

# Gwasanaeth Therapi Ymddygiad Gwybyddol Ar-lein

## Ffordd Newydd i Feddwl Iachach

Mae 1 o bob 4 o bobl yn cael trafferth gyda heriau iechyd meddwl a lles, fel teimlo'n isel neu'n bryderus.

Mae Therapi Ymddygiad Gwybyddol (CBT) yn helpu pobl i reoli eu problemau drwy eu hannog i newid y ffordd y maen nhw'n meddwl ac yn ymddwyn.

Gall pobl dros 16 oed, sy'n profi gorbryder, iselder neu straen ysgafn i gymedrol, gofrestru ar gyfer CBT Ar-lein SilverCloud.

## Sut mae'n Gweithio:

### Ar gael unrhyw bryd, unrhyw le

Gall pobl dros 16 oed gofrestru ar gyfer cwrs therapi ar-lein 12 wythnos drwy eu ffôn clyfar, llechen, gliniadur neu gyfrifiadur.

### Dilyn y rhaglen yn ôl eich amserlen chi

Dewiswch o 15 rhaglen ar-lein i'w cwblhau yn ôl eich pwysau eich hun dros 12 wythnos. Dewch o hyd i help ar gyfer gorbryder, iselder, straen, cwsg, pryderon ariannol a mwy.

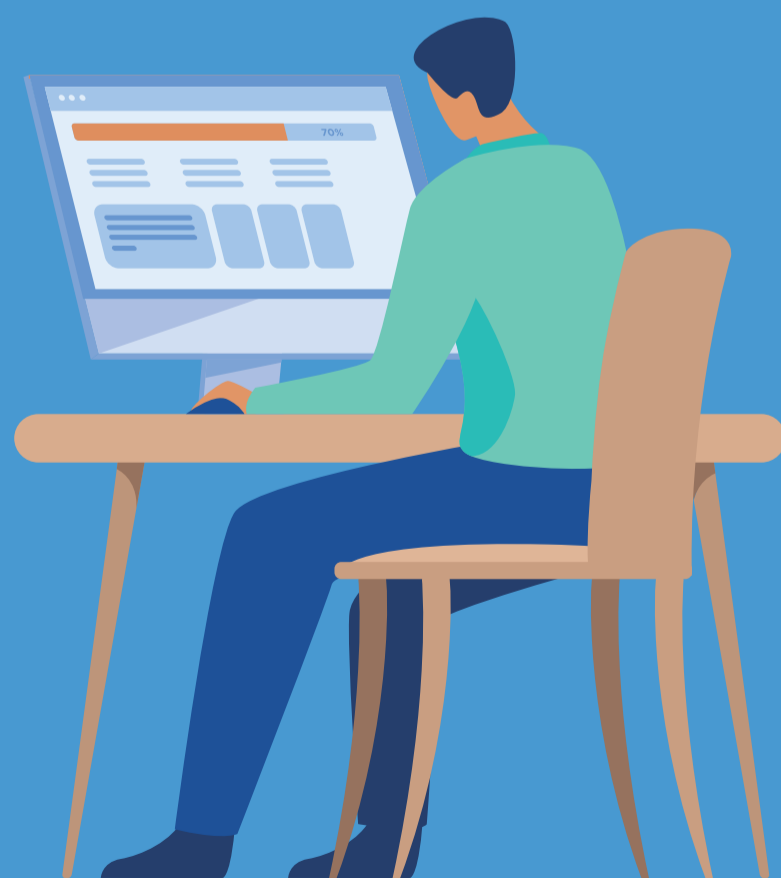
### Rhaglenni diddorol a rhyngweithiol

Mae'r rhaglenni'n cynnwys gweithgareddau ac offer sy'n rhoi'r sgiliau i chi wella a rheoli eich iechyd meddwl a'ch lles.

### Therapi ar-lein gyda chefnogaeth pobl go iawn

Byddwch yn cael Cefnogwr SilverCloud a fydd yn cysylltu â chi ar-lein bob pythefnos i adolygu eich cynnydd a chynnig adborth.

"Roeddwn i'n teimlo fy mod i'n cael fy nghefnogi drwy gydol y rhaglen ac wrth fy modd y gallwn ei defnyddio ar fy ffôn pan oedd angen. Rwy'n dal i gadw golwg ar fy hwyliau ac yn ymarfer yr hyn a ddysgais i deimlo'n well."



# NHS Wales Digital Mental Health Support

## A New Way to a Healthier Mind

1 in 4 people struggle with mental health and wellbeing challenges, like feeling low or anxious.

Cognitive Behavioural Therapy (CBT) helps people manage their problems by encouraging them to change the way they think and behave.

People aged 16+, experiencing mild to moderate anxiety, depression or stress, can now sign-up for SilverCloud Online guided self help programmes.

## How it Works:

### Access anytime, anywhere

People aged 16+ can sign up for a 12-week course of online therapy via their smartphone, tablet, laptop or desktop computer.

### Complete at your own pace

Choose from 15 online programmes to complete at your own pace over 12 weeks. Find help for anxiety, depression, stress, sleep, money worries and more.

### Engaging and interactive programmes

Programmes feature activities and tools. Giving you the skills to improve and manage your mental health and wellbeing.

### Online therapy with a human touch

You'll be allocated a SilverCloud Supporter who will check-in with you online every fortnight to review your progress and provide feedback.

"I felt supported throughout the programme and loved that I could use it on my phone when I needed to. I still track my mood and practice what I learned to feel better."

