

What is Self-Harm Awareness?

Self-Harm Awareness is a course designed by Connecting with People and run in North Wales by the Betsi Cadwaladr Health Board's Self Care Office.

- Explore the myths and stigma associated with self-harm
- Understand the range of coping mechanisms
- Understand the prevalence of self-harm
- Be aware of research on self-harm
- Understand reasons why people self-harm
- Learn about the biological and psychological effects of self-harm
- Compassionate ways to support someone who uses self-harm as a coping mechanism
- Supporting people to find safer ways to deal with distress to support recovery from self-harm

The course is a 2.5 hour session and is available in community settings across North Wales where possible. An online version is accessible via any internet connected device

For more information, or to book a place on a course, please contact the Self Care Office on **03000 852281**, e-mail **eppcymru.bcuhb@wales.nhs.uk** or return the slip below to:

Self Care Office Co-ordinator,
Eryldon, Campbell Road, Caernarfon,
Gwynedd. LL55 1HU

Self Harm Awareness Course Return Slip

Name:

Address:

Post Code:

Phone number:



Hyfforddiant Ymwybyddiaeth Hunan-Niwed



Beth yw Ymwybyddiaeth o Hunan-niwed?

Cwrs wedi'i gynllunio gan Connecting with People yw Ymwybyddiaeth o Hunan-niwed a chaiff ei gynnal yng Ngogledd Cymru gan Swyddfa Hunanofal Bwrdd Iechyd Prifysgol Betsi Cadwaladr.

- Archwilio'r mythau a'r stigma sy'n gysylltiedig â hunan-niwed
- Deall yr ystod o ddulliau ymdopi
- Deall amllder hunan-niwed
- Bod yn ymwybodol o ymchwil yn ymwneud â hunan-niwed
- Deall y rhesymau pam mae pobl yn niweidio eu hunain
- Dysgu am effeithiau biolegol a seicolegol hunan-niwed
- Ffyrdd trugarog o roi cymorth i rywun sy'n defnyddio hunan-niwed fel dull ymdopi
- Rhoi cymorth i bobl o ran dod o hyd i ffyrdd diogelach o ddelio â gofid i gynorthwyo adferiad yn dilyn hunan-niwed

Mae'r cwrs yn sesiwn 2 awr a hanner ac mae ar gael mewn lleoliadau cymunedol ar draws Gogledd Cymru lle bo hynny'n bosib. Mae fersiwn ar-lein ar gael dros unrhyw ddyfais sy'n cysylltu â'r we.

Am ragor o wybodaeth, neu i gadw lle ar gwrs, cysylltwch â'r Swyddfa Hunanofal ar **03000 852281**, e-bostiwrch **eppcymru.bcuhb@wales.nhs.uk** neu dychwelwch y slip isod at:

Cydlynedd Swyddfa Hunan Ofal,
Eryldon, Lôn Campbell, Caernarfon,
Gwynedd. LL55 1HU

Bonyn Dychwelyd Cwrs Ymwybyddiaeth Hunan Niwed

Enw:

Cyfeiriad:

Cod Post:

Rhif ffôn:



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Self-Harm Awareness Training

