

# SELF-HARM

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# HUNAN- NIWEIDIO



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE  
ATAL HUNANLADDIAD IFANC



## What is self-harm?

The term 'self-harm' usually refers to someone intentionally causing themselves harm. Self-harm is often a physical response to emotional pain and/or intolerable experiences. It can also include self-neglect and engaging in risk-taking behaviour. Self-harm has a function for every individual who self-harms and stopping is not always straightforward even when you want to. Whether you are someone who self-harms, or you care about someone who self-harms, the following information is intended to shed some light on, what can be, a highly-stigmatised and complex subject.

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## What causes someone to self-harm?

For many young people self-harm is used as a coping mechanism. However, it's important to remember that everyone's reasons for self-harming are individual to them. Control, release, punishment, compulsion and expression are just a selection of reasons as to why someone may injure themselves. Sometimes, self-harm can also be a reaction to overwhelming life events that may feel unmanageable e.g. traumatic experiences in childhood such as abuse.

## Beth yw hunan-niweidio?

Mae'r term 'hunan-niweidio' fel arfer yn cyfeirio at rywun sy'n niweidio ei hun yn fwriadol. Yn aml ymateb corfforol i boen emosiynol a/neu brofiadau annioddefol yw hunan-niweidio. Gall hefyd gynnwys hunan esgeuluso a bod yn gysylltiedig ag ymddygiad o gymryd risg. Mae gan hunan-niweidio swyddogaeth ar gyfer pob unigolyn sy'n hunan-niweidio ac nid yw stopio bob amser yn syml hyd yn oed pan fyddwch am wneud hynny. P'un a ydych chi'n berson sy'n hunan-niweidio, neu'n gofalu am rywun sy'n hunan-niweidio, bwriad y wybodaeth ganlynol yw taflu peth goleuni ar bwnc sydd wedi ei stigmatiddio'n fawr ac a all fod yn gymhleth.

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## Beth sy'n achosi i rywun hunan-niweidio?

I lawer o bobl ifanc mae hunan-niweidio'n cael ei ddefnyddio fel ffordd o ymdopi. Fodd bynnag, y mae'n bwysig cofio fod rhesymau pawb dros hunan-niweidio'n rhai sy'n unigol iddyn nhw. Ymhlith rhai o'r rhesymau pam allai rywun hunan-niweidio mae rheoli, rhyddhad, cosbi, gorfodaethyrro, a mynegiant. Weithiau, gall hunan-niweidio fod yn ymateb i ddigwyddiadau gorlethol bywyd a allai deimlo'n amhosib eu rheoli e.e. profiadau trawmatig yn ystod plentynodod fel cam-drin.

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## I am concerned about someone self-harming – what can I do?

In some situations there are clear signs that a young person is self-harming, at other times it can be harder to tell. If you think someone you care for is harming themselves, we encourage you to reach out to them. It's not always an easy conversation to have – but we recommend:

- **Asking** sensitively and directly if they have been harming themselves
- **Managing** your reactions and remaining calm
- **Exploring** the reasons behind their self-harm
- **Listening** to their explanation
- **Trying** to understand what's happening from their point of view
- **Avoiding** taking control of the situation
- **Encouraging** them to seek support

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## Rwy'n pryderu am rywun sy'n hunan-niweidio – beth alla'i ei wneud?

Mewn rhai amgylchiadau ceir arwyddion clir fod person ifanc yn hunan-niweidio, ar adegau eraill gall fod yn fwy anodd dweud. Os ydych chi'n meddwl fod rhywun annwyl i chi'n niweidio ei hun, anogwn i chi estyn allan. Nid yw'n sgwrs hawdd ei chael bob tro – ond argymhellwn:

- **Gofyn** yn sensitif ac yn uniongyrchol a yw wedi bod yn hunan-niweidio
- **Rheoli** eich ymateb ac aros yn dawel a llongydd
- **Archwilio'r** rhesymau y tu ôl i'r hunan-niweidio
- **Gwrando** ar yr esboniad
- **Ceisio** deall beth sy'n digwydd o safbwynt y person
- **Osgoi** cymryd rheolaeth o'r sefyllfa
- **Annog** y person i chwilio am gymorth

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## I am someone who uses self-harm – what can I do?

The more you understand your own self-harm, the more you can feel in control and hopefully less distressed. Understanding why you self-harm may help you talk about it with others too. There are steps you can take to ensure that you are safe and supported. Taking control of your self-harm can be really challenging – but we suggest:

- **Considering** what self-harm does for you and the role of it in your life
- **Looking** for patterns in your self-harm and keeping a diary
- **Exploring** possible alternative coping mechanisms and distraction techniques
- **Caring** for your injuries by accessing medical attention when needed and keeping a first-aid kit
- **Reaching** out to someone you trust and talking things through
- **Getting** some professional support in place by talking to your GP, a helpline or a young person's counselling service
- **Remembering** that things can change for you - there is **HOPE**

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## Rydw i'n berson sy'n defnyddio hunan-niweidio – beth alla'i ei wneud?

Gorau po fwyaf y gallwch ddeall eich hunan-niweidio eich hun, er mwyn teimlo mewn rheolaeth ac mewn llai o drallod, gobeithio. Gallai deall pam yr ydych yn hunan-niweidio eich helpu chi i siarad amdano gydag eraill hefyd. Mae yna gamau y gallwch eu cymryd i sicrhau eich bod yn ddiogel ac yn cael eich cefnogi. Gall cymryd rheolaeth dros eich hunan-niweidio fod yn heriol dros ben – ond awgrymwyn:

- **Ystyried** beth mae hunan-niweidio yn ei wneud i chi a'i rôl yn eich bywyd
- **Chwilio** am batrymau wrth i chi hunan-niweidio a chadw dyddiadur
- **Archwilio** ffyrdd amgen posibl o ymdopi ac o wrthdynnu
- **Cymryd** gofal o'ch anafiadau drwy gael mynediad at sylw meddygol pan fydd angen a chadw cit cymorth cyntaf
- **Estyn** allan i rywun rydych yn ymddiried ynddo a siarad drwy bethau
- **Sefydlu** bod peth cymorth proffesiynol mewn lle drwy siarad â'ch Meddyg Teulu, llinell gymorth neu wasanaeth cwsnola person ifanc
- **Cofio** bod pethau yn gallu newid i chi – mae yna **OBAITH**

## Self-harm and suicide

Self-harm is a struggle often shared with our Suicide Prevention Advisers at HOPELINEUK. More than half of people who die by suicide have a history of self-harm (NHS 2018).

Self-harm may, or may not, be a sign that someone is feeling suicidal – it is very important to ask and not make assumptions. If you are a young person having thoughts of suicide – or you are concerned about a young person who may be suicidal – you can call HOPELINEUK on 0800 068 41 41 for practical advice and support.

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## Myths and facts

**Myth:** Young people who self-harm are just looking for attention.

**Fact:** The phrase ‘attention-seeking’ dismisses the real reasons causing someone to injure themselves. Consider what’s being communicated.

**Myth:** It’s just a phase – they’ll grow out of it.

**Fact:** Self-harm can affect any person at any age and is not something that only young people struggle with. There are many myths about self-injury. The best way to understand and support someone is to talk to them directly, being clear you are not judging them or trying to make decisions for them.

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## Hunan-niweidio a hunanladdiad

Mae hunan-niweidio’n frwydr sy’n cael ei rhannu’n aml â’n Hymgyngorwyr Atal Hunanladdiad yn HOPELINEUK. Mae gan mwy na hanner y bobl sy’n marw drwy hunanladdiad hanes o hunan-niweidio (GIG 2019).

Gall hunan-niweidio fod, neu beidio â bod yn arwydd fod gan rywun deimladau am hunanladdiad – mae’n bwysig iawn gofyn a pheidio â rhagdybio. Os ydych chi’n berson ifanc sy’n cael meddyliau am hunanladdiad – neu os ydych chi’n poeni am berson ifanc a allai fod yn meddwl am hunanladdiad – gallwch ffonio HOPELINEUK ar 0800 068 4141 am gyngor a chymorth ymarferol.

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## Mythau a ffeithiau

**Myth:** Dim ond chwilio am sylw mae pobl ifanc sy’n hunan-niweidio.

**Ffaith:** Mae’r dywediad ‘tynnu sylw’ yn diystyru’r gwir resymau sy’n arwain at rywun yn anafu ei hun. Ystyriwch beth sy’n cael ei gyfathrebu.

**Myth:** Cyfnod yn unig yw hyn – bydd yn tyfu allan ohono fe.

**Fact:** Gall hunan-niweidio effeithio ar unrhyw berson ar unrhyw oedran ac nid yw’n frwydr i berson ifanc yn unig. Ceir sawl myth am hunan-niweidio. Y ffordd orau o ddeall a chynorthwyo rhywun yw drwy siarad yn uniongyrchol â’r person ac egluro nad ydych yn ei feirniadu nac yn ceisio gwneud penderfyniadau ar ei ran.

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## Further support

### PAPYRUS

[www.papyrus-uk.org](http://www.papyrus-uk.org) – See the coping strategies on our 'Help and Advice' pages

### Calm Harm

[www.calmharm.co.uk](http://www.calmharm.co.uk)

### Young Minds

[www.youngminds.org.uk](http://www.youngminds.org.uk)

### Life Signs

[www.lifesigns.org.uk](http://www.lifesigns.org.uk)

### The Mix

[www.themix.org.uk](http://www.themix.org.uk)



## Cefnogaeth bellach

### PAPYRUS

[www.papyrus-uk.org](http://www.papyrus-uk.org) – Gallwch weld strategaethau ymdopi ar ein tudalennau 'Help a Chyngor'

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## Self-Injury Support

Self-Injury Support run a women's helpline, text service and webchat support. You can contact their helpline on 0808 800 8088, the text service on 07537 432 444 and access webchat through their website. These services are all open 7pm – 9.30pm, Tuesday – Thursday. There are also lots of resources and self-help links on their website.

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

## Self-Injury Support

Mae Self-Injury Support yn rhedeg llinell gymorth i fenywod, gwasanaeth neges destun a chymorth gwe-sgwrsio. Gallwch gysylltu â'r llinell gymorth ar 0808 800 8088, y gwasanaeth neges destun ar 07537 432 444 a chael mynediad at y we-sgwrs drwy eu gwefan. Mae'r gwasanaethau hyn ar agor 7pm-9.30pm, ar ddydd Mawrth i ddydd Iau. Ceir llawer o adnoddau a dolenni hunan-gymorth ar eu gwefan.

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

## 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

[www.papyrus-uk.org](http://www.papyrus-uk.org)

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

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Mae ein cyngorwyr atal hunanladdiad yn barod i'ch cynorthwyo



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