

RESPONDING TO SELF HARM

SUGGESTIONS FOR SCHOOL STAFF

- **Check in with yourself and regulate before speaking to a young person** about self-harm as it's normal to feel upset, worried and overwhelmed when faced with a young person in distress
- **Speak with the young person** and invite them to tell you about the self-harm and any problems or worries they have, with awareness that some of these may be safeguarding related
- **Remain calm, empathic and non-judgmental** and provide an offer to listen. It may take a few invitations to talk before the young person feels safe to share what is going on for them
- **Make a plan together** with the young person which might include further check-in times, the use of safety planning tools (perhaps in conjunction with safeguarding leads), a referral to other services, and discussion around how information about their safety will need to be shared, for example with parents/carers. Be clear with the young person why you are doing this and give them choices about how you might tell those who need to know
- **Inform parents/carers** and follow your school safeguarding protocol around next steps which might involve speaking to your local EWMH team for advice
- **Speak with your Safeguarding Lead** to plan the next steps for support (immediate and longer term) and to ensure you are not dealing with the situation alone
- **Stay connected to the young person and their support systems** as schools have a great deal to offer young people in providing support and stability during times that are tough. Services and support systems around a child should aim to communicate and work together in the best interests of the young person
- **Consider others affected** such as friends, siblings or staff who might need their own space to talk about their feelings, include your own needs in this

USEFUL NUMBERS & RESOURCES

For urgent mental health support, **ring 111 and press option 2.**

Single Point of Access (Emotional Wellbeing & Mental Health) - 02921 836730

Emotional Wellbeing & Mental Health

<https://cavoyoungwellbeing.wales>

The Hangout

<https://platform.org/project/the-hangout-cardiff>

Welsh Government (Responding to self harm and thoughts of suicide in young people)

<https://www.gov.wales/responding-issues-self-harm-and-thoughts-suicide-young-people>



IF A YOUNG PERSON IS ACTIVELY SUICIDAL

If someone is actively suicidal: If they are clear they want to die, they have a plan and intend to act on that plan immediately, make sure someone **stays with them at all times** – you have time to seek advice but ensure the person is not left alone.

If the young person has already taken an overdose/seriously harmed themselves, call 999.

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg. 09/2024

YMATEB I HUNAN-NIWEIDIO

AWGRYMIADAU AR GYFER STAFF YSGOL

- **Dylech sicrhau eich bod chi'n iawn a cheisio rheoleiddio cyn siarad â pherson ifanc** am hunan-niweidio gan ei bod hi'n arferol teimlo'n ofidus, yn bryderus ac wedi'ch llethu wrth wynebu person ifanc mewn trallod
- **Siaradwch â'r person ifanc** a'i wahodd i ddweud wrthyhch am yr hunan-niweidio ac unrhyw broblemau neu bryderon sydd ganddo, gan fod yn ymwybodol y gallai rhai o'r rhain ymwneud â diogelu
- **Peidiwch â chynhyrfu, byddwch yn empathig ac yn anfeirniadol** a chynnig clust i wrando. Efallai y bydd angen mwy nag un gwahoddiad i siarad cyn i'r person ifanc deimlo'n ddiogel i rannu'r hyn sy'n digwydd iddo
- **Gwnewch gynllun ar y cyd** â'r person ifanc a allai gynnwys sesiynau sgwrsio pellach, y defnydd o offer cynllunio diogelwch (efallai ar y cyd ag arweinwyr diogelu), atgyfeiriad at wasanaethau eraill, a thrafodaeth ynghylch sut y bydd angen rhannu gwybodaeth am ei ddiogelwch, er enghraifft gyda rhieni/gofalwyr. Byddwch yn glir gyda'r person ifanc pam eich bod yn gwneud hyn a rhowch ddewisiadau iddo ynghylch sut y gallech ddweud wrth y rhai sydd angen gwybod
- **Rhowch wybod i rieni/gofalwyr** a dilynwch brotocol diogelu eich ysgol ynghylch y camau nesaf a allai olygu siarad â'ch tîm LIEIM/EWMH lleol i gael cyngor
- **Siaradwch â'ch Arweinydd Diogelu** i gynllunio'r camau nesaf ar gyfer rhoi cymorth (nawr ac yn y tymor hir) ac i sicrhau nad ydych yn delio â'r sefyllfa ar eich pen eich hun
- **Cadwch mewn cysylltiad â'r person ifanc a'r systemau cefnogi** gan fod gan ysgolion lawer iawn i'w gynnig i bobl ifanc o ran darparu cymorth a sefydlogrwydd yn ystod cyfnodau anodd. Dylai gwasanaethau a systemau cymorth sy'n gysylltiedig â'r plentyn anelu at gyfathrebu a chydweithio yn y ffordd orau er lles y person ifanc
- **Ystyriwch eraill sydd wedi eu heffeithio** fel ffrindiau, brodyr a chwiorydd neu staff a allai fod angen eu lle eu hunain i siarad am eu teimladau, gan gynnwys eich anghenion eich hun

RHIFAU AC ADNODDAU DEFNYDDIOL

Am gymorth iechyd meddwl brys, **ffoniwch 111 a phwyswch opsiwn 2.**

Pwynt Mynediad Sengl (Lles Emosiynol ac Iechyd Meddwl) - [02921 836730](tel:02921836730)

Lles Emosiynol ac Iechyd Meddwl

<https://cavayoungwellbeing.wales>

Yr Hangout

<https://platform.org/cy/project/yr-hangout/>

Llywodraeth Cymru (Ymateb i hunan-niweidio a meddyliau am hunanladdiad mewn pobl ifanc)

<https://www.gov.wales/responding-issues-self-harm-and-thoughts-suicide-young-people>



! OS YW PERSON IFANC MEWN PERYGL O LADD EI HUN

Os yw rhywun mewn perygl o ladd ei hun: Os yw'n glir eu bod eisiau marw, mae ganddynt gynllun a'u bod yn bwriadu gweithredu ar y cynllun hwnnw ar unwaith, gwnewch yn siŵr bod rhywun yn **aros gyda nhw drwy'r amser** - mae gennych amser i ofyn am gyngor ond rhaid sicrhau nad yw'r person yn cael ei adael ar ei ben ei hun.

Os yw'r person ifanc eisoes wedi cymryd gorddos/niweidio ei hun yn ddifrifol, ffoniwch 999.

This document is available in English / Mae'r ddogfen hon ar gael yn Saesneg. 09/2024