

Suicide should not be a dark secret

Talk to one another, be there for each other, and create the space where everyone can talk openly about what they are going through.

10 September

World Suicide Prevention Day



+800,000
the number of global suicides per year



Every **40** seconds, someone in the world commits suicide



There are **23** completed suicides in South Africa every day, and a further **230** attempted suicides every **24 hours**



1 suicide is committed almost **hourly** in South Africa

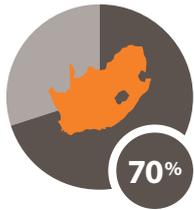
South Africa has the **6th highest** suicide rate in Africa

8% (8/100 people) of all deaths in South Africa are due to suicide

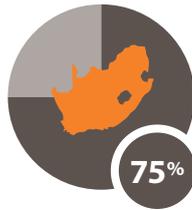
For every **1 female** suicide, there are **4.6 male** suicides

1 in 4 teens have attempted suicide

20 – 50% - suicide deaths that follow an attempted suicide



In South Africa, **70%** of people who committed suicide were suffering from depression. However, 75% of depressed people won't get the help they need.



75% of all reported suicides gave some warning that it was going to happen. People who attempt suicide will often talk about it, or drop hints towards suicide. Statements such as:
› "You would be better off without me" are warning signals
› Talking as if they are leaving or going away is another warning signal

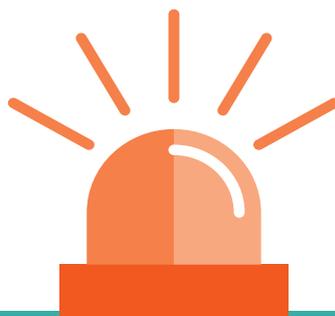
COMMON RISK FACTORS

- › The presence of **mental illness**
- › **Stigma** surrounding mental illness and barriers in receiving treatment
- › **Undiagnosed** and **untreated** depression
- › Existing **illnesses** such as HIV
- › **Bullying** and harassment
- › Alcohol and **drug abuse**
- › Poverty



WARNING SIGNS

- › Drastic **changes** in behaviour
- › **Withdrawal** from friends/ social activities
- › **Loss of interest** in things once enjoyed
- › **Increase** in alcohol or drug use
- › Writing a **will** and making final arrangements



HOW TO HELP

- › Take **all** suicide threats **seriously**
- › Ask a person what is **troubling** them
- › Ask if a person is **considering** suicide. **Don't be afraid** of bringing up the subject
- › Consult a **suicide helpline** on their behalf
- › Let them know they are **not alone**

SMS WELLBEING
43798



Resources

<http://www.statssa.gov.za> | <http://www.sadag.org> | <https://www.gov.za> | <https://www.who.int>



If you can identify with the above or if you're concerned about someone you know, please contact your Employee Wellbeing Programme to speak to a counsellor, SMS WELLBEING to **43821** or email golife@healthchoices.com. Alternatively, contact The South African Depression and Anxiety Group's Suicide Crisis Line on **0800 567 567**.

