



Diwrnod Astudio Ymwybyddiaeth o Hunan-laddiad 11ed Dydd Gwener Mai 9.30-4pm

Ydych chi eisiau gwybod mwy am natur a graddfa hunanladdiad yn y Deyrnas Unedig ac yng Nghymru?

Ydych chi eisiau cynyddu eich gwybodaeth am yr hyn a all gyfrannu at ymddygiad o'r fath?

A ydych yn awyddus i ddatblygu eich sgiliau wrth siarad â phobl a all fod mewnperrygl?

Os felly, gallai'r cwrs undydd hwn fod i chi.

Lleoliad: Prifysgol Bangor Archimedes
Wrecsam, ystafell 22.

Mae'r cwrs ar gyfer:

Gweithwyr proffesiynol mewn amgylchedd lle gall problemau iechyd meddwl fod yn amlwg e.e. Prawf, heddlu, carchar, gwasanaethau cymdeithasol, staff nyrso o bob disgyblaeth a statws cymwys a heb gymhwys], staff PB ar draws pob maes.

Cysylltwch â ni

I gael rhagor o wybodaeth am y gynhadledd hon, cysylltwch â: **Russel Jones**

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Lynne Williams

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Ysgol Gwyddorau Gofal Iechyd
Prifysgol Bangor, Bangor, Gwynedd, LL57 2EF

I archebu lle dilynwch y linc yma: <https://shop.bangor.ac.uk/product-catalogue/coleg-gwyddorau-iechyd-ac-ymddygiad-college-of-health-and-behavioural-sciences/suicide-awareness-study-day>

Time	Activity
9:30-9:45	Cyflwyniad ac amcanion
9:45-10:30	Diffinio hunanladdiad; epidemioleg hunanladdiad
10:30-10.45	Egwyl
10.45-12.15	Theorïau am hunanladdiad, grwpiau arbennig; agweddau meddygol-gyfreithiol
12.15-1pm	Cinio
1pm-2.30	Swyddogaethau therapiwtig
2.30-2.45	Egwyl
2.45-4pm	Hunan-ofal staff; Mentrau cenedlaethol



Suicide Awareness Study Day

Friday 11th May
9:30-4pm

Do you want to know more about the nature and scale of suicide in the UK and Wales?

Do you want to increase your knowledge of what may contribute to suicidal behaviour?

Do you want to develop your skills in talking to people who may be at risk?

If so then this one day course could be for you.

Location: Bangor University, Archimedes
Wrexham campus, Room 22.

This course is aimed at:

Professionals working in an environment where mental health problems may be evident e.g. probation, police, prison, social services, nursing staff of all disciplines and status (registered and unregistered.)

Get in touch

For more information please contact: **Russel Jones**

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To book, follow this link: <https://shop.bangor.ac.uk/product-catalogue/coleg-gwyddorau-iechyd-ac-ymddygiad-college-of-health-and-behavioural-sciences/suicide-awareness-study-day>

Time	Activity
9:30-9:45	Introduction and objectives
9:45-10:30	Defining suicide; epidemiology of suicide
10:30-10.45	Break
10.45-12.15	Theories of suicide, special groups; medico-legal aspects
12.15-1pm	Lunch
1pm-2.30	Therapeutic roles
2.30-2.45	Break
2.45-4pm	Staff self-care; National initiatives