SilverCloud - Social Media Posts - Facebook
Programmes to Support Children, Young People and Parents

Facebook: @SilverCloudWales
Twitter: @SilverCloudW

	ENGLISH	CYMRAEG	GRAPHIC
1.	1 in 6 children and young people struggle with mental health challenges. If you're aged 16-18, you can sign up for a free, 12-week online therapy programme to help manage your anxiety or low mood. It's a secure, anonymous and supportive NHS service based on Cognitive Behavioural Therapy (CBT) and delivered in partnership with SilverCloud Want to know more? https://nhswales.silvercloudhealth.com/signup/ #NHSWales	Mae 1 o bob 6 plentyn a pherson ifanc yn cael trafferth gyda heriau iechyd meddwl. Os ydych chi rhwng 16-18 oed, gallwch gofrestru am raglen therapi 12 wythnos ar lein, sy'n rhad ac am ddim i'ch helpu chi reoli eich gorbryder neu hwyliau isel. Mae'n rhaglen ddiogel, dienw a chefnogol gan y GIG yn seiliedig ar Therapi Gwybyddol Ymddygiadol (CBT) ac yn cael ei darparu mewn partneriaeth â SilverCloud. Hoffech chi wybod mwy? https://nhswales.silvercloudhealth.com/signup/ #GIGCymru	Graphic 3, 4, 5 or 7
2.	1 in 6 children and young people experience mental health challenges. New online therapy programmes from SilverCloud are designed with young people in mind.	Mae 1 ym mhob 6 plentyn a pherson ifanc yn profi heriau iechyd meddwl. Mae rhaglenni therapi ar-lein newydd gan SilverCloud wedi'u dylunio gyda phobl ifanc mewn golwg.	Graphic 1, 2, or 6

	Parents can sign up for a free, online programme to help their child to manage their anxiety. Find out more: https://nhswales.silvercloudhealth.com/signup/ #NHSWales	Gall rhieni gofrestru am y rhaglen ar-lein, am ddim i helpu eu plentyn i reoli eu gorbryder. Am fwy o wybodaeth, ewch i: https://nhswales.silvercloudhealth.com/signup/ #GIGCymru	
3.	If your child is experiencing symptoms of anxiety, they are not alone. As a parent or carer trying to support them, you're not alone either. A new online therapy programme, **Supporting an Anxious Child,** can help you and your child understand their anxiety and learn new skills to help them cope. Find out more and sign up: https://nhswales.silvercloudhealth.com/signup/ #NHSWales	Os yw eich plentyn yn profi symptomau gorbryder, nid yw ar ei ben ei hun. Fel rhiant neu ofalwr sy'n ceisio eu cefnogi nhw, nid ydych chi ar eich pen eich hun chwaith. Mae'r rhaglen therapi ar-lein newydd, **Cefnogi Plentyn Gorbryderus** yn gallu eich helpu chi a'ch plentyn i ddeall ei orbryder a dysgu sgiliau newydd i'w helpu i ymdopi. Am fwy o wybodaeth ac i gofrestru, ewch i: https://nhswales.silvercloudhealth.com/signup/ #GIGCymru	Graphic 1 or 6
4.	If your teen is experiencing symptoms of anxiety, they are not alone. As a parent or carer trying to support them, you're not alone either.	Os yw eich person ifanc yn profi symptomau gorbryder, nid yw ar ei ben ei hun. Fel rhiant neu ofalwr sy'n ceisio eu cefnogi nhw, nid ydych chi ar eich pen eich hun chwaith.	Graphic 2 or 6

	A A new online therapy programme, **Supporting an Anxious Teen,** can help you and your child understand their anxiety and learn new skills to help them cope. Find out more: https://nhswales.silvercloudhealth.com/signup/ #NHSWales	Mae’r rhaglen therapi ar-lein newydd, **Cefnogi Person Ifanc Gorbryderus** yn gallu eich helpu chi a'ch plentyn i ddeall ei orbryder a dysgu sgiliau newydd i'w helpu ymdopi. Am fwy o wybodaeth, ewch i: https://nhswales.silvercloudhealth.com/signup/ #GIGCymru	
5.	If you’re feeling anxious or low, you are not alone. Many young people struggle with their mental health and wellbeing. The good news is there’s lots you can do to help yourself. If you’re aged 16-18, online cognitive behavioural therapy can help you understand what’s going on and learn new skills to help you cope. It’s free and you can sign up online using your mobile, tablet or laptop. Info https://nhswales.silvercloudhealth.com/signup/ #NHSWales	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 a'u lles. Y newyddion da yw bod yna lawer y gallwch chi ei wneud i helpu eich hun. Os ydych chi rhwng 16-18 oed, gall therapi gwybyddol ymddygiadol ar-lein eich helpu deall beth sy'n digwydd a dysgu sgiliau newydd i'ch helpu ymdopi. Mae’n rhaglen am ddim a gallwch gofrestru trwy ddefnyddio eich ffôn symudol, llechen neu liniadur. Gwybodaeth https://nhswales.silvercloudhealth.com/signup/	Graphic 3, 4, 5, or 7

		#GIGCymru	
6.	The last couple of years have been hard on our mental health. If the young people in your life are struggling, help is here. Online cognitive behavioural therapy can help parents and carers better support young people with anxiety. Choose an online programme to complete over 12 weeks and receive fortnightly feedback from a qualified SilverCloud Supporter. Find out more: https://nhswales.silvercloudhealth.com/signup/ #NHSWales	Mae'r blynyddoedd diwethaf wedi bod yn anodd ar ein hiechyd meddwl. Os yw'r bobl ifanc yn eich bywyd yn stryglo, mae help ar gael iddyn nhw. Gall therapi gwybyddol ymddygiadol ar-lein helpu rhieni, gofalwyr ac athrawon i gefnogi pobl ifanc â gorbryder yn well. Dewiswch raglen ar-lein i gwblhau dros 12 wythnos a derbyn adborth bob pythefnos gan Gefnogwr SilverCloud cymwys. Am fwy o wybodaeth, ewch i: https://nhswales.silvercloudhealth.com/signup/ #GIGCymru	Graphics 1, 2, or 6
7.	No one should feel alone with their problems. If you're aged 16-18 and are feeling anxious or low, online cognitive behavioural therapy can help. 📱 Access anywhere, anytime via mobile, tablet or laptop ⏰ Go at your own pace.	Ni ddylai neb teimlo'n unig gyda'u problemau. Os ydych chi rhwng 16-18 oed ac yn teimlo'n orbryderus neu'n isel, gall therapi gwybyddol ymddygiadol helpu. 📱 Ei ddefnyddio unrhyw le, unrhyw bryd drwy ffôn symudol, tabled neu liniadur. ⏰ Ewch ar gyflymder sy'n siwtio chi.	Graphics 3, 4, 5 or 7

	💜 Regular guidance from a SilverCloud supporter 📱 No GP referral needed Sign up: https://nhswales.silvercloudhealth.com/signup/ #NHSWales	💜 Arweiniad rheolaidd gan gefnogwr SilverCloud. 📱 Does dim angen atgyfeiriad gan Feddyg Teulu. Cofrestrwch: https://nhswales.silvercloudhealth.com/signup/ #GIGCymru	
8.	If your child is struggling with their mental health, help is here for you when you need it. Parents and carers can sign up for free online cognitive behavioural therapy (CBT) on the NHS to support children and young people with anxiety. No GP referral required. You can access anytime, anywhere from any online device. Learn more: https://nhswales.silvercloudhealth.com/signup/ #NHSWales	Os yw eich plentyn yn cael trafferth gyda'i iechyd meddwl, mae cymorth ar gael i chi pan fyddwch ei angen. Gall rhieni a gofalwyr gofrestru ar gyfer therapi gwybyddol ymddygiadol (CBT) ar-lein sy'n rhad ac am ddim gan y GIG i gefnogi plant a phobl ifanc â gorbryder. Does dim angen atgyfeiriad gan Feddyg Teulu. Gallwch ei ddefnyddio unrhyw bryd, o unrhyw le, ar unrhyw ddyfais ar-lein. Am fwy o wybodaeth, ewch i: https://nhswales.silvercloudhealth.com/signup/ #GIGCymru	Graphics 1, 2, or 6
9.			Graphic 6 or 7

	Did you know that SilverCloud s new online therapy programmes have been designed with young people in mind? Young people aged 16-18 can sign up for free online NHS support for anxiety or low without a GP referral. It's a secure, anonymous and supportive service based on Cognitive Behavioural Therapy (CBT). You can access help anytime, anywhere from any online device. Find out more and sign up: https://nhswales.silvercloudhealth.com/signup/ #NHSWales	A wyddoch chi mae rhaglenni therapi ar-lein newydd SilverCloud wedi'u dylunio gyda phobl ifanc mewn golwg? Gall pobl ifanc rhwng 16-18 oed gofrestru am gymorth ar-lein am ddim gan y GIG ar gyfer gorbryder neu hwyliau isel heb atgyfeiriad gan feddyg teulu. Mae'n rhaglen ddiogel, dienw a chefnogol yn seiliedig ar Therapi Gwybyddol Ymddygiadol (CBT). Gallwch ei ddefnyddio unrhyw bryd, o unrhyw le, ar unrhyw ddyfais ar-lein. Am fwy o wybodaeth ac i gofrestru, ewch i: https://nhswales.silvercloudhealth.com/signup/ #GIGCymru	
10	Supporting a child with anxiety can be challenging but there's lots you can do to help them help themselves. The **Supporting an Anxious Child** online CBT programme can help you and your child understand their anxiety and learn new skills to help them cope. Find out more and sign up: https://nhswales.silvercloudhealth.com/signup/ #NHSWales	Mae cefnogi person ifanc sydd â gorbryder yn gallu bod yn heriol ond mae llawer y gallwch chi ei wneud i'w helpu nhw helpu eu hunain. Gall y rhaglen CBT ar-lein **Cefnogi Plant Gorbryderus** eich helpu chi a'ch plentyn deall ei orbryder a dysgu sgiliau newydd i'w helpu ymdopi. Am fwy o wybodaeth ac i gofrestru, ewch i: https://nhswales.silvercloudhealth.com/signup/	Graphic 1 or 6

		#GIGCymru	
11.	Supporting a young person with anxiety can be challenging but there's lots you can do to help them help themselves. The **Supporting an Anxious Teen** online CBT programme can help you support your teen to tackle their anxiety, boost self-esteem and learn practical skills to help them manage their symptoms. Find out more and sign up: https://nhswales.silvercloudhealth.com/signup/ #NHSWales	Mae cefnogi person ifanc sydd â gorbryder yn gallu bod yn heriol ond mae llawer y gallwch chi ei wneud i'w helpu nhw helpu eu hunain. Gall y rhaglen CBT ar-lein **Cefnogi Person Ifanc Gorbryderus** eich helpu cefnogi'ch person ifanc i fynd i'r afael â'i orbryder, rhoi hwb i'w hunan-barch a dysgu sgiliau ymarferol i'w helpu rheoli ei symptomau. Am fwy o wybodaeth ac i gofrestru, ewch i: https://nhswales.silvercloudhealth.com/signup/ #GIGCymru	Graphic 2 or 6

SilverCloud GIG CYMRU NHS WALES

SilverCloud - Social Media Posts - Twitter
Programmes to Support Children, Young People and Parents

	ENGLISH	CYMRAEG	GRAPHIC
1.	1 in 6 young people struggle with mental health challenges like anxiety and low mood. SilverCloud's new online therapy programmes are designed to support children and teens to improve their mental health. Find out more: https://nhswales.silvercloudhealth.com/signup/	Mae 1 o bob 6 person ifanc yn profi heriau iechyd meddwl fel gorbryder a hwyliau isel. Mae rhaglenni therapi ar-lein newydd SilverCloud ar gael i gefnogi plant a phobl ifanc i wella eu hiechyd meddwl. Gwybodaeth:https://nhswales.silvercloudhealth.com/signup/	Graphic 6 or 7 Could use graphics 1-5 if you want to highlight a particularl programme.
2.	New online therapy programmes from SilverCloud can support children and young people to cope with anxiety and low mood. Young people and parents can sign up free via phone, tablet and laptop without a GP referral. Find out more: https://nhswales.silvercloudhealth.com/signup/	Rhaglenni therapi ar-lein newydd SilverCloud yn cefnogi plant a phobl ifanc ymdopi â gorbryder a hwyliau isel. Gall pobl ifanc a rhieni gofrestru dros y ffôn, tabled a gliniadur heb atgyfeiriad meddyg teulu. Gwybodaeth:https://nhswales.silvercloudhealth.com/signup/	Graphic 6 or 7 Could use graphics 1-5 if you want to highlight a particular programme.
3.	If you're a parent supporting a child with anxiety, you're not alone.	Os ydych chi'n rhiant yn cefnogi plentyn gorbryderus, nid ydych ar eich pen eich hun. Mae rhaglenni CBT ar-lein newydd yn gallu eich helpu chi a'ch plentyn deall ei	Graphic 1 or 6

	New online CBT programmes can help you and your child understand their anxiety and learn new skills to help them cope. Sign up: https://nhswales.silvercloudhealth.com/signup/	orbryder sut i ymdopi. Cofrestrwch:https://nhswales.silvercloudhealth.com/signup/	
4.	If you're a parent supporting an anxious teen, you're not alone. New online therapy programmes can help you and your child understand their anxiety and learn new skills to help them cope. Learn more: https://nhswales.silvercloudhealth.com/signup/	Os ydych chi'n rhiant yn cefnogi person ifanc gorbryderus, nid ydych chi ar eich pen eich hun. Mae rhaglenni therapi newydd ar-lein yn gallu eich helpu chi a'ch plentyn deall ei orbryder a dysgu i ymdopi. Gwybodaeth:https://nhswales.silvercloudhealth.com/signup/	Graphic 2 or 6
5.	If you're feeling anxious or low, you're not alone. Many young people struggle with their mental health. Our new online therapy service for young people aged 16-18 can help you understand what's going on and learn how to cope better. Info: https://nhswales.silvercloudhealth.com/signup/	Os ydych chi'n teimlo'n orbryderus neu'n isel, nid ydych chi ar eich pen eich hun. Mae llawer o bobl ifanc yn stryglo gyda'u hiechyd meddwl. Gall ein gwasanaeth therapi ar-lein newydd helpu pobl ifanc rhwng 16-18 oed deall beth sy'n digwydd a dysgu i ymdopi: https://nhswales.silvercloudhealth.com/signup/	Graphic 3, 4, 5 or 7
6.			Graphics 1, 2, or 6

	The last couple of years have been hard on young people's mental health. Online therapy programmes from SilverCloud can help parents and carers to better support young people with anxiety. Info: https://nhswales.silvercloudhealth.com/signup/	Mae'r blynyddoedd diwethaf wedi bod yn anodd ar iechyd meddwl pobl ifanc. Gall rhaglenni therapi ar-lein newydd SilverCloud helpu rhieni, gofalwyr ac athrawon cefnogi pobl ifanc â gorbryder. Gwybodaeth:https://nhswales.silvercloudhealth.com/signup/	
7.	No one should feel alone with their problems. If you're aged 16-18 and feeling anxious or low, online therapy can help. Our free digital therapy programmes support you to manage their mental health and feel better. Sign up: https://nhswales.silvercloudhealth.com/signup/	Ni ddylai neb teimlo'n unig gyda'u problemau. Os ydych chi rhwng 16-18 oed ac yn teimlo'n orbryderus neu'n isel, gall therapi ar-lein helpu. Gall ein rhaglenni therapi digidol am ddim eich cefnogi chi i reoli eich iechyd meddwl a theimlo'n well. https://nhswales.silvercloudhealth.com/signup/	Graphic 3, 4, 5 or 7
8.	If your child is struggling with their mental health, help is here for you when you need it. Parents and carers can sign up for free online Cognitive Behavioural Therapy (CBT)	Os yw eich plentyn yn stryglo gyda'i iechyd meddwl, mae cymorth ar gael. Gall rhieni a gofalwyr gofrestru ar gyfer Therapi Gwybyddol Ymddygiadol (CBT)	Graphic 1 or 6

	to support children and young people with anxiety. Info:https://nhswales.silvercloudhealth.com/signup/	ar-lein, am ddim, i gefnogi plant a phobl ifanc gorbryderus. Gwybodaeth:https://nhswales.silvercloudhealth.com/signup/	
9.	SilverCloud's new online therapy programmes have been designed with young people in mind. Young people aged 16-18 can sign up for free online NHS support for anxiety or low without a GP referral. Info:https://nhswales.silvercloudhealth.com/signup/	Mae rhaglenni therapi ar-lein newydd SilverCloud wedi'u dylunio gyda phobl ifanc mewn golwg. Gall pobl ifanc 16-18 oed gofrestru am gymorth am ddim y GIG ar gyfer gorbryder neu hwyliau isel heb atgyfeiriad meddyg teulu. Gwybodaeth:https://nhswales.silvercloudhealth.com/signup/	Graphic 3, 4, 5 or 7
10	Supporting a child with anxiety can be challenging. SilverCloud's new online therapy programmes for parents, teachers and carers can you help them cope. More info: https://nhswales.silvercloudhealth.com/signup/	Gall cefnogi plentyn gyda gorbryder bod yn heriol iawn. Gall rhaglenni therapi ar-lein newydd SilverCloud i rieni, athrawon a gofalwyr eich helpu chi i'w helpu nhw ymdopi. Gwybodaeth:https://nhswales.silvercloudhealth.com/signup/	Graphic 1 or 6
11.			

	Supporting a young person with anxiety can be challenging. New online therapy programmes for parents and carers can help you help them cope. Learn more and sign up: https://nhswales.silvercloudhealth.com/signup/	Gall cefnogi person ifanc gyda gorbryder bod yn heriol. Gall rhaglenni therapi ar-lein newydd i rieni, athrawon a gofalwyr eich helpu chi i'w helpu nhw i ymdopi. Cofrestrwch:https://nhswales.silvercloudhealth.com/signup/	Graphic 2 or 6

SilverCloud - Social Media Posts - Instagram

Programmes to Support Children, Young People and Parents

ENGLISH	CYMRAEG	
1 in 6 children and young people struggle with mental health challenges. SilverCloud's new suite of online therapy programmes have been designed with young people in mind. Teens aged 16-18, and parents, carers or teachers of children aged 4-18 who have mild to moderate anxiety or low mood can sign up for a free 12-week programme on the NHS to help manage their mental health and wellbeing. It's a secure, anonymous and supportive service based on Cognitive Behavioural Therapy (CBT). There's no need to be referred by a GP – access anytime, anywhere on a mobile, tablet or laptop. It's supportive too. Choose one of the easy-to-use, interactive online programmes to complete over 12 weeks and receive fortnightly feedback from a qualified SilverCloud Supporter. Find out more and signup: https://nhswales.silvercloudhealth.com/signup/. #NHSWales #CYP #YoungMinds #Children #YoungPeople #Families #MentalHealth #Wellbeing #MentalHealthAwareness	Mae 1 o bob 6 plentyn a pherson ifanc yn cael trafferth gyda heriau iechyd meddwl. Mae rhaglenni therapi ar-lein newydd SilverCloud wedi'u dylunio gyda phobl ifanc mewn golwg. Gall pobl ifanc rhwng 16-18 oed, a rhieni, gofalwyr neu athrawon plant 4-18 oed sydd â gorbryder ysgafn i gymedrol neu hwyliau isel, gofrestru ar gyfer rhaglen 12 wythnos am ddim ar y GIG i helpu rheoli eu hiechyd meddwl a'u lles. Mae'n rhaglen ddiogel, dienw a chefnogol yn seiliedig ar Therapi Gwybyddol Ymddygiadol (CBT). Does dim angen atgyfeiriad gan Feddyg Teulu - gallwch ei ddefnyddio unrhyw le, unrhyw bryd ar ffôn symudol, llechen neu liniadur. Mae'n gefnogol hefyd. Dewiswch un o'r rhaglenni rhyngweithiol, hawdd i'w defnyddiol, ar-lein i gwblhau dros 12 wythnos a derbyn adborth bob pythefnos gan Gefnogwr SilverCloud cymwys. Am fwy o wybodaeth ac i gofrestru, ewch i: https://nhswales.silvercloudhealth.com/signup/ #GIGCymru #CYP #MeddyliauIfanc #Plant #PoblIfanc #Teuluoedd #IechydMeddwl #Lles #YmwybyddiaethIechydMeddwl #IechydMeddwlYnBwysig	Graphics 1 - 7

#MentalHealthMatters #Depression #Anxiety #ExamStress #Relationships #Selfcare #Kindness #Resilience #Motivation	#Iselder #Gorbryder #StraenArholiadau #Perthnasoedd #HunanOfal #Caredigrwydd #Gwydnwch #Cymhelliant	