PRIORY HEALTHCARE

Ty Cwm Rhondda

David's* story

I didn't think I could ever move on from what happened. In July 2016, I experienced a tragedy which meant I hit rock bottom and without anyone stepping in, I would have killed myself.

I was actively suicidal and prolifically self-harming; I was making threats to kill myself, taking drugs to the edge of overdose and I had lost contact with all of my family. As a result of the risk to my life, I was told that a low secure hospital was my only option to stay alive. I felt completely hopeless.

Two and a half years on, I no longer think about self-harm or suicide. I haven't tried to significantly self-harm for over 2 years and my last attempt to kill myself was also about 2 years ago. I no longer punish myself anymore and know I'm not to blame for the tragedy.

I now have plans for my life. I want to become a veterinary nurse and I have been accepted for supported accommodation. I now also have the best relationship with my father that I have had in years.

It has been the support from Ty Cwm Rhondda which has made the difference. I would not be where I am without the support from psychology, occupational therapy and the nursing team on the ward. When I first arrived, I fought against the system but realised I needed to work with the staff. They helped me to pick myself up and supported me to make the decision that enough was enough. With their help, I knew I needed to do

something to change my life. I decided to do whatever I could to turn my life around.

I have been able to change my thoughts and understand my feelings of grief and guilt, so they no longer overwhelm me. I have attended a college course, volunteered in the unit shop and trained others to do the same. I feel I have mentored my peers well and given them good advice.

I am putting everything I have into getting and staying better. If you had told me 2 and a half years ago, before my admission to Ty Cwm Rhondda, that I would be moving to supported accommodation and have a hope for my future, I wouldn't have believed you. But I do, and I'm so grateful to the team at Ty Cwm Rhondda.

Contact us

To contact Priory's central team, please call **0800 090 1356** or to speak to someone at the hospital directly, please call **01443 424 940.**

For the most up to date information on our services, please visit our website.

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