

Dod o hyd i'r geiriau cywir

Weithiau'r geiriau sydd mwyaf
anodd eu dweud yw'r rhai pwysicaf.

Ar Ddiwrnod Atal Hunanladdiad y Byd, hoffem ddangos i bawb nad oes angen bod ofn arnynt siarad am deimladau anodd, gan gynnwys meddyliau hunanladdol.

Dangosodd arolwg diweddar mai dim ond 45% o bobl sy'n teimlo'n gyffyrddus yn siarad â theulu a ffrindiau am feddyliau hunanladdol, o gymharu â 74% sy'n teimlo'n gyffyrddus yn siarad am iechyd meddwl.*

Hoffem i hyn newid. Drwy siarad yn fwy agored am hunanladdiad, gallwn roi i bobl y cyfle i fynegi eu teimladau ac i gael y cymorth sydd arnynt ei angen. Gallai hyd yn oed achub bywyd.

Ar #WSPD rydyn ni'n rhannu awgrymiadau ar sut allwch chi helpu i wneud newid:

Beth ddylai bobl ei wneud

Gwyliwch am newidiadau mewn ymddygiad a allai olygu bod rhywun yn cael trafferth i ymdopi.

Dywedwch rywbeth er mwyn rhoi gwybod i rywun bod cymorth ar gael.

Chwaraewch eich rhan drwy estyn allan i unrhyw un sy'n destun pryder ichi.

Lleihewch y stigma - mae meddyliau hunanladdol llawer yn fwy cyffredin nag y gwŷr y rhan fwyaf - felly dewch inni siarad amdanynt!

Sut i helpu rhywun i agor i fyny

Gwyddom pa mor anodd mae'n gallu bod i ddod o hyd i'r geiriau cywir er mwyn siarad yn agored am ein teimladau. Ond pan fydd rhywun yn ymdrin â meddyliau anodd neu bryderon, mae bod â rhywun yno i wrando'n gallu gwneud byd o wahaniaeth.

Dyma rai awgrymiadau i'ch helpu chi i siarad â rhywun rydych chi'n poeni amdano:

- Dewiswch le diogel a thawel. Rhowch eich holl sylw i'r person arall a rhoi eich ffôn gadw.
- Gofynnwch iddo sut mae'n teimlo, gan ddefnyddio cwestiynau agored sydd angen ateb mwy na 'ie' neu 'na', fel "Sut ydych chi'n teimlo?" neu "Sut mae hynny i chi?"
- Gwrandewch heb farnu a cheisiwch beidio â neidio i mewn yn syth gyda'ch cyngor neu'ch barn.
- Peidiwch â bod ofn gofyn i rywun os ydyn nhw'n cael meddyliau hunanladdol. Mae'n rhoi caniatâd iddo/iddi ddweud wrthy'ch sut mae ef/hi'n teimlo.
- Rhowch wybod iddynt fod rhywun yno i wrando arnynt bob amser. Gallant siarad â'r Samariaid yn Gymraeg yn ddi-dâl rhwng 7pm a 11pm bob dydd drwy ffonio 0808 164 0123 neu fynd i samaritans.org.
- Cofiwch ofalu am eich hunan, mae'r Samariaid yma i'ch cefnogi chi hefyd.

Finding a way to say it

Sometimes the hardest words
to say are the most important.

This World Suicide Prevention Day, we want to show everyone that talking about difficult feelings, including suicidal thoughts, doesn't have to be scary.

A recent poll showed that only 45% people feel comfortable talking to family and friends about suicidal thoughts, compared to 74% who feel comfortable talking about mental health.*

We want to change this. By talking more openly about suicide, we can give people the chance to express how they feel and get the support they need. It could even save a life.

On #WSPD we're sharing some top tips for how you can help make a change:

What Should People Do

Watch out for changes in behaviour that could mean someone's struggling to cope.

Speak up to let someone know that there is support available.

Play your part by reaching out to anyone you're concerned about.

Ditch the stigma – suicidal thoughts are far more common than most people know – so let's talk about it!

How to help someone open up

We know how hard it can be to find the right words to talk openly about how we're feeling. But when someone is dealing with difficult thoughts or worries, having someone there to listen can make all the difference.

Here are some tips to help you talk to someone you're worried about:

- Choose a safe, quiet space, give the other person your full attention and put away your phone.
- Ask how they're doing, using open questions that need more than a yes or no answer, such as "How do you feel?" or "What's that like for you?"
- Listen without judgement and try not to jump straight in with your advice or opinions.
- Don't be afraid to ask someone if they're having suicidal thoughts. It gives them permission to tell you how they feel.
- Let them know that there is always someone there to listen. They can call Samaritans free day or night on 116 123 or visit [samaritans.org](https://www.samaritans.org) for other ways to contact us.
- Remember to look after yourself, Samaritans is here to support you too.