



AWARENESS

SUICIDE CAN BE PREVENTED

It is estimated that 75% of people who commit suicide give some warning. This means all suicide threats should be taken seriously.

According to the World Health Organization, 'suicide occurs throughout the lifespan and was the fourth leading cause of death among 15-29 year olds globally in 2019.'

The South African Depression and Anxiety Group (SADAG) is a support group with psychiatrists, psychologists and other doctors on its board.

SADAG helps you see that someone may be at risk of suicide if they've had:

- a loss
- a breakup
- an illness or accident
- a financial problem, or
- a trauma.

How you can help

SADAG suggests that you:

- talk openly and calmly about suicide;
- listen but do not judge - they need to feel they can share;
- don't look shocked, or debate suicide with them;
- be there for them;
- don't let it be a secret - seek help;
- ask if you can contact a family member;
- remove guns or pills they may have been collecting;
- don't leave them alone.

Should you be feeling suicidal or suspect that someone else is, reach out to your employee wellness resources for counselling or consult with a qualified mental health professional.