deall ei orbryder a dysgu sgiliau newydd i'w helpu ymdopi.

Cefnogi Person Ifanc Gorbryderus

I rieni a gofalwyr pobl ifanc rhwng 12-18 oed:

- Os yw eich person ifanc yn profi symptomau gorbryder, nid yw ar ei ben ei hun. Fel rhiant / gofalwr sy'n ceisio eu cefnogi nhw, mae help ar gael i chi.
- Gall helpu eich person ifanc i reoli ei orbryder bod yn heriol. Mae rhaglen therapi ar-lein newydd SilverCloud i bobl ifanc wedi'i dylunio i'ch helpu chi a'ch person ifanc deall ei orbryder a dysgu sgiliau newydd i'w helpu ymdopi.

Gofod o Orbryder

I bobl ifanc rhwng 16 oed:

- Os ydych chi'n teimlo'n orbryderus, dydych chi ddim ar eich pen eich hun. Mae llawer o bobl ifanc yn cael trafferth gyda'u hiechyd meddwl a'u lles.
- Gall rheoli eich gorbryder fod yn anodd. Gall ein rhaglen therapi ar-lein newydd eich helpu deall beth sy'n digwydd a dysgu sgiliau newydd i'ch helpu ymdopi.

Gofod o Hwyliau Isel

I bobl ifanc rhwng 16-18 oed:

- Os ydych chi'n teimlo'n isel, dydych chi ddim ar eich pen eich hun. Mae llawer o bobl ifanc yn cael trafferth gyda'u hiechyd meddwl. Y newyddion da yw bod yna lawer y gallwch chi ei wneud i helpu eich hun.
- Gall ein gwasanaeth therapi ar-lein newydd eich helpu deall beth sy'n digwydd a dysgu sgiliau newydd i'ch helpu ymdopi.

Gofod o Hwyliau Isel a Gorbryder

I bobl ifanc rhwng 16-18 oed:

- Os ydych chi'n teimlo'n orbryderus neu'n isel, dydych chi ddim ar eich pen eich hun. Mae llawer o bobl ifanc yn cael trafferth gyda'u hiechyd meddwl. Y newyddion da yw bod yna lawer y gallwch chi ei wneud i helpu eich hun.
- Gall ein gwasanaeth therapi ar-lein newydd eich helpu deall beth sy'n digwydd a dysgu sgiliau newydd i ymdopi.

Cyfeiriadau:

3. NHS Digital (2021). 'Mental Health of Children and Young People in England 2021'. Ar gael ar: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2021-follow-up-to-the-2017-survey>
4. NHS Digital (2018). 'Mental Health of Children and Young People in England 2017.' Ar gael ar: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017>