

## What is Self Harm-Response?

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

- Know and understand more about self-harm
- How to talk to someone about self-harm
- Techniques for developing and maintaining personal wellbeing & coping strategies to promote resilience
- Overview of useful techniques to help people who self-harm
- Practice how to talk to someone in distress who may self-harm
- Understand the importance of social support and the role of social support mapping
- Practice and know-how to co-produce an immediate and long-term Safety Plan

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](mailto: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 Response Course Return Slip

Name:

Address:

Post Code:

Phone number:



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Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

# Hyfforddiant Ymateb i Hunan- Niwed



## Beth yw Ymateb i Hunan-niwed?

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

- Dysgu a deall mwy am hunan-niwed
- Sut i siarad â rhywun am hunan-niwed
- Technegau i ddatblygu a chynnal strategaethau lles ac ymdopi personol i wella gwytnwch
- Trosolwg o dechnegau defnyddiol i helpu pobl sy'n hunan-niweidio
- Ymarfer sut i siarad â rhywun sy'n gofidio a allai hunan-niweidio
- Deall pwysigrwydd cefnogaeth gymdeithasol a rôl mapio cefnogaeth gymdeithasol
- Ymarfer a gwybod sut i lunio Cynllun Diogelwch canolraddol a hirdymor ar y cyd

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](mailto: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 Ymateb i Hunan Niwed

Enw:

Cyfeiriad:

Cod Post:

Rhif ffôn:



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# Self-Harm Response Training

