



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 two years and my last attempt to kill myself was also about two 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 pick myself up and help me make the decision that enough is enough. With their help I knew I needed to do something to change my life. I decided to do whatever I could to change 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 two and a half years ago, before my admission to Ty Cwm Rhondda, 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.