

COMMUNICATING WITH YOUNG PEOPLE

CYFATHREBU Â PHOBL IFANC



PAPYRUS
PREVENTION OF YOUNG SUICIDE
ATAL HUNANLADDIAD IFANC



Is a child or young person you know having thoughts of suicide?

Talking about suicide with a young person can feel really daunting. Whether you suspect that a young person you know is having thoughts of suicide or if you're already supporting a young person who has told you that they are having thoughts of suicide – knowing what to say and what not to say can feel like a minefield.

So how do you support a young person who is having thoughts of suicide? This leaflet contains a checklist of everything to include in your conversation with a young person, and how to get support.

✓ **Step 1: Ask them directly about thoughts of suicide**

Asking questions about suicide can be really difficult, painful and scary – but it saves lives.

Break the silence around young suicide – make it easier for them to talk about how they feel by using the word “suicide”. By doing this, you are showing the person who you are supporting that it is okay to talk about suicide with you. Make yourself approachable and show them that they can speak to you openly.

Worried about how to ask about suicide? Have a look at our helpful ‘Conversation Starters’ on the PAPYRUS website for tips on how to word your questions and responses.

But what if asking about suicide puts the idea in their mind?

All of the advice we give at PAPYRUS is based on a wide range of research we do to support young people and suicide prevention. There is strong evidence which shows that by asking about suicide you are not putting the idea into someone’s head if it is not already there. In fact, talking openly about suicide has been proven to help young people reach out for support.

Oes yna blentyn neu berson ifanc rydych yn ei adnabod sy’n cael meddyliau am hunanladdiad?

Gall siarad am hunanladdiad gyda pherson ifanc fod yn heriol dros ben. Boed amheuan gennyh fod y person rydych yn ei adnabod yn cael meddyliau am hunanladdiad neu’ch bod eisoes yn cefnogi person ifanc sydd wedi dweud wrthyhch ei fod yn cael meddyliau am hunanladdiad – gallech deimlo fod angen troedio’n ofalus wrth wybod beth i’w ddweud neu beidio.

Felly sut mae cefnogi person ifanc sy’n cael meddyliau am hunanladdiad? Mae’r daflen hon yn cynnwys rhestr wirio ar gyfer popeth i’w cynnwys yn eich sgwrs gyda pherson ifanc a sut i gael cefnogaeth.

✓ **Cam 1: Gofynnwch yn uniongyrchol am feddyliau am hunanladdiad**

Gall gofyn cwestiynau am hunanladdiad fod yn wirioneddol anodd, yn boenus a pheri ofn – ond mae’n achub bywydau.

Torrwch y tawelwch ynghylch hunanladdiad ifanc – gwnewch y peth yn haws i’r person ifanc siarad am sut mae’n teimlo drwy ddefnyddio’r gair “hunanladdiad”. Wrth wneud hyn, rydych chi’n dangos i’r person sy’n cael eich cefnogaeth bod siarad am hunanladdiad â chi yn beth iawn i’w wneud. Wrth fod yn agos-atoch gallwch ddangos i’r y person ifanc y gall siarad yn agored â chi.

Poeni am sut i ofyn am hunanladdiad? Edrychwch ar wefan PAPYRUS am gyngor ‘Dechrau Sgwrs’ am sut i eirio eich cwestiynau a’ch ymatebion.

Onid beth os yw gofyn am hunanladdiad yn rhoi’r syniad ym mhen y person ifanc?

Mae’r holl dystiolaeth a rown yn PAPYRUS yn seiliedig ar amrywiaeth eang o ymchwil a wnawn i gefnogi pobl ifanc ac atal hunanladdiad. Ceir tystiolaeth gref sy’n dangos nad ydych yn rhoi’r syniad ym mhen rhywun wrth ofyn iddo am hunanladdiad oni bai ei fod eisoes yno. Mewn gwirionedd, profwyd fod siarad yn agored am hunanladdiad yn helpu pobl ifanc i estyn allan am gefnogaeth.

- X Be careful how you talk about method.** Ask open questions without making suggestions. If a young person discloses to you that they have a plan for suicide then you may need to work with them to help disable their plan.

For practical advice on disabling a plan you can contact HOPELINEUK (see overleaf).

If someone tells you they are feeling suicidal – What do you do next?

✓ Step 2: Listen

When someone tells you that they are having thoughts of suicide it can be tempting to try and fix things for them. Telling someone that they have so much to live for might seem helpful, but it can appear dismissive or belittling of their concerns. This can shut them down and make them less likely to talk about it. It can be really challenging to understand why a young person is feeling suicidal but their feelings are valid, and unfortunately many young people do end their lives by suicide, so it's really important to listen.

Remember to be patient – it can be difficult for young people to express what's going on for them. Don't rush them, give them the time and space to tell you how they're feeling. Listen to what they have to say and allow them to speak freely.

- X Don't** assume you know.
 - X Don't** try to make their problems seem smaller.
 - X Don't** tell them it's just a phase.
 - X Don't** panic.
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- X Byddwch yn ofalus wrth drafod dull cyflawni'r weithred.** Gofynnwch gwestiynau agored heb wneud awgrymiadau. Os fydd person ifanc yn datgelu ei gynlluniau ar gyfer hunanladdiad yna mae'n bosibl y bydd angen i chi gydweithio i helpu i analluogi'r cynllun.

Am gyngor ymarferol ar analluogi cynllun gallwch gysylltu â HOPELINEUK (gweler trosodd).

Os fydd rhywun yn datgelu wrthyhch fod teimladau hunanladdol ganddo – Beth ddylech chi wneud nesaf?

✓ Cam 2: Gwrando

Pan fydd rhywun yn dweud wrthyhch fod ganddo deimladau am hunanladdiad mae'n anodd peidio ceisio trwsio pethau drosto. Efallai y byddwch yn meddwl fod dweud wrtho fod ei fywyd yn werth ei fyw yn ymddangos fel help dim ond iddo ddehongli hyn fel cael ei ddiystyru neu bod ei bryderon yn cael eu bychanu gan beri iddo gau lawr a'i wneud yn llai tebygol o siarad. Gall fod yn heriol iawn deall pam fo person ifanc yn teimlo'n hunanladdol ond mae ei deimladau'n ddilys, ac yn anffodus mae llawer o bobl ifanc yn diweddu eu bywydau drwy hunanladdiad, felly mae'n bwysig iawn gwrando.

Cofiwch bod yn amyneddgar – gall fod yn anodd iawn i berson ifanc fynegi'r hyn sy'n digwydd iddo. Peidiwch â'i ruthro, rhwch amser a gwagle iddo ddweud sut mae'n teimlo. Gwrandewch ar beth sydd ganddo i'w ddweud a gadewch iddo siarad yn rhydd.

- X Peidiwch** â thybio eich bod yn gwybod.
 - X Peidiwch** â cheisio gwneud i'r problemau ymddangos yn llai.
 - X Peidiwch** â dweud mai jest cyfnod yw hyn.
 - X Peidiwch** â mynd i banig.
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✓ Step 3: Reassure and show your support

Do tell them you are here for them. For many people, experiencing thoughts of suicide can be a really lonely and isolating experience. Connecting with people who care can be a protective factor – so it's really important to show your support.

Do thank them for being honest and open. Opening up about thoughts of suicide can be really scary – especially for a young person. Thanking them for their honesty encourages them to speak up when they feel the thoughts are becoming unmanageable or if they feel at risk of acting on their thoughts. Open conversations help to keep young people safe.

Do recognise how hard this is for them – even if you don't understand. For parents, friends, teachers or anyone else who is supporting a young person with thoughts of suicide it can be confusing. Trying to understand why they are feeling this way can feel really frustrating. Opening up about suicide is an incredibly brave thing to do. The reasons for thoughts of suicide can be complex, and these differ from person to person. You may never fully understand why the person is experiencing thoughts of suicide but it's important to reflect back to them that you recognise they're hurting so that they don't feel alone.

Do remember: It is okay if you don't know how to help them. Hearing "I don't know how to help you right now, but I am here for you, let's look for some support together" can bring a huge amount of comfort to a young person who is experiencing some really difficult feelings. It's supportive, it's honest and it helps you both to work towards getting the right help.

✓ Cam 3: Cysuro a dangos eich cefnogaeth

Dywedwch eich bod yma ac ar gael. I lawer o bobl, gall profi teimladau am hunanladdiad fod yn wirioneddol unig ac ynysig. Mae dod i gyswllt â phobl ofalgar yn gallu bod yn ffactor gwarchodol – felly mae'n bwysig iawn dangos eich cefnogaeth.

Diolchwch am ymateb gonest ac agored. Gall agor fyny am feddyliau am hunanladdiad beri ofn gwirioneddol – yn enwedig i berson ifanc. Wrth ddiolch am ei onestrwydd rydych yn ei annog i siarad allan pan fydd yn teimlo fod y meddyliau'n anodd eu rheoli neu os yw'n teimlo mewn perygl o'u cyflawni. Mae sgrysiâu agored yn helpu pobl ifanc i gadw'n ddiogel.

Cydnabyddwch pa mor anodd yw hyn – hyd yn oed os nad ydych chi'n deall. I rieni, ffrindiau, athrawon neu unrhyw un arall sy'n cefnogi person ifanc â meddyliau am hunanladdiad, gall beri dryswch. Gall ceisio deall pam ei fod yn teimlo fel hyn fod yn rhwystredig iawn. Mae agor fyny am hunanladdiad yn weithred hynod o ddewr. Gall y rhesymau dros feddyliau am hunanladdiad fod yn gymhleth, ac maen nhw'n gwahaniaethau o berson i berson. Mae'n bosibl na wnewch chi fyth deall yn iawn pam fo'r person yn profi meddyliau am hunanladdiad ond mae'n bwysig myfyrio'n ôl wrtho eich bod yn cydnabod y boendod fel nad yw'n teimlo ar ei ben ei hun.

Cofiwch: Mae'n iawn os nad ydych chi'n gwybod sut i helpu. Mae clywed "Dwi ddim yn gwybod sut i dy helpu'r funud hon, ond dwi yma i ti, beth am chwilio am gefnogaeth gyda'n gilydd" yn gallu bod yn gysur enfawr i berson ifanc sy'n profi teimladau gwirioneddol anodd. Mae'n gefnogol, mae'n onest ac mae'n eich helpu chi'ch dau i weithio tuag at gael yr help cywir.

✓ Step 4: Getting Help

You've gotten through the first conversation about thoughts of suicide and it's time to look for some help – remember not to panic, there is help available and young people can learn to manage or overcome their thoughts of suicide.

Thoughts of suicide do not have to end in suicide. You need to ask yourself;

- Is the young person willing and able to engage with support? What kind of help do they think would be most useful for them?
 - Can you support the young person to make an appointment with their GP?
 - The most important thing to remember: If you ever feel that someone is at immediate risk of suicide you can contact the emergency services on 999.
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✓ Cam 4: Cael Help

Rydych chi wedi dod drwy'r sgwrs gyntaf am feddyliau am hunanladdiad ac mae'n amser chwilio am gymorth – cofiwch beidio â mynd i banig, mae yna help ar gael a gall pobl ifanc ddysgu i reoli neu ddod dros eu teimladau am hunanladdiad.

Nid oes raid i feddyliau am hunanladdiad ddiweddu mewn hunanladdiad. Mae angen i chi ofyn i chi'ch hun;

- Ydy'r person ifanc yn barod ac yn gallu ymgysylltu â chefnogaeth? Pa fath o help fyddai fwyaf defnyddiol ym marn y person ifanc?
 - Allwch chi gefnogi'r person ifanc i wneud apwyntiad â'r Meddyg Teulu?
 - Y peth mwyaf pwysig i'w gofio: Os ydych chi'n teimlo fod rhywun mewn perygl dybryd o hunanladdiad gallwch gysylltu â'r gwasanaethau brys ar 999.
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HOPELINEUK

PAPYRUS provides a helpline service, HOPELINEUK, which 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

Mae PAPYRUS yn darparu gwasanaeth llinell gymorth, HOPELINEUK, sy'n wasanaeth cymorth a chynghor cyfrinachol ar gyfer:

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

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.



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