

SilverCloud - Social Media Posts – Facebook /long form Space from Alcohol and Space from Drug Use

Facebook: @SilverCloudWales

Twitter: @SilverCloudW

	ENGLISH	CYMRAEG
1.	<p>Are you thinking about making some positive changes this year?</p> <p>New SilverCloud® therapy programmes Space from Alcohol and Space from Drug Use can help you take that step.</p> <p>Confidential, judgement-free digital mental health support, based on Cognitive Behavioural Therapy (CBT), is available free on the #NHS in Wales.</p> <p>People aged 16+ who are affected by mild-to-moderate alcohol or substance use can sign up for a 12-week programme online and access it anywhere, anytime via phone, tablet or laptop.</p> <p>Learn more: https://nhs.wales.silvercloudhealth.com/signup/</p>	<p>Ydych chi'n ystyried gwneud newidiadau cadarnhaol eleni?</p> <p>Gall rhaglenni newydd SilverCloud® Gofod rhag Alcohol a Gofod rhag Defnydd Cyffuriau eich helpu gwneud y cam cyntaf.</p> <p>Cymorth iechyd meddwl digidol cyfrinachol a di-farn sy'n seiliedig ar Therapi Gwybyddol Ymddygiadol (CBT), ac mae ar gael am ddim ar y #GIG yng Nghymru.</p> <p>Gall pobl 16+ oed sy'n cael eu heffeithio gan ddefnydd o alcohol a sylweddau ysgafn i gymedrol gofrestru ar gyfer rhaglen 12 wythnos ar-lein a'i gyrchu unrhyw le, unrhyw bryd dros y ffôn, llechen neu liniadur.</p> <p>Dysgu mwy: https://nhs.wales.silvercloudhealth.com/signup/</p>
2.	<p>Are you thinking about cutting down on #alcohol but not sure where to start?</p> <p>#SilverCloud® therapy programme, Space from Alcohol, can help you understand your relationship with drinking, learn the facts about alcohol and your health, and build skills to make changes that feel right for you.</p> <p>Learn more: https://nhs.wales.silvercloudhealth.com/signup/</p> <p>#NHSWales</p>	<p>Ydych chi'n meddwl am dorri lawr ar eich #alcohol ond ddim yn siŵr ble i ddechrau?</p> <p>Gall rhaglen therapi #SilverCloud® Gofod rhag Alcohol eich helpu deall eich perthynas gydag yfed, dysgu'r ffeithiau am alcohol a'ch iechyd, a meithrin sgiliau i wneud newidiadau sy'n teimlo'n iawn i chi.</p> <p>Am fwy o wybodaeth, ewch i: https://nhs.wales.silvercloudhealth.com/signup/</p> <p>#GIGCymru</p>
3.	<p>Thinking about taking some positive steps this year?</p> <p>Online therapy programme Space from Drug Use, can help you understand your</p>	<p>Meddwl am wneud camau cadarnhaol eleni?</p> <p>Rhaglen therapi ar-lein #SilverCloud® Gofod rhag Defnyddio Cyffuriau i'ch helpu deall eich perthynas gyda sylweddau, dysgu'r ffeithiau</p>

	<p>relationship with substances, learn the facts about drugs and your health, and build skills to make changes that feel right for you.</p> <p>Learn more: https://nhs.wales.silvercloudhealth.com/signup/</p> <p>#NHSWales</p>	<p>am gyffuriau a'ch iechyd, a meithrin sgiliau i wneud newidiadau sy'n teimlo'n iawn i chi.</p> <p>Am fwy o wybodaeth, ewch i: https://nhs.wales.silvercloudhealth.com/signup/</p> <p>#GIGCymru</p>
4.	<p>Have you noticed that you might be drinking more alcohol lately? If you're worried about your drinking, support is available to you free on the #NHS in Wales.</p> <p>Space from #Alcohol is a new SilverCloud® online therapy programme that can help you explore your relationship with alcohol and build skills to make positive changes that feel right for you when you're ready.</p> <p>SilverCloud® programmes are based on Cognitive Behavioural Therapy and are completely confidential, judgement-free and supportive.</p> <p>Sign up: https://nhs.wales.silvercloudhealth.com/signup/</p>	<p>Ydych chi wedi sylwi eich bod yn yfed mwy o alcohol yn ddiweddar? Os ydych chi'n poeni am eich yfed, mae cymorth ar gael i chi am ddim gan y #GIG yng Nghymru.</p> <p>Mae Gofod rhag #Alcohol yn rhaglen therapi ar-lein newydd SilverCloud® a all eich helpu archwilio'ch perthynas gydag alcohol a meithrin sgiliau i wneud newidiadau cadarnhaol sy'n teimlo'n iawn i chi pan fyddwch chi'n barod.</p> <p>Mae rhaglenni SilverCloud® yn seiliedig ar Therapi Gwybyddol Ymddygiadol yn gwbl gyfrinachol, yn ddi-farn ac yn gefnogol.</p> <p>Cofrestrwch: https://nhs.wales.silvercloudhealth.com/signup/</p>
5.	<p>If you're worried about your substance use, support is available to you online.</p> <p>Space from Drug Use is a new online therapy programme by #SilverCloud® that can help you explore your relationship with substances and build skills to make positive changes that feel right for you when you're ready.</p> <p>SilverCloud® programmes are based on Cognitive Behavioural Therapy. They're completely confidential, judgement-free and supportive, and there are available free on the #NHS in Wales.</p> <p>Sign up: https://nhs.wales.silvercloudhealth.com/signup/</p>	<p>Os ydych chi'n poeni am eich defnydd o sylweddau, mae cymorth ar gael i chi ar-lein.</p> <p>Mae Gofod rhag Defnyddio Cyffuriau yn rhaglen therapi ar-lein newydd gan #SilverCloud® a all eich helpu archwilio'ch perthynas gyda sylweddau a meithrin sgiliau i wneud newidiadau cadarnhaol sy'n teimlo'n iawn i chi pan fyddwch chi'n barod.</p> <p>Mae rhaglenni SilverCloud® yn seiliedig ar Therapi Gwybyddol Ymddygiadol. Maen nhw'n gwbl gyfrinachol, yn ddi-farn ac yn gefnogol, a'r peth gorau yw, maen nhw ar gael i chi am ddim ar y #GIG yng Nghymru.</p> <p>Cofrestrwch: https://nhs.wales.silvercloudhealth.com/signup/</p>

	#NHSWales	#GIGCymru
6.	<p>New SilverCloud® digital therapy programmes can help you explore your relationship with alcohol and/or other substances and take steps that feel right for you.</p> <ul style="list-style-type: none"> Access anywhere, anytime via mobile, tablet or laptop Completely confidential and judgement-free Regular guidance from a SilverCloud Supporter <p>Sign up: https://nhswales.silvercloudhealth.com/signup/</p>	<p>Gall rhaglenni therapi digidol ar-lein newydd SilverCloud® i'ch helpu archwilio eich perthynas ag alcohol a/neu sylweddau eraill a chymryd camau sy'n teimlo'n iawn i chi.</p> <ul style="list-style-type: none"> Ei ddefnyddio unrhyw le, unrhyw bryd drwy ffôn symudol, tabled neu liniadur Cwbl gyfrinachol a di-farn Arweiniad rheolaidd gan Gefnogwr SilverCloud <p>Cofrestrwch: https://nhswales.silvercloudhealth.com/signup/</p>

SilverCloud - Social Media Posts – Twitter / short form Space from Alcohol, Space from Drug Use

	ENGLISH	CYMRAEG
1.	<p>Thinking about making some changes?</p> <p>SilverCloud® therapy programme Space from Alcohol / Space from Drug Use can help you take that step.</p> <p>It's a confidential, judgement-free and supportive online service based on CBT. And it's free on the #NHS in Wales.</p> <p>Info: https://nhswales.silvercloudhealth.com/signup/</p>	<p>Meddwl am wneud rhai newidiadau?</p> <p>Gall rhaglenni therapi SilverCloud® Gofod rhag Alcohol / Gofod rhag Defnydd Cyffuriau eich helpu gwneud y cam cyntaf.</p> <p>Mae'n gyfrinachol, di-farn a chefnogol yn seiliedig ar CBT, sy'n rhad ac am ddim ar y #GIG yng Nghymru.</p> <p>https://nhswales.silvercloudhealth.com/signup/</p>
2.	<p>Are you thinking about cutting down on #alcohol in 2023 but not sure where to start?</p> <p>SilverCloud® online therapy programme Space from Alcohol can help you understand your relationship with alcohol and make changes that feel right for you.</p>	<p>Ydych chi'n meddwl am dorri lawr ar eich #alcohol yn 2023 ond ddim yn siŵr ble i ddechrau?</p> <p>Gall rhaglen therapi ar-lein SilverCloud® Gofod rhag Alcohol eich helpu deall eich perthynas ag alcohol a gwneud newidiadau sy'n teimlo'n iawn i chi.</p>

	<p>Learn more: https://nhs.wales.silvercloudhealth.com/signup/</p>	<p>Dysgu mwy: https://nhs.wales.silvercloudhealth.com/signup/</p>
3.	<p>Are you worried about your substance use?</p> <p>Digital therapy programme Space from Drug Use can help you explore your relationship with substances and make changes that feel right for you. It's confidential, judgement-free and accessible 24/7.</p> <p>Info: https://nhs.wales.silvercloudhealth.com/signup/</p>	<p>Ydych chi'n poeni am eich defnydd o sylweddau?</p> <p>Gall y rhaglen therapi digidol Gofod rhag Defnyddio Cyffuriau eich helpu archwilio'ch perthynas â sylweddau a gwneud newidiadau sy'n teimlo'n iawn i chi. Mae'n gyfrinachol, yn ddi-farn ac yn hygyrch 24/7.</p> <p>Gwyb: https://nhs.wales.silvercloudhealth.com/signup/</p>
4.	<p>Noticed you might be drinking more alcohol lately? Help is here for you.</p> <p>Online therapy programme, Space from #Alcohol, can help you build skills to make changes that feel right for you. Free via #NHSWales.</p> <p>Info: https://nhs.wales.silvercloudhealth.com/signup/</p>	<p>Wedi sylwi eich bod yn yfed mwy o alcohol yn ddiweddar? Mae cymorth ar gael i chi.</p> <p>Mae rhaglen therapi ar-lein Gofod rhag #Alcohol yn gallu eich helpu meithrin sgiliau i wneud newidiadau sy'n teimlo'n iawn i chi. Am ddim trwy #GIGCymru</p> <p>Gwyb: https://nhs.wales.silvercloudhealth.com/signup/</p>
5.	<p>If you're worried about your substance use, support is available on #NHSWales.</p> <p>Space from Drug Use is a free online therapy programme by #SilverCloud® and that can help you build skills to make changes that feel right for you.</p> <p>Learn more / sign up https://nhs.wales.silvercloudhealth.com/signup/</p>	<p>Os ydych chi'n poeni am ddefnyddio sylweddau, mae cymorth ar gael gan #GIGCymru.</p> <p>Mae Gofod rhag Defnyddio Cyffuriau yn rhaglen therapi ar-lein am ddim gan #SilverCloud® a all eich helpu meithrin sgiliau i wneud newidiadau sy'n teimlo'n iawn i chi.</p> <p>Rhagor: https://nhs.wales.silvercloudhealth.com/signup/</p>
6.	<p>New SilverCloud® online therapy programmes can help you understand your</p>	<p>Rhaglenni therapi SilverCloud® ar-lein newydd i'ch helpu deall eich perthynas</p>

<p>relationship with #alcohol and/or other substances and take steps that feel right for you.</p> <p>They're confidential, judgement-free and available through #NHSWales.</p> <p>Learn more: https://nhs.wales.silvercloudhealth.com/signup/</p>	<p>ag #alcohol a/neu sylweddau eraill a chymryd camau sy'n teimlo'n iawn i chi.</p> <p>Maen nhw'n gyfrinachol, di-farn ac ar gael ar #GIGCymru.</p> <p>Dysgu mwy: https://nhs.wales.silvercloudhealth.com/signup/</p>
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SilverCloud - Social Media Posts - Instagram

Programmes to Support Children, Young People and Parents

ENGLISH	CYMRAEG
<p>Have you noticed you might be drinking more alcohol lately? Thinking of cutting down but not sure where to start? Or are you just looking to better understand your relationship with alcohol? Space from Alcohol, a new SilverCloud® online therapy programme can help you take steps that feel right for you. It's a confidential, judgement-free and supportive digital mental health service based on Cognitive Behavioural Therapy (CBT), and it's available free on the #NHS in Wales. People in Wales aged 16+ who are affected by mild-to-moderate alcohol use can sign up for a 12-week programme online and access it anywhere, anytime via phone, tablet or laptop.</p> <p>Learn more and sign up: https://nhs.wales.silvercloudhealth.com/signup/.</p> <p>#NHSWales #SilverCloud #AlcoholSupport #SubstanceUseSupport #MentalHealth #Wellbeing #MentalHealthAwareness #MentalHealthMatters</p>	<p>Ydych chi wedi sylwi eich bod yn yfed mwy o alcohol yn ddiweddar? Meddwl am leihau nifer yr alcohol rydych yn yfed ond ddim yn siŵr ble i ddechrau? Neu ydych chi'n edrych i ddeall eich perthynas ag alcohol yn well? Gall Gofod rhag Alcohol, rhaglen therapi ar-lein gan Silvercloud® eich helpu gwneud camau sy'n teimlo'n iawn i chi. Mae'n wasanaeth iechyd meddwl digidol cyfrinachol, di-farn a chefnogol sy'n seiliedig ar Therapi Gwybyddol Ymddygiadol (CBT), ac mae ar gael am ddim ar y #GIG yng Nghymru. Gall pobl 16+ oed yng Nghymru sy'n cael eu heffeithio gan ddefnydd o alcohol ysgafn i gymedrol gofrestru ar gyfer rhaglen 12 wythnos ar-lein a'i gyrchu unrhyw le, unrhyw bryd dros y ffôn, llechen neu liniadur.</p> <p>Am fwy o wybodaeth ac i gofrestru, ewch i: https://nhs.wales.silvercloudhealth.com/signup/</p> <p>#GIGCymru #SilverCloud #CymorthAlcohol #CymorthDefnyddioCyffuriau #IechydMeddwl #Lles #YmwybyddiaethIechydMeddwl #IechydMeddwlYnBwysig</p>
<p>Are you worried about your substance use? Thinking of cutting down but not sure where to start? Or are you just looking to better understand your relationship with drugs? New SilverCloud® online therapy programme, Space from Drug Use, can help you take steps that feel right for you. It's an confidential, judgement-free and supportive digital mental health service based on Cognitive Behavioural Therapy (CBT), and it's available free on the #NHS in Wales. People in Wales aged 16+ who are affected by mild-to-moderate alcohol use can sign up for a 12-week programme online and access it anywhere, anytime via phone, tablet or laptop.</p>	<p>Ydych chi'n poeni am eich defnydd o sylweddau? Meddwl am leihau nifer yr alcohol rydych yn yfed ond ddim yn siŵr ble i ddechrau? Neu ydych chi'n edrych i ddeall eich perthynas â chyffuriau'n well? Rhaglen newydd therapi ar-lein SilverCloud®, Gofod rhag Defnyddio Cyffuriau, eich helpu gwneud camau sy'n teimlo'n iawn i chi. Mae'n wasanaeth iechyd meddwl digidol cyfrinachol, di-farn a chefnogol sy'n seiliedig ar Therapi Gwybyddol Ymddygiadol (CBT), ac mae ar gael am ddim ar y #GIG yng Nghymru. Gall pobl 16+ oed yng Nghymru sy'n cael eu heffeithio gan ddefnydd o alcohol ysgafn i gymedrol gofrestru ar gyfer rhaglen 12 wythnos ar-lein a'i gyrchu unrhyw le, unrhyw bryd dros y ffôn, llechen neu liniadur.</p>

Learn more and sign up:

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

#NHSWales

#SilverCloud

#AlcoholSupport

#SubstanceUseSupport

#MentalHealth

#Wellbeing

#MentalHealthAwareness

#MentalHealthMatters

Am fwy o wybodaeth ac i gofrestru, ewch i:

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

#GIGCymru

#SilverCloud

#CymorthAlcohol

#CymorthDefnyddioCyffuriau

#IechydMeddwl

#Lles

#YmwybyddiaethIechydMeddwl

#IechydMeddwlYnBwysig