



NHS Wales Online Cognitive Behavioural Therapy Service (SilverCloud®) Substance Use Programmes Key Messages January 2023

Context

- In 2021 alone, one in six adults in Wales reported drinking more than the recommended low-risk guideline of 14 units per week¹. That same year it is estimated that around 1 in 11 people used a drug such as cannabis or cocaine².
- It can be difficult for people to reach out for support with alcohol and drugs – many people worry about taking that first step.
- Digital tools can help break down barriers by supporting people to access help for their concerns early, in a way that fits around their life.

Key Messages

- [SilverCloud® by Amwell](#) provides digital therapy programmes based on Cognitive Behavioural Therapy and designed to support mental health and wellbeing. (WHAT IS SILVERCLOUD®?)
- NHS Wales provides SilverCloud® programmes free to anyone living in Wales or registered with a GP in Wales.
- SilverCloud® has two new online therapy programmes to support people aged 16+ who are looking to explore their relationship with alcohol and/or drugs (WHAT'S NEW?):
 - **Space from Alcohol** can help people gain insights into their alcohol use and build skills to make positive changes when they're ready.
 - **Space from Drug Use** can support people to gain insights into their substance use and build skills to make positive changes when they're ready.
- These 12-week programmes are for people aged 16+ who (WHO IS IT FOR?):
 - Are affected by mild-to-moderate alcohol or drug use / experiencing mild-to-moderate effects of alcohol or drug use
 - Want to explore their relationship with alcohol or drugs
 - Are thinking about making changes in relation to their substance use
- Understand how thoughts, feelings and behaviours are linked. Explore your relationship with alcohol or drugs, gain insights into why you drink alcohol/use drugs, learn about alcohol/substances and your health, and build practical skills to help you make positive changes that work for you. (WHAT WILL I LEARN?).

- Programmes are completely confidential and judgement-free. They feature activities, interactive tools and information to help you explore your options and make informed choices (MORE DETAIL).
- Choose one online programme to complete over 12 weeks 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 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 from Alcohol** and **Space from Drug Use** are based on Cognitive Behavioural Therapy (CBT) and Motivational Enhancement Therapy (MET). CBT is an evidence-based therapy that works by encouraging people to challenge the way they think, feel and behave. MET is a therapy technique that can help people feel more motivated to make changes (ABOUT CBT and MET).

Further information about who these programmes can help and who may need to seek more comprehensive support:

- *Online guided self-help programmes are designed to support people looking to explore their relationship with substances but who are not at crisis point. They are for:*
 - *People affected by mild-to-moderate substance use concerns*
 - *who are functioning well in day-to-day life (for example: maintaining responsibilities like work, family and personal relationships)*
 - *are looking to gain insights into their substance use*
 - *may be contemplating change.*
- *The SilverCloud® service and programmes are NOT a crisis service. These programmes provide guided self-help support and are not recommended for people who need a high level of support with substance use, including:*
 - *People affected by severe or heavy use (for example people who use daily or almost daily and/or in large quantities)*
 - *People with lived/living experience of alcohol and/or drug dependence*
 - *People receiving secondary or tertiary care for substance use or mental health concerns.*

Further info about each programme:

Space from Alcohol

- Are you worried about your drinking? /Thinking of making some changes but not sure where to start? / Are you thinking about cutting down on alcohol? / Ready to make a difference to your life? / Help is here for you.

- *Space from Alcohol*, an online therapy programme by SilverCloud®, can help you to better understand your relationship with alcohol, explore why you drink, learn the facts about alcohol and your health, and build practical skills to make positive changes when you're ready.
- Space from Alcohol can help you take that step / get where you want to be / make positive changes / make changes that feel right for you.

Space from Drug Use

- Are you concerned about your substance use? /Thinking about making some positive changes but not sure where to start? / Ready to make a difference to your life? / Getting to grips with drug use can be challenging but help is here for you.
- *Space from Drug Use*, an online therapy programme by SilverCloud®, can help you understand your relationship with drugs, explore why you use them, learn the facts about substances and your health, and build practical skills to make positive changes when you're ready.
- *Space from Drug Use* can help you take that step / get where you want to be / make positive changes / make changes that feel right for you.



**Gwasanaeth Therapi Gwybyddol Ymddygiadol Ar-lein GIG Cymru
(SilverCloud®)
Negeseuon Allweddol Rhaglenni Defnydd Sylweddau
Ionawr 2023**

Cyd-destun

- Yn 2021 yn unig, dywedodd un ym mhob chwech oedolyn yng Nghymru eu bod wedi yfed mwy na'r canllaw risg isel a argymhellir, sef 14 uned yr wythnos¹. Yr un flwyddyn amcangyfrifir bod tua 1 o bob 11 o bobl yn defnyddio cyffur fel cannabis neu gocên².
- Gall fod yn anodd i bobl gofyn am gymorth gydag alcohol a chyffuriau – mae llawer o bobl yn poeni am gymryd y cam cyntaf hwnnw.
- Gall offer digidol helpu chwalu rhwystrau drwy gefnogi pobl i geisio cymorth ar gyfer eu pryderon yn gynnar, mewn ffordd sy'n siwtio eu bywyd nhw.

Negeseuon Allweddol

- Mae SilverCloud® gan Amwell yn wasanaeth therapi digidol sy'n seiliedig ar Therapi Gwybyddol Ymddygiadol wedi'i gynllunio i gefnogi iechyd meddwl a lles. (BETH YW SILVERCLOUD®?)
- Mae [SilverCloud®](#) yn wasanaeth sy'n seiliedig ar Therapi Gwybyddol Ymddygiadol ar-lein yn rhad ac am ddim, wedi'i gynllunio i gefnogi iechyd meddwl a lles. Mae'r gwasanaeth yn cael ei ddarparu gan GIG Cymru mewn partneriaeth â SilverCloud gan Amwell.
- 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 gan SilverCloud® ddwy raglen therapi ar-lein newydd i gefnogi pobl 16+ oed sy'n bwriadu archwilio eu perthynas ag alcohol a/neu gyffuriau:
 - **Mae Gofod rhag Alcohol** yn gallu helpu pobl edrych ar ei ddefnydd o alcohol a meithrin sgiliau i wneud newidiadau cadarnhaol pan fyddan nhw'n barod.
 - Gall **Gofod rhag Defnyddio Cyffuriau** gefnogi pobl i edrych yn fanylach ar eu defnydd o sylweddau a meithrin sgiliau i wneud newidiadau cadarnhaol pan fyddan nhw'n barod.
- Mae'r rhaglenni 12 wythnos hyn ar gyfer pobl 16+ oed sydd:

- Wedi cael eu heffeithio gan ddefnydd o alcohol neu gyffuriau ysgafn i gymedrol / sy'n profi effeithiau ysgafn i gymedrol defnydd alcohol neu gyffuriau
 - Eisiau archwilio'u perthynas gydag alcohol neu gyffuriau
 - Yn meddwl am wneud newidiadau mewn perthynas â'u defnydd o sylweddau
- Deall sut mae meddyliau, teimladau ac ymddygiad i gyd wedi cysylltu. Archwilio eich perthynas ag alcohol neu gyffuriau, edrych yn fanylach ar pam rydych chi'n yfed alcohol/defnyddio cyffuriau, dysgu am alcohol/sylweddau a'ch iechyd, a meithrin sgiliau ymarferol i'ch helpu gwneud newidiadau cadarnhaol sy'n gweithio i chi.
 - Mae'r rhaglenni yn gwbl gyfrinachol ac yn ddi-farn. Maen nhw'n cynnwys gweithgareddau, offer rhyngweithiol a gwybodaeth i'ch helpu archwilio'ch opsiynau a gwneud dewisiadau gwybodus.
 - Dewiswch un rhaglen ar-lein i'w chwblhau dros 12 wythnos a derbyn adborth a chanllawiau 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 rhag Alcohol a Gofod rhag Defnyddio Cyffuriau wedi'u seilio ar Therapi Gwybyddol Ymddygiadol (CBT) a Therapi Gwella Cymhelliant (MET). Mae CBT yn seiliedig ar dystiolaeth ac yn yn gweithio drwy annog pobl i herio'r ffordd maen nhw'n meddwl, teimlo ac ymddwyn. Mae MET yn dechneg therapi a all helpu pobl i deimlo'n fwy brwdfrydig i wneud newidiadau.

Mwy o wybodaeth am bwy y gall y rhaglenni hyn eu helpu a phwy allai fod angen chwilio am gymorth mwy cynhwysfawr:

- *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.*
Maen nhw'n addas ar gyfer pobl:
 - *Sy'n cael eu heffeithio gan bryderon defnydd o sylweddau ysgafn i gymedrol*
 - *Sy'n gweithredu'n iawn ym mywyd dydd i ddydd (er enghraifft: cynnal cyfrifoldebau fel gwaith, teulu a pherthynas bersonol)*
 - *Yn ceisio cael golwg manylach ar eu defnydd o sylweddau*
 - *yn ystyried newid.*
- *NID gwasanaeth a rhaglenni mewn argyfwng yw SilverCloud®. Mae'r rhaglenni hyn yn cynnig cefnogaeth hunangymorth dan arweiniad ac nid ydynt yn cael eu hargymell ar gyfer pobl sydd angen lefel uchel o gefnogaeth gyda defnyddio sylweddau, gan gynnwys:*

- *Pobl sy'n cael eu heffeithio gan ddefnydd difrifol neu drwm (er enghraifft pobl sy'n defnyddio bob dydd neu bron bob dydd a/neu mewn symiau mawr)*
- *Pobl sy'n ddibynnol ar alcohol a/neu gyffuriau eraill*
- *Pobl sy'n derbyn gofal eilaidd neu drydyddol ar gyfer defnyddio sylweddau neu bryderon iechyd meddwl.*

Negeseuon allweddol mwy manwl i bob rhaglen:

Gofod rhag Alcohol

- Ydych chi'n poeni am eich yfed? /Meddwl gwneud rhai newidiadau ond ddim yn siŵr ble i ddechrau? / Ydych chi'n meddwl am dorri lawr ar nifer yr alcohol rydych chi'n yfed? / Barod i wneud gwahaniaeth i'ch bywyd? / Mae cymorth ar gael i chi.
- Gall rhaglen Gofod rhag Alcohol, rhaglen therapi ar-lein gan SilverCloud®, rhoi'r cymorth i chi ddeall eich perthynas ag alcohol yn well, archwilio pam rydych chi'n eu defnyddio, dysgu'r ffeithiau am alcohol a'ch iechyd, a meithrin sgiliau ymarferol i wneud newidiadau cadarnhaol pan fyddwch chi'n barod.
- Gall ein rhaglen Gofod rhag Alcohol eich helpu gwneud y cam hwnnw / cyrraedd y man rydych chi am fod / gwneud newidiadau cadarnhaol / gwneud newidiadau sy'n teimlo'n iawn i chi.

Gofod rhag Defnyddio Cyffuriau

- Ydych chi'n poeni am eich defnydd o sylweddau? /Meddwl am wneud rhai newidiadau cadarnhaol ond ddim yn siŵr ble i ddechrau? / Barod i wneud gwahaniaeth i'ch bywyd? / Mae mynd i'r afael â'ch defnydd o gyffuriau yn gallu bod yn heriol ond mae cymorth ar gael i chi.
- Gall ein rhaglen Gofod rhag Ddefnyddio Cyffuriau, rhaglen therapi ar-lein, rhoi'r cymorth i chi ddeall eich perthynas â chyffuriau, archwilio pam rydych chi'n eu defnyddio, dysgu'r ffeithiau am sylweddau a'ch iechyd, a meithrin sgiliau ymarferol i wneud newidiadau cadarnhaol pan fyddwch chi'n barod.
- Gall ein rhaglen Gofod rhag Cyffuriau eich helpu gwneud y cam hwnnw / cyrraedd y man rydych chi am fod / gwneud newidiadau cadarnhaol / gwneud newidiadau sy'n teimlo'n iawn i chi.