



Alcohol Programme

If you're concerned about your use of alcohol then taking the first step to getting help can be hard.

SilverCloud[®] by Amwell[®] is a digital therapy course. It offers you a private, judgement-free space to explore your relationship with alcohol. If you think you would benefit from using alcohol less, or quitting altogether, the *Alcohol* programme can help you make that change.



Knowledge and Understanding

The programme will help you assess your own desire to change by:

- Showing you what safe and unsafe drinking looks like.
- Explaining the impact alcohol can have on your wellbeing.
- Exploring how drinking can affect your relationships.



Taking control

You will learn to spot high-risk situations and triggers linked to your use of alcohol. And you can plan ways to cope with them. This will give you a greater sense of control and help you to own your decisions.

The programme allows you to set your own goals. Then it gives you the tools and resources you need to meet them.



Forging Ahead

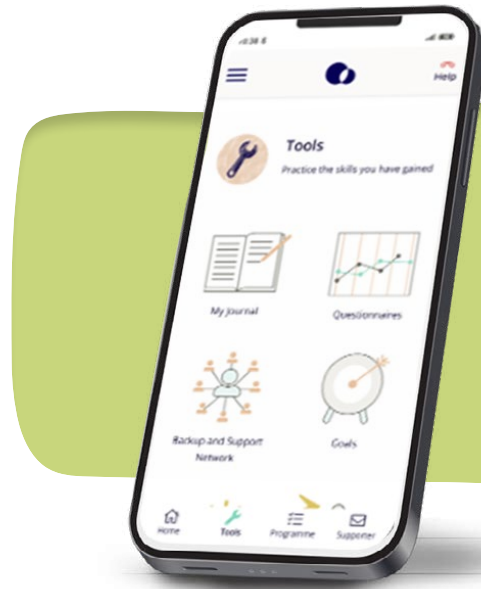
You will find new ways of thinking that will help you to feel better faster. And you'll learn how to build a strong support network to help you focus and commit to your goals for lasting results.

Is this programme for me?

The *Alcohol* programme helps you to get a better idea of your drinking patterns so you can understand your relationship with alcohol. This can help you if you want to reduce how much you drink, or stop drinking completely.

You can access the programme on your phone, computer or tablet, wherever and whenever you need it. There are five modules to work through at your own pace. For most people it takes about six weeks.

The *Alcohol* programme was developed in partnership with Inclusion, part of Midlands Partnership NHS Foundation Trust.



Cognitive Behavioural Therapy

This SilverCloud programme is based on Cognitive Behavioural Therapy, or CBT for short. CBT has been used for many years to help people manage their mental health and wellbeing. It will help you to understand your thoughts and feelings, and how they affect what you do. You'll learn how to make the changes you need to feel better.

"I feel like I've woken up to a whole new world. Giving up alcohol is not easy – I still think about drinking – but even that is getting better as the days pass. I just know I want to be able to live a full life and do all the things that other people can."

- Liz, SilverCloud® user

Modules in the *Alcohol* programme:

- **Alcohol and You** – Look at your relationship with alcohol and ask yourself: is there a problem?
- **Considering Change** – Take a fresh look at your drinking and decide whether you want to make changes.
- **Reducing Harm** – Understand the impact alcohol can have on you and learn about ways you can reduce the risks.
- **Triggers and High-Risk Situations** – Identify challenges you may face as you make changes. Learn ways to overcome them.
- **Moving Forward** – How to carry on making the changes you want for yourself.

Tools and activities

The *Alcohol* programme contains many helpful tools and activities including:

- **My Drink Diary** – Tracking your drinking can help to build a picture of why you drink.
- **Personal stories** – Hear from other people who are taking the programme. You can learn from them, and realise you are not alone.
- **Quizzes** – Test your knowledge about alcohol. Understand how it impacts your life.
- **Mindfulness exercises** – Take a moment to slow down and find peace with our podcasts.
- **My Plan** – Decide what you want to change then use your planner to help you make that change.

Find out more



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