

HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Os ydych chi'n cael meddyliau am hunanladdiad neu'n bryderus am berson ifanc a allai fod gallwch gysylltu â HOPELINEUK am gymorth cyfrinachol a chyingor ymarferol.

HOPELINEUK

Call: **0800 068 4141**

Text: **07860 039 967**

Email: **pat@papyrus-uk.org**

Opening hours:

9am - 10pm weekdays

2pm - 10pm weekends

2pm - 10pm bank holidays

Our Suicide Prevention Advisers are ready to support you.

HOPELINEUK

Ffoniwch: **0800 068 4141**

Neges Destun: **07860 039 967**

E-bost: **pat@papyrus-uk.org**

Oriau agor:

9am - 10pm dyddiau'r wythnos

2pm - 10pm penwythnosau

2pm - 10pm gwyliau banc

Mae ein cynghorwyr atal hunanladdiad yn barod i'ch cynorthwyo.

Cofrestrwyd gyda'r



FUNDRAISING
REGULATOR
RHEOLEIDDWR
CODI ARIAN

Registered Charity Number - 1070896
Rhif Elusen Gofrestredig - 1070896

SUICIDE

the biggest killer of young people in the UK

HUNANLADDIAD

prif achos marwolaeth pobl
ifanc yn y DU

Helping children and young
people to stay safe from suicide

Helpu plant a phobl ifanc i gadw'n
ddiogel rhag hunanladdiad

What is HOPELINEUK?

HOPELINEUK is a confidential support and advice service for:

- **Children** and young people under the age of 35 who are experiencing thoughts of suicide.
- **Anyone** concerned that a young person could be thinking about suicide.

HOPELINEUK advisers want to work with you to understand why these thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.

Young People

Our advisers are all trained to help you focus on staying safe from suicide. Their training enables them to provide advice and support that may help you to move forward and stay alive.

Concerned Others

If you are concerned that a young person is feeling suicidal, advisors can support you to start a conversation about suicide and explore options of how best to support them.

Beth yw HOPELINEUK?

Mae **HOPELINEUK** yn wasanaeth cymorth a chynghor cyfrinachol ar gyfer:

- **Plant** a phobl ifanc sy'n iau na 35 sy'n profi meddyliau am hunanladdiad.
- **Unrhyw un** sy'n pryderu y gallai person ifanc fod yn meddwl am hunanladdiad.

Mae cynghorwyr **HOPELINEUK** am weithio gyda chi i ddeall pam y gallai'r meddyliau hyn am hunanladdiad fod yn bresennol. Maen nhw hefyd am roi man diogel i chi drafod unrhyw beth sy'n digwydd yn eich bywyd a allai fod yn effeithio ar eich gallu chi neu unrhyw un arall i gadw'n ddiogel.

Pobl Ifanc

Mae ein cynghorwyr i gyd wedi eu hyfforddi i'ch helpu chi i ganolbwyntio ar gadw'n ddiogel rhag hunanladdiad. Mae eu hyfforddiant yn eu galluogi i ddarparu cyngor a chefnogaeth a allai eich helpu chi i symud ymlaen ac aros yn fyw.

Eraill Sy'n Pryderu

Os ydych chi'n pryderu fod teimladau o hunanladdiad gan rywun, gall cynghorwyr roi cymorth i chi ddechrau sgwrs am hunanladdiad ac archwilio'r opsiynau gorau i'w cynorthwyo.

Who can PAPYRUS HOPELINEUK help?

- **Young** people, children, family, parents, siblings, partners, carers, grandparents.
- **Concerned** friends: at work, in school, college, university.
- **GPs**, Nurses, teachers, school nurses, A&E staff, pastoral staff.
- **Mental** health professionals: CAMHS staff, CPNs, Psychiatrists.
- **Education** staff: teachers, lecturers, learning mentors, education social workers.
- **Police**, ambulance staff, prison staff, drug and alcohol services, probation workers.

Pwy all LLINELL GYMORTH PAPYRUS eu helpu?

- **Pobl ifanc**, plant, teulu, rhieni, brodyr a chwirydd, partneriaid, gofalwyr, neiniau a theidiau.
- **Ffrindiau** sy'n pryderu yn y: gwaith, ysgol, coleg, prifysgol.
- **Meddygon Teulu**, Nyrsys, athrawon, nyrsys ysgol, staff damweiniau ac achosion brys, staff bugeiliol.
- **Gweithwyr** iechyd meddwl proffesiynol: staff CAMHS, nyrsys CPN, Seiciatryddion.
- **Staff Addysgiadol**: athrawon, darlithwyr, mentoriaid dysgu, gweithwyr cymdeithasol addysgiadol.
- **Yr Heddlu**, staff ambiwlans, staff carchar, gwasanaethau cyffuriau ac alcohol, gweithwyr gwasanaeth prawf.

"I've just searched online to find the service, this is the best advice I've had, and I'm talking about doctors and health professionals. Do you know nobody has just asked me to talk to him; it's really strange when you think about it - so thank you."

"Dwi newydd chwilio ar-lein i ddod o hyd i'r gwasanaeth, dyma'r cyngor gorau i mi ei gael, a dwi'n sôn am feddygon a gweithwyr iechyd proffesiynol. Wyddoch chi be', does 'na neb wedi jest gofyn i fi siarad 'da fe; mae'n rhyfedd iawn pan ti'n meddwl amdano – felly diolch."

"Thank you for helping me - no one has ever helped me this much before."

"Diolch am fy helpu – does neb wedi fy helpu gymaint â hyn o'r blaen."

"The people at HOPELINEUK are great – I feel understood."

"Mae'r bobl yn HOPELINE yn grêt – ron i'n teimlo'u bod yn fy neall i."