

NHS Wales Digital Mental Health Support (SilverCloud®)

Space for Perinatal Wellbeing – Key Messages

Spring 2023

Context

- People often talk about the positive emotions they experience during pregnancy and the first year of being a parent, but less about the emotional challenges they experience, despite these being just as common.
- New and expectant parents and carers often experience problems with their sleep, wellbeing, and mood. Around 1 in 5 women and 1 in 10 men will develop a mental health concern during the perinatal period (1-3).
- Looking after your wellbeing is an essential part of being a parent. When you feel balanced and calm, you worry less, have more energy, sleep better, and feel more confident in handling the challenges of life.
- Having access to mental health and wellbeing support during the perinatal period can help people to improve their overall wellbeing and identification of potential concerns that may require further support.

Key Messages

- People living in Wales or registered with a GP in Wales can access SilverCloud® online guided self-help programmes free via NHS Wales. Using techniques based on Cognitive Behavioural Therapy (CBT), SilverCloud® programmes can help people to manage mental health concerns and improve wellbeing
- A new programme is available:
 - **Space for Perinatal Wellbeing** can help parents and carers improve wellbeing during pregnancy and the first year after having a child; build skills to manage symptoms of anxiety and depression; learn to reflect on your mental health, discover ways to reduce tension and worry (WHAT'S NEW?).
- This programme is for:
 - New parents and parents-to-be, those adopting a child, and surrogates
 - People who are experiencing (or may be at risk of experiencing) mild-to-moderate symptoms of depression and/or anxiety during the perinatal period. (WHO IS IT FOR?):
- Understand how thoughts, feelings and behaviours are linked, and learn how to make positive changes that will improve wellbeing in ways that suit your lifestyle (WHAT WILL I LEARN?)

- Complete a programme over 12 weeks; for best results engage with the programme for 15-20 minutes, 3-4 times a week. Access activities and interactive tools and receive regular feedback and guidance from a qualified SilverCloud® Supporter. (WHAT TO EXPECT).
- No need to be referred by your GP – sign up online and access your programme 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)
- Space for Perinatal Wellbeing is based on techniques from Cognitive Behavioural Therapy (CBT), an evidence-based therapy that works by encouraging people to challenge the way they think, feel and behave (ABOUT CBT).

References

1. [Mental health in pregnancy | Royal College of Psychiatrists \(rcpsych.ac.uk\)](https://www.rcpsych.ac.uk/mentalhealthinpregnancy).
2. Howard LM, Molyneaux E, Dennis C-L, Rochat T, Stein A, Milgrom J. Non-psychotic mental disorders in the perinatal period. *The Lancet* 2014; 384: 1775-88.
3. Paulson, J.F., & Bazemore, S.D. (2010). Prenatal and postpartum depression in fathers and its association with maternal depression: A meta-analysis, *The Journal of the American Medical Association*, 303(19), 1961-1969.

Gwasanaeth Therapi Gwybyddol Ymddygiadol Ar-lein GIG Cymru (SilverCloud®) Gofod i Les Amenedigol - Negeseuon Allweddol

Cyd-destun

- Mae pobl yn aml yn siarad am yr emosiynau cadarnhaol maen nhw'n eu profi yn ystod beichiogrwydd a'r flwyddyn gyntaf o fod yn rhiant, ond llai am yr heriau emosiynol maen nhw'n eu profi, er bod y rhain yr un mor gyffredin.
- Mae rhieni a gofalwyr newydd a rhai sy'n disgwyl yn aml yn cael problemau gyda'u cwsg, eu lles, a'u hwyliau. Bydd tua 1 o bob 5 menyw ac 1 o bob 10 dyn yn datblygu pryder iechyd meddwl yn ystod y cyfnod amenedigol (1-3).
- Mae gofalu am eich lles chi yn rhan hanfodol o fod yn rhiant. Pan fyddwch chi'n teimlo'n gytbwys ac yn dawel eich meddwl, rydych chi'n poeni llai, yn teimlo bod gennych fwy o egni, yn cysgu'n well, ac yn teimlo'n fwy hyderus wrth ddelio â heriau bywyd.
- Gall cael cymorth iechyd meddwl a lles ar flaen eich bysedd yn ystod y cyfnod amenedigol eich helpu gwella eich lles cyffredinol ac adnabod pryderon sydd o bosib yn galw am gymorth pellach.

Negeseuon Allweddol

- Mae [SilverCloud gan Amwell](#)® yn cynnig rhaglenni therapi digidol sy'n seiliedig ar Therapi Gwybyddol Ymddygiadol, wedi'u cynllunio i gefnogi iechyd meddwl a lles.
- Mae GIG Cymru yn cynnig rhaglenni am ddim SilverCloud® ar-lein i bobl sy'n byw yng Nghymru neu sydd wedi'u cofrestru gyda meddyg teulu yng Nghymru.
- Mae rhaglen therapi ar-lein newydd, **Gofod i Les Amenedigol**, ar gael i helpu rhieni a gofalwyr rheoli eu hiechyd meddwl a'u lles yn ystod y cyfnod amenedigol. Mae'r cyfnod amenedigol yn cwmpasu'r amser wrth ddisgwyl babi a blwyddyn ar ôl yr enedigaeth
 - Gall **Gofod i Les Amenedigol** helpu rhieni beichiog a rhieni a gofalwyr newydd i reoli gorbryder ac iselder yn well yn ystod y cyfnod amenedigol, dysgu myfyrio ar eu hiechyd meddwl, darganfod ffyrdd o leihau tensiwn a phryder, a gwella eu lles.
- Mae'r rhaglen hon ar gyfer:
 - Rhieni sy'n disgwyl a /rhieni newydd, y rhai sy'n mabwysiadu plentyn, a menywod sy'n benthyg eu croth.
 - Pobl sy'n profi (neu mewn perygl o brofi) symptomau iselder a/neu gorbryder yn ystod y cyfnod amenedigol.

- Deall sut mae meddyliau, teimladau ac ymddygiadau i gyd yn gysylltiedig, a dysgu sut i wneud newidiadau cadarnhaol a fydd yn gwella lles mewn ffyrdd sy'n siwtio eich ffordd o fyw.
- Cwblhau rhaglen dros 12 wythnos; er mwyn cael y canlyniadau gorau rydym yn awgrymu eich bod ymgysylltu â'r rhaglen am 15-20 munud, 3-4 gwaith yr wythnos. Bydd gweithgareddau ac offer rhyngweithiol ar gael ar flaen eich bysedd gyda chyfle i dderbyn adborth ac arweiniad rheolaidd gan Gefnogwr SilverCloud cymwys.
- Does dim angen atgyfeiriad gan eich Meddyg Teulu - cofrestrwch a defnyddiwch y rhaglen unrhyw le ar eich ffôn clyfar, llechen, neu gyfrifiadur
- Am fwy o wybodaeth ac i gofrestru, ewch i:
<https://nhs.wales.silvercloudhealth.com/signup/>
- Mae Gofod i Les Amenedigol wedi'i 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.

Cyfeiriadau

1. [Mental health in pregnancy | Royal College of Psychiatrists \(rcpsych.ac.uk\)](https://www.rcpsych.ac.uk/mentalhealthinpregnancy).
2. Howard LM, Molyneaux E, Dennis C-L, Rochat T, Stein A, Milgrom J. Non-psychotic mental disorders in the perinatal period. *The Lancet* 2014; 384: 1775-88.
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