



# PAPYRUS

PREVENTION OF YOUNG SUICIDE  
 ATAL HUNANLADDIAD IFANC

Education and Training	Addysg a Hyfforddiant
Our Suicide Prevention Products	Ein Cynnyrch Atal Hunanladdiad
<p>Our education and training programme equips individuals, groups and organisations with the knowledge and skills to better understand suicide and suicide prevention.</p> <p>Through presentations, tutorials and training products PAPYRUS support communities to become suicide safer.</p> <p>Either attend as an individual at a session organised by our regional offices or commission a session for your group, organisation or community.</p> <p>Below is an illustration of our suite of education and training products:</p>	<p>Mae'n rhaglen addysg a hyfforddiant yn cynnig gwybodaeth a sgiliau i unigolion, grwpiau a sefydliadau i ddeall mwy am hunanladdiad a'i atal.</p> <p>Trwy gyflwyniadau, sesiynau tiwtorial a chynnyrch hyfforddi, mae PAPYRUS yn cefnogi cymunedau i ddiogelu rhag hunanladdiad.</p> <p>Gallwch ddod i un o'r sesiynau a drefnir gan ein swyddfydd rhanbarthol fel unigolyn neu gallwch gomisiynu sesiwn ar gyfer eich grŵp, eich sefydliad neu'ch cymuned.</p> <p>Isod, gallwch weld ein holl adnoddau addysg a hyfforddiant:</p>
<p><b>Presentation (Face to Face and Online)</b></p> <p><b>SP-ARK</b> Suicide Prevention – Awareness, Resource, Knowledge. An introduction to PAPYRUS and Suicide Prevention</p> <p>The key objectives are:</p> <p>To increase awareness of Suicide and Suicide Prevention</p> <p>To provide information about PAPYRUS – Prevention of Young Suicide</p> <p>To develop Hope and encourage action for a suicide safer community</p>	<p><b>Cyflwyniad (Wyneb yn wyneb ac ar-lein)</b></p> <p>Atal Hunanladdiad <b>SP-ARK</b> – Ymwybyddiaeth, Adnoddau, Dealltwriaeth. Cyflwyniad i PAPYRUS ac Atal Hunanladdiad.</p> <p>Y prif amcanion yw:</p> <p>Codi ymwybyddiaeth o Hunanladdiad ac Atal Hunanladdiad</p> <p>Darparu gwybodaeth ynghylch PAPYRUS - Atal Hunanladdiad Ifanc</p> <p>Datblygu Gobaith ac annog gweithredu ar gyfer cymunedau sy'n ddiogel o ran hunanladdiad</p>

<p>To understand the importance of self-care.</p> <p>SP-ARK'ed Suicide Prevention – Awareness, Resource, Knowledge e-delivery. An introduction to PAPHYRUS and Suicide Prevention</p> <p>Delivery Time: 30 Minutes (for both versions) Cost: Free (one session per organisation)</p>	<p>Deall pwysigrwydd hunanofal</p> <p>Atal Hunanladdiad SP-ARK'ed – Ymwybyddiaeth, Adnoddau, Dealltwriaeth sy'n cael eu cyflwyno ar y we. Cyflwyniad i PAPHYRUS ac Atal Hunanladdiad.</p> <p>Amser: 30 Munud (ar gyfer y ddwy fersiwn) Pris: Am ddim (un sesiwn ar gyfer pob sefydliad)</p>
<p>Tutorial (Face to Face and Online)</p> <p><b>SP-OT</b> Suicide Prevention – Overview Tutorial. What EVERYONE needs to know.</p> <p>The key objectives are</p> <p>To understand the prevalence and impact of suicide</p> <p>To explore the language, and the challenges, when talking openly about suicide</p> <p>To recognise the 'signs' that may indicate someone is having thoughts of suicide</p> <p>To consider how we can all contribute to a suicide safer community.</p> <p>SP-OT'ed Suicide Prevention – Overview Tutorial e-delivery. What EVERYONE needs to know.</p> <p>Delivery Time: 90 minutes (both versions) Cost: £300 (minimum 8, max 30 participants)</p>	<p>Tiwtorial (Wyneb yn wyneb ac ar-lein)</p> <p>Atal Hunanladdiad <b>SP-OT</b> - Tiwtorial Trosolwg. Yr hyn sydd angen i BAWB ei wybod.</p> <p>Y nodau allweddol yw</p> <p>Deall mynychder ac effaith hunanladdiad</p> <p>Arbrofi ag iaith a'r heriau wrth siarad yn agored am hunanladdiad</p> <p>Adnabod yr 'arwyddion' allai ddynodi fod rhywun yn meddwl am hunanladdiad</p> <p>Ystyried sut allwn ni oll gyfrannu at gymuned sy'n fwy diogel o ran hunanladdiad.</p> <p>Atal Hunanladdiad SO-PT'ed – Tiwtorial Trosolwg ar y we. Beth sydd angen i BAWB ei wybod.</p> <p>Amser – 90 munud (y ddwy fersiwn) Pris: £300 (isafswm o 8, uchafswm o 30 cyfranogwr)</p>
<p>Training (Face to Face)</p> <p><b>SP-EAK</b> Suicide Prevention – Explore, Ask, Keep-Safe. An introduction to Suicide Prevention skills</p> <p>The key objectives are</p> <p>To consider the attitudes, myths and stigma that surround suicide</p>	<p>Hyfforddiant (wyneb yn wyneb)</p> <p>Atal Hunanladdiad <b>SP-EAK</b> - Archwilio, Gofyn, Cadw'n Ddiogel. Cyflwyniad i sgiliau Atal Hunanladdiad.</p> <p>Y nodau allweddol yw</p> <p>Ystyried agweddau, mythau a'r stigma ynghylch hunanladdiad</p>

<p>To recognise and explore the ‘signs’ that may indicate someone is having thoughts of suicide</p> <p>To encourage an open, safe and sensitive conversation about suicide with a person having thoughts of suicide</p> <p>To support a safety plan with someone thinking of suicide.</p> <p>Delivery Time: 3.5 hours</p> <p>Cost: £550 (minimum 8, max 30 participants)</p>	<p>Cydnabod ac archwilio’r ‘arwyddion’ allai ddynodi fod rhywun yn meddwl am hunanladdiad</p> <p>Annog sgwrs agored, diogel a sensitif ynghylch hunanladdiad ag unigolyn sydd yn meddwl am hunanladdiad</p> <p>Cefnogi cynllun diogelwch â rhywun sydd yn meddwl am hunanladdiad.</p> <p>Amser: 3.5 awr</p> <p>Pris: £550 (isafswm o 8, uchafswm o 30 cyfranogwr)</p>
<p><b>ASIST</b> Applied Suicide Intervention Skills Training (2 days): A skills building workshop that prepares caregivers to provide suicide first aid interventions.</p> <p>The key objectives for you to learn to</p> <p>To consider personal and societal attitudes to suicide</p> <p>To learn the most widely used suicide prevention model in the world</p> <p>To recognise, and act on, the signs that someone is having thoughts of suicide</p> <p>To seek a shared understanding of the reasons for thoughts of suicide and identify reasons for living</p> <p>To review current risk and develop a joint plan to keep someone safe from suicide, signposting for further help and community resources as needed.</p> <p>Delivery Time: 2 days</p> <p>Cost: £5000 (minimum 16, max 30 participants) £4500 if the organiser provides the venue.</p>	<p>Hyfforddiant Cymhwysol Sgiliau Atal Hunanladdiad <b>ASIST</b> (2 ddiwrnod): Gweithdy datblygu sgiliau sy’n paratoi gofalwyr i ddarparu ymyriadau cymorth cyntaf er mwyn atal hunanladdiad.</p> <p>Y prif amcanion i chi eu dysgu yw</p> <p>Ystyried agweddau personol a chymdeithasol at hunanladdiad</p> <p>Dysgu’r model atal hunanladdiad a ddefnyddir fwyaf, ledled y byd</p> <p>Cydnabod a gweithredu ar yr arwyddion fod rhywun yn meddwl am hunanladdiad</p> <p>Canfod cyd-ddealltwriaeth o’r rhesymau pam fod unigolyn yn meddwl am hunanladdiad a dynodi rhesymau dros fyw</p> <p>Adolygu risg presennol a datblygu cynllun ar y cyd i gadw unigolyn yn ddiogel rhag hunanladdiad, cyfeirio at gymorth pellach ac adnoddau cymunedol, yn ôl y gofyn.</p> <p>Hyd y Cwrs: 2 ddiwrnod</p> <p>Pris: £5000 (lleiafswm o 16, uchafswm o 30 cyfranogwr.) £4500 os yw’r trefnwr yn darparu lleoliad.</p>

Notes:

The Applied Suicide Intervention Training Skills (ASIST) prices are negotiable based on the provision of venue, equipment, refreshments and other factors.

Nodiadau:

Mae costau Hyfforddiant Cymhwysol Sgiliau Atal Hunanladdiad ASIST i'w trafod yn seiliedig ar y lleoliad, offer, lluniaeth a ffactorau eraill.