



SCI-BONO
DISCOVERY CENTRE
SCIENCE CAREER CENTRE

Teen Suicide

H O P E



Facts About Teenage Suicide

According to the World Health Organisation (WHO), a suicide occurs every 40 seconds and an attempt is made every 3 seconds.

In South Africa 60% of people who commit suicide are depressed.

Risk factors for suicide among the young include the presence of mental illness - especially depression, conduct disorder, alcohol and drug abuse, previous suicide attempts, and the availability of firearms in the home.

Know The Danger Signs

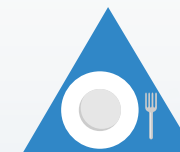
Be concerned about depressed persons if at least five of the following symptoms have been present nearly every day for at least two weeks:



depressed mood



change in sleeping patterns



change in appetite or weight



fatigue or loss of energy



thoughts of death or suicide



speaking or moving with unusual speed or slowness



feelings of worthlessness, self-reproach or guilt

Additional factors that point to an increased risk for suicide in depressed individuals are:

- Extreme anxiety, agitation or enraged behaviour
- Excessive drug and / or alcohol use or abuse
- History of physical or emotional illness
- Feelings of hopelessness or desperation

Contact Us

Please contact the Science Career Centre at Sci-Bono Discovery Centre for further information:

Telephone: 011 639- 8400 (switchboard) or 8479 / 8450 / 8434

Visit: Science Career Centre, Sci-Bono Discovery Centre

Physical Address: Corner of Miriam Makeba and Helen Joseph Streets, Newtown, Johannesburg

Website Address: www.sci-bono.co.za

E-mail: admin.careers@sci-bono.co.za

Myth's About Suicide

Myth: "You have to be crazy even to think about suicide."

Fact: Most people have thought of suicide form time to time. Most suicides and suicide attempts are made by intelligent, temporarily confused individuals who are expecting too much of themselves, especially in the midst of a crisis.

Myth: "Once a person has made a serious suicide attempt, that person is unlikely to make another."

Fact: The opposite is often true. Persons who have made prior suicide attempts may be at greater risk of actually dying by suicide. For some, suicide attempts may seem easier a second or third time.

Myth: "If a person is seriously considering suicide, there is nothing you can do."

Fact: Most suicide crises are time-limited and based on unclear thinking. People attempting suicide want to escape from their problems. Instead, they need to confront their problems directly to find other solutions—solutions that can be found with the help of concerned individuals who support them through the crisis period, until they are able to think more clearly.

Myth: "Talking about suicide may give a person the idea."

Fact: The crisis and resulting emotional distress will already have triggered the thought in a vulnerable person. Your openness and concern in asking about suicide will allow the person experiencing pain to talk about the problem which may help reduce his or her anxiety. This may also allow the person with suicidal thoughts to feel less lonely or isolated, and perhaps a bit relieved.



SOS Contacts

South African Depression and Anxiety Group (SADAG):
Teen Suicide Toll free Help Line: 0800 567 567

Cipla Foundation:
Free counselling helpline: 0800 456 789
WhatsApp: 076 88 22 775

LIFELINE:
Need to talk? Just call us Call our 24 hour line:
0861 322 322

How Can You Help

Most suicides can be prevented by sensitive responses to the person in crisis. If you think someone you know may be suicidal, you should:

Remain calm:

The fact that the person is openly talking with you about their thoughts and feelings is a positive sign they want help.

Deal directly with the topic of suicide:

Don't be afraid to ask or talk directly about suicide. There is a difference between self-injury and suicidal thoughts. If the person says they want to hurt themselves, clarify if they mean they want to end their life. When people are considering suicide, thoughts can fall on a continuum of severity. Saying "I wish I could disappear or die." is different than "I want to kill myself." Being clear on what the person's intentions are can help you know how to respond.

Encourage problem solving and positive actions:

Remember that the person involved in emotional crisis is not thinking clearly; encourage him or her to refrain from making any serious, irreversible decisions while in a crisis. Talk about the positive alternatives which may establish hope for the future.

Get assistance:

Although you want to help, do not take full responsibility by trying to be the sole counsel. Seek out resources which can lend qualified help, even if it means breaking a confidence. Let the troubled person know you are concerned—so concerned that you are willing to arrange help beyond that which you can offer.

Convey to a person in crisis as follows:

**"The suicidal crisis is temporary.
Unbearable pain can be survived. Help is available.
You are not alone."**