



Drug Programme

If you're concerned about your use of drugs, 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 drugs. If you think you would benefit from using drugs less, or quitting altogether, the **Drug** programme can help you make that change.



Knowledge and Understanding

The programme will help you understand your options to make positive changes. It will show you:

- What unsafe drug use looks like.
- The impact drugs can have on your physical and mental wellbeing.
- How drug use can affect your relationships.



Taking Control

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

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

Cognitive Behavioural Therapy

This 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.

Is this programme for me?

The *Drug* programme helps you to better understand your relationship with drugs. This can help you if you want to reduce your drug use or stop using.

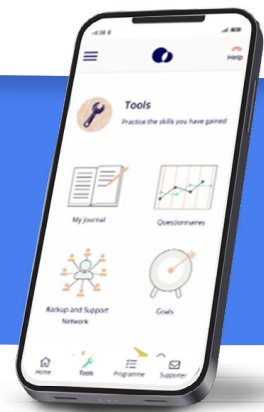
You can access the programme on your phone, computer or tablet – wherever and whenever you need it. There are six modules to work through at your own pace. For most people it takes about six weeks.

This programme may not be right for you if you are a heavy drug user, for example if you use drugs every day, or if you inject. If this applies to you, contact your local drugs and alcohol service to access support that best meets your needs.

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

"I'm starting to move on with my life. It's good to know what my triggers are and to remember why I needed to do something about my drug use in the first place."

- Katie, SilverCloud® user



Modules in the *Drug* programme:

- **Drugs and You** – Look at your relationship with drugs and ask yourself: is there a problem?
- **Considering Change** – Take a fresh look at your drug use and decide whether you want to make any changes.
- **Your Decision Making and the Law** – Find out how drug use impacts your decision making.
- **Reducing Harm** – Understand the impact drugs can have on you and get some ideas about reducing the risks.
- **Triggers and High-Risk Situations** – Identify challenges you may face as you make changes and learn ways to overcome them.
- **Moving Forward** – Help to continue making the changes you want for yourself.

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

- **My Drugs Diary** – Tracking your drug use can help to build a picture of why you are using.
- **Personal stories** – Hear from other people taking the Drugs programme. You can learn from their experience, and also realise you are not alone.
- **Quizzes** – Test your knowledge about drugs. Understand how they impact your life.
- **Mindfulness exercises** – Take a moment to slow down and find peace with our relaxation 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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