**SUBSTANCE USE TOOLKIT: LANDING PAGE**

**[H1] If You’re Struggling With Problem Drinking Or Drug Use, We’re Here To Help**

There’s a close link between mental health, alcohol and drugs. During tough times, some people may turn to drink or drugs in an effort to self-medicate. The soothing effects are only ever fleeting, so what starts as a way of coping can quickly spiral out of control.

Left untreated, Substance Use can have a devastating effect on your physical and mental health, as well as the health of your entire family. That’s why it’s vital to get help.

It can be really hard to talk about how you’re struggling. But we’re not here to judge you. With the right help and support, it's possible for you to beat your addiction, get drug or alcohol free, and stay that way.

**[H2] Online mental health support that’s proven to work**

We’ve invested in the Substance Use mental health programmes from SilverCloud® by Amwell®.

These online programmes use Cognitive Behaviour Therapy (CBT) and Motivational Enhancement Theory (MET), the same treatments a therapist might use in a face-to-face appointment.

There are two programmes to choose from:

* *Drug Programme*
* *Alcohol Programme*

Both programmes can help you to take an honest look at your relationship with alcohol or drugs. They will help you to learn about the benefits of cutting back or quitting and give you the tools and motivation you need to take back control.

They are free to access, at any time of day and from any device, including your mobile phone. And because every addiction is unique, each programme can be personalised to your needs.

They are also completely confidential.

*[Optional copy where relevant / Remove if not: You can work through the content on your own, or in some cases, we can assign a supporter.* *That’s a real person, experienced in mental health support, to provide help and answer your questions.]* Ask *[insert relevant person here]* for more information.

**[H2] It takes courage to ask for help**

We know you might feel worried, scared or even ashamed about asking for help. But the sooner you talk to us, the sooner we can help you.

Talk to your doctor about getting a referral to our SilverCloud® *Drug* or *Alcohol* mental health programmes. *[info on how to join here].*