

TEEN
SUICIDE
PREVENTION

14 - 21 FEB 2021

FREE

***TEACHERS CONNECT
WORKSHOP***

Webinar Info



- Please keep your mics on mute
- We want you to be interactive – so post questions or comments in the chat box
- You are welcome to keep your camera on if your network allows
- The webinar will be recorded
- We will share the recording link and copy of the presentations with everyone in 24-48 hours after the Webinar

Teachers Webinar Programme



TOPIC	SPEAKER
Understanding Teen Depression: <ul style="list-style-type: none">- Signs & symptoms- Difference between a normal mood versus teen depression- Assessment tools for teen depression	Dr Frans Korb SADAG Board Chairperson Psychiatrist Psychologist
Talking to Learners about Depression <ul style="list-style-type: none">- How to talk to learners- Key Counselling Skills- Action Plans for Teachers	Alexa Scher Clinical Psychologist
Teen Suicide Myths & Language Safety Plan & How to get Help	Cassey Chambers SADAG



TEEN SUICIDE PREVENTION

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How to identify the Warning Signs

TALK

- talking, writing, drawing or posting online about death/dying/hurting themselves.
- Saying things like "I wish I wasn't here anymore" "Everyone would be better off if I was dead"

BEHAVIOUR

- withdrawing, drastic change in eating or sleeping habits, no energy,
- agitated, saying goodbye or giving away prized possessions

MOOD

- loss of interest, isolating from family and friends, rage, irritability,
- depression or anxiety symptoms

**EVEN IF YOU SEE 1 WARNING SIGN – DON'T WAIT, DON'T LEAVE IT
TALK, LISTEN & CONNECT TO HELP**

EVEN IF YOU SEE 1 WARNING SIGN – DON'T WAIT, DON'T LEAVE IT TALK, LISTEN & CONNECT TO HELP

HOW TO TALK TO SOMEONE WHO MAY BE FEELING OR THINKING ABOUT SUICIDE:

- It is safer to ask than not asking at all
- "I'm really worried about you and I want to help you"
- "I've noticed you have been very down lately, is now a good time to chat more please?"
- "I've noticed you haven't been yourself lately, are you okay? Let's talk about it?"
- "Please talk to me, I want to help."
- Remember, their feelings matter – and they feel very real and scary
- Listen, ask question and try to understand what they are dealing with
- Ask them directly if they have any thoughts or plans of suicide

HOW TO GET HELP FOR SOMEONE WHO IS SUICIDAL:

- Don't leave the person alone – offer to get help together
- Thank them for opening up and telling you how they really feeling, and that you need to get more help
- Speak to an adult, parent or teacher that you trust to get help asap
- Get help from a mental health professional as soon as possible (GP, psychiatrist, psychologist, social worker, school counsellor, HOD, Social Worker, nurse, etc)
- Call the Suicide Helpline (0800 567 567) for help, suggestions and resources
- (remember, you are not alone in this, you don't have to fix the problem – there is help and support!)
- If the person has tried to hurt themselves or take their own life, get them to the nearest hospital urgently

IMPORTANT CONTACT DETAILS:

SADAG Suicide Helpline 0800 567 567
Cipla Mental Health Helpline 0800 456 789
SMS 31393

Website www.sadag.org
Whatsapp (9am - 4pm) 076 882 2775

SAD PERSONS

A Suicide Risk Assessment Tool



- **SEX** - Males kill themselves four times more often than females
- **AGE** - Certain age groups are more at risk (in SA 15-34 yrs)
- **DEPRESSION** - Depressed persons significantly more at risk
- **PREVIOUS ATTEMPT** - More likely to attempt in the future
- **ETHANOL** - Alcohol abuse very often implicated in suicide
- **RATIONAL THOUGHT** - More prone to suicide if psychotic
- **SOCIAL NETWORK** - Less social support, greater risk
- **ORGANISED PLAN** - Greater risk if plans are organized
- **NO SPOUSE** - Greater risk of suicide if there is no spouse
- **SICKNESS** - A chronic physical sickness makes one more prone

SUICIDE RISK ASSESSMENT

SAD PERSONS

	RISK FACTOR	CRITERIA	SCORE
S	Sex	Male	1
A	Age	<20 years; > 45 years	1
D	Depression	Major (e.g. depressed mood)	2
P	Psychiatric History	Previous attempts	1
E	Excessive Drug Use	Ethanol or other drug abuse	1
R	Rationality Loss	Psychosis; severe depression	2
S	Separated	Loss of spouse or other single	1
O	Organised Plan	Determined suicide plan	2
N	No Supports	No community back-up; generally isolated	1
S	Sickness	Chronic Illness	1

How the Scoring Works?



- **Score 0 - 5:** closely monitored by mental health professional (outpatient management, action plan, follow up plan, close monitoring to ensure it doesn't escalate, etc.)
- **Score 6 - 8:** psychiatric evaluation or consultation (enough risk for hospitalisation)
- **More than 8:** emergency hospitalisation or inpatient consultation

SUICIDE LANGUAGE GUIDE



DO SAY	DON'T SAY	WHY?
"died by suicide" "took their own life"	"successful suicide" "unsuccessful suicide"	Because it suggests suicide is a desired outcome. No one wins if someone dies by suicide.
"took their own life" "died by suicide"	"committed suicide" "commit suicide"	Because it associates suicide with crime
"increasing rates" "higher rates"	"suicide epidemic"	Because it sensationalises suicide
"suicide attempt" "non-fatal attempt"	"failed suicide" "suicide bid"	It means that someone hasn't died, they are still alive and there is an opportunity to get them help. So not dying by suicide is not a fail
refrain from using the term suicide out of context	"political suicide" "suicide mission"	Because it is an inaccurate use of the term 'suicide'

Suicide Crisis Helpline: 0800 567 567

DEBUNKING

COMMON SUICIDE MYTHS

MYTH #1– People who talk about suicide really won't do it.

FACT: In many cases, teens who have thoughts of suicide or who have died by suicide have given some kind of warning sign through their behaviour or something they have said. All suicide mention or threats should be taken seriously – it could be a way for the person to let you know that something serious is wrong and they need help.

Myth #2 – Talking about suicide makes people more likely to kill themselves.

FACT: Research shows that talking about suicide with a young person does not cause them to have thoughts of suicide or kill themselves. But not talking about it can lead to thoughts of suicide turning into actions. Talking about suicide and depression creates an opportunity to discuss feelings and thoughts that might have otherwise would remain hidden. Most teens who are thinking about suicide are actually honest and relieved when asked direct questions about their suicidal thoughts.

DEBUNKING

COMMON SUICIDE MYTHS

Myth #3 – People who attempt suicide are just trying to get attention.

FACT: All threats or mentions of suicide should be taken seriously and professional help is needed. Threatening suicide may be a call for help, but something must be wrong for someone to threaten suicide in order to get attention or help.

Myth #4 – Most suicide attempts occur without warning signs.

FACT: Most teens who are suicidal or who have died by suicide have given some signs either physically or verbally. It might not always be direct, so it is important to know how to identify the warning signs and seek help.

DEBUNKING

COMMON SUICIDE MYTHS

Myths #5 - Only teens who are depressed attempt suicide.

FACT: Teens and children do not have to be clinically depressed to have feelings of harming themselves or suicide. Depression is the leading cause of suicide, however, any teen that is feeling low or severely sad for a short time period could develop thoughts of suicide. And usually it is a combination of problems that lead to a teen thinking that suicide is the only way to end their problems.

Myths #6 - Only a certain type of person kills him or herself.

FACT: Suicide does not discriminate based on gender, race, upbringing, education level, ethnicity or socio-economic factors. While some factors do contribute to a higher risk for suicide and suicide attempts, all people are susceptible to having thoughts and feelings of suicide if faced with problems that they feel are too much.

DEBUNKING

COMMON SUICIDE MYTHS

Myth #7 – Suicide is not preventable.

FACT: People may think that if someone wants to end their life, nothing can be done to prevent it. This is untrue – by knowing how to identify warning signs and getting professional help, it can actually prevent suicides. Suicide is preventable – not inevitable

Myth #8 – People who die by suicide are selfish

Fact: Typically, people do not die by suicide because they do not want to live—people die by suicide because they want to end their suffering and pain. These individuals are suffering so deeply that they feel helpless and hopeless. Individuals who experience suicidal ideations do not do so by choice. They are not simply, “thinking of themselves,” but rather they are going through a very serious mental health symptom due to either mental illness or a difficult life situation.

Follow these Steps



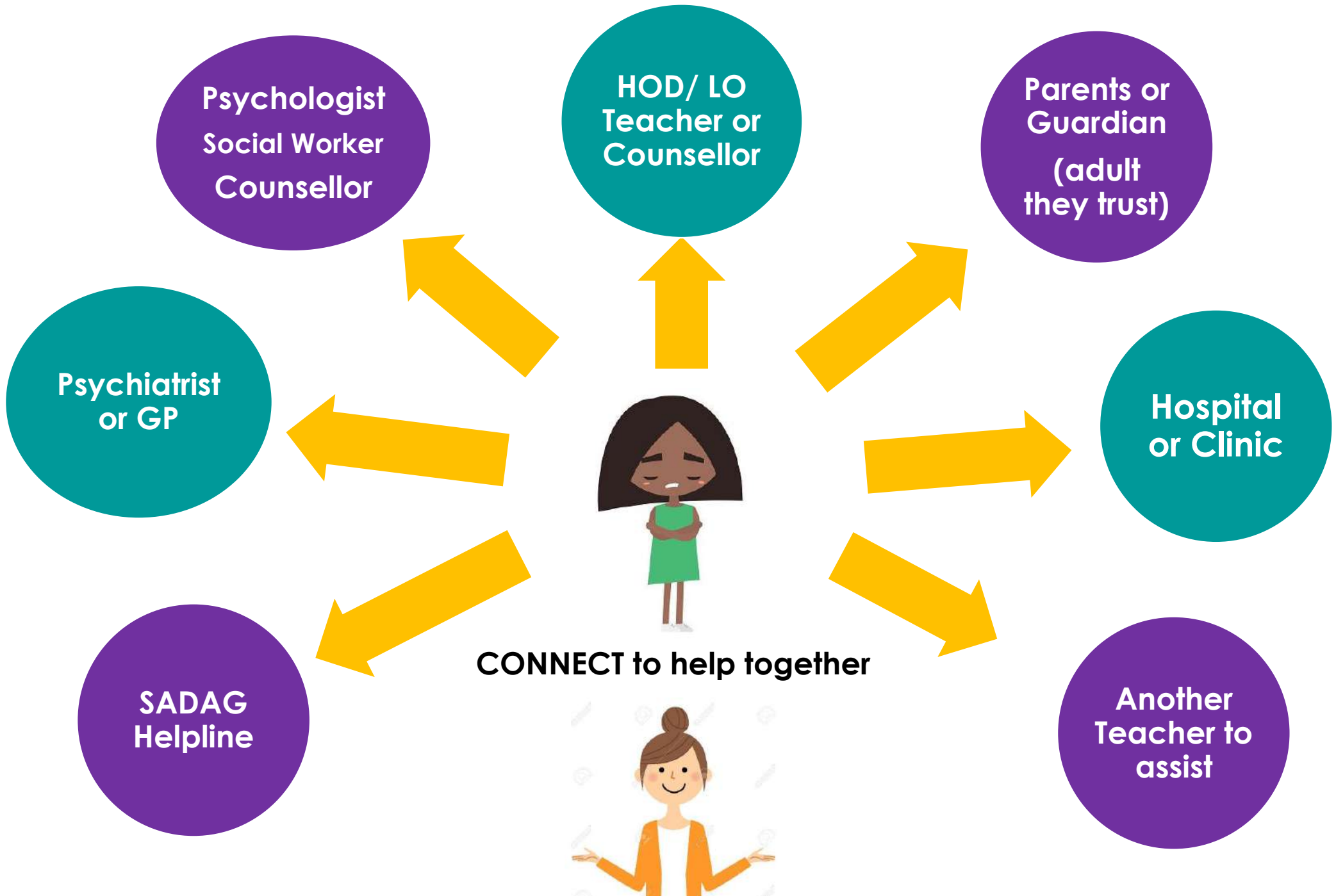
Ask



Listen



Connect



DOES YOUR SCHOOL HAVE AN EMERGENCY CONTACT LIST?



WHEN SOMEONE IS THINKING ABOUT SUICIDE

1. ACT ON YOUR OBSERVATIONS

If someone seems "not quite right" or they talk about death or suicide, take it seriously

2. MANAGE YOUR HESITATION

You can help.

It is better to ask and be mistaken than not to say anything

3. PREPARE IN ADVANCE

If you can, plan to talk in private and in person.

Write down your concerns so it's easier to talk about.

4. START THE CONVERSATION

You can start by saying that you're worried, and what's got you concerned.

"I'm really worried about you, I've noticed..."

www.sadag.org

5. LISTEN, DON'T JUDGE

Let them express their feelings without interrupting. Give support and understanding.

6. GET THEM TALKING

Ask them about their situation and feelings, without trying to fix anything.

7. ASK THEM ABOUT SUICIDE DIRECTLY

To find out if they're suicidal, build the connection then ask them directly.

"Do you think about suicide or ending your life"

8. ASK ABOUT THEIR PLANS

Find out if they're in immediate danger. Ask if they've thought about how or when.

9. FIND OUT THE RISK

Ask about past suicide attempts or any recent loss or life crisis.

10. KEEP THEM SAFE

If they are at risk now, call SADAG or a mental health professional. Stay with them.

Get them to hand over anything deadly.

11. ENCOURAGE THEM TO GET HELP

Help them to think of professionals, friends or family who might be able to help.

12. TAKE CARE OF YOURSELF

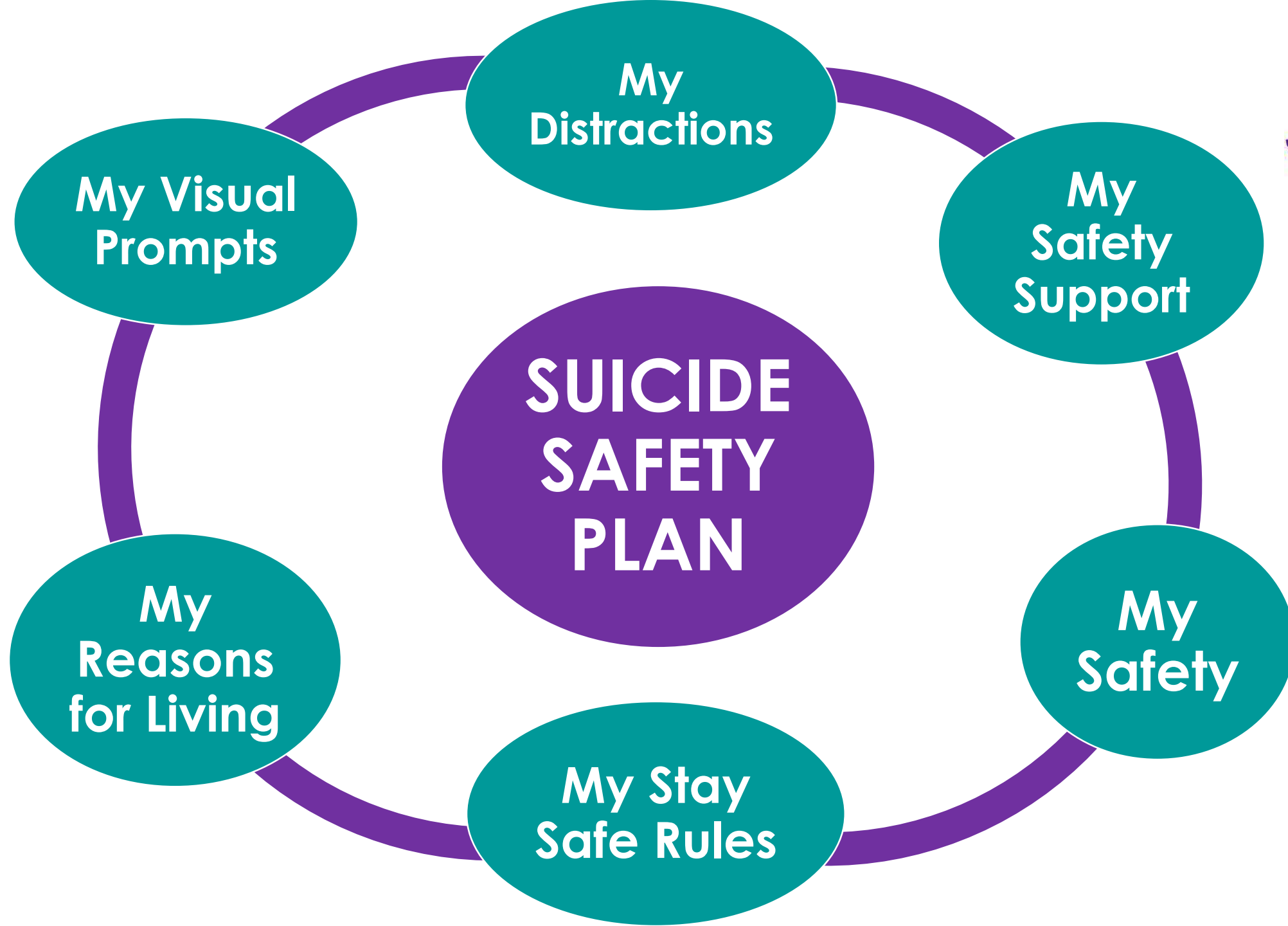
Supporting someone can be emotional for you.

Get help for yourself if you need it.

Suicide Helpline: 0800 567 567

SMS 31393





MY SAFETY SUPPORT:

If things get too much and I can't distract myself with self help in my Safety Plan, these people can be contacted and I know they will be there for me

Name: _____

Contact Number: _____

Name: _____

Contact Number: _____

Name: _____

Contact Number: _____

MY DISTRACTIONS:

If I am having bad thoughts or I feel very down, here is a list of things that can distract me

1. _____

2. _____

3. _____

4. _____

5. _____

MY SAFETY:

If I don't feel safe now and I feel at risk, how can I get myself into a safer environment?

1. _____

2. _____

3. _____

4. _____

5. _____

MY STAY SAFE RULES:

My thoughts may have subsided, but it's important I stay with someone for now to give me support. These people will help

1. _____

2. _____

3. _____

4. _____

5. _____

MY VISUAL PROMPTS

Here are some visual prompts (pictures, drawings, art, song lyrics, poems, colours, quotes) to help keep me calm



A LIST OF MY REASONS FOR LIVING

It will refer to this list when I'm feeling down or suicidal, it will remind me to focus on positive things that I may have forgotten, it will give me hope and remind me I do have purpose and I do matter.

A large rectangular area with a purple border and horizontal lines, intended for writing reasons for living. The area is currently blank.

Remember...

If after trying all of the above distractions and it hasn't helped you, and you still feel down or have thoughts of suicide, please call someone from your contact list and tell them you need help.

Or call a counsellor at SADAG

0800 567 567 (24 hours, 7 days a week)

SMS 31393 and a counsellor will call you back

There is always help – you are not alone!



Resources for Teachers & Educators



- Brochures and posters
- SADAG Website (www.sadag.org) – online toolkit
- Helpful apps and website (eg. CALM, Headspace, etc.)
- Previous webinars and manuals
- Helpful Videos
 - [Understanding Depression Video with Zamo Mbele](#)
 - [Identifying Symptoms, how to talk to a suicidal friend & what to do to get help with Dr Sindi van Zyl](#)
 - [Previous Teachers Webinar on Suicide Shouldn't be a Secret \(2020\)](#)
 - [Helpful tips for Parents on how to help a suicidal teen](#)

SUICIDE PREVENTION

#LetsTalk



Myth

Myth: Talking about suicide can be seen as telling a suicidal person to take their own life

Fact

It is not easy to talk about suicide but talking about it can help prevent suicide. Giving a person time to think again and at times even give them hope that there is help.

#ACT
ASK.CARE.TREAT
#StopSuicide
0800 567 567



SUICIDE PREVENTION

#LetsTalk

Myth

People who talk about suicide do not mean to do it



Fact

People who talk about suicide may be reaching out for help or support. Many people thinking about suicide are feeling very sad or lost hope and may feel that there is no other way out.

#ACT
ASK.CARE.TREAT
#StopSuicide
0800 567 567





SADAG
SOCIAL
MEDIA
HANDLES

SADAG

HELPLINES

SUICIDE CRISIS HELPLINE

0800 567 567

24
hours

DR REDDY'S
MENTAL HEALTH HELPLINE

0800 21 22 23

8am-
8pm

CIPLA
MENTAL HEALTH HELPLINE

0800 456 789

24
hours

CIPLA
WHATSAPP CHAT LINE

076 882 2775

9am-
4pm

DEPT SOCIAL DEVELOPMENT
SUBSTANCE ABUSE HELPLINE

0800 12 13 14

24
hours

ADCOCK INGRAM
DEPRESSION & ANXIETY HELPLINE

0800 70 80 90

8am-
8pm



WWW.SADAG.ORG

SMS - 31393

24
hours

More Contact Details



Petri Greef
help@sadag.org

Cassey Chambers
office@anxiety.org.za

www.sadag.org
www.thoughtsfirst.com
www.nami.org
www.beyondblue.org.au
www.mind.org.uk

Calm app
MoodFit
Headspace - meditation
Griefshare
Psych Central

A person wearing a white protective suit is holding two yellow plastic cups with white ribbons. The background is blurred, showing what appears to be a hospital or laboratory setting with blue equipment. A yellow rectangular box is overlaid on the right side of the image, containing the text "PUT ON YOUR OWN MASK FIRST" in white, bold, uppercase letters.

**PUT ON YOUR
OWN MASK FIRST**

Coronavirus: 10 ways to look after your mental health

Rest

Reach out

Less News

Set Goals

Exercise

Communicate

Balance

Keep a routine

Maintain a diet

Get Sunlight



10 ways to look after your mental health



Talk about
your feelings



Keep active



Eat well



Take a break



Drink sensibly



Keep in touch



Do something
you're good at



Accept who
you are



Ask for help



Care for others

Tips for Teachers

- Know the warning signs
- Easy access to list of resources or contact details (eg. Staffroom, office, classroom, etc.)
- Take every threat or mention seriously
- You are not the counsellor/therapist
- Your role is to facilitate the help → transfer of responsibility
 - Notify fellow teacher, HOD or school counsellor
 - Refer to resources
 - Notify parents
 - Access resources available (district DBE coordinator, counsellor or social workers)
 - Call SADAG for help, resources & action plan
- Check-in with learner & school counsellor for progress
- Follow up on action plan/treatment plan

Tips for Teachers

- **Develop School Support Team**
 - Identify key group of teachers who can assist in an emergency
 - Make sure teachers & learners know who is part of that Team
- **Teacher Buddy System**
 - Someone to chat to learner
 - Someone to notify School Support Team, school counsellor, HOD, parents or DBE District Coordinator
 - Someone to action an emergency if urgent help is needed (ambulance, clinic, hospital, etc.)

DOES YOUR SCHOOL HAVE AN EMERGENCY CONTACT LIST?



Helping at-risk or suicidal learner

- Remain calm
- Ask the learner directly if he or she is thinking about suicide
e.g. "Are you thinking of suicide?"
"Have you had thoughts of hurting yourself?"
- Focus on your concern for their well-being
e.g. "I am really worried about you..."
"I can see that you have been really down and I am worried about you"
- Listen
- Reassure them that there is help and they will not feel like this forever
- Do not judge
- Provide constant supervision - Do not leave the learner alone
- Remove means for self harm



What to say to a depressed or suicidal learner



Netcare Foundation
Changing lives

- I'm worried about you...
- Is everything okay? I have noticed that you have been very down lately, can we talk about it?
- I have noticed that you haven't been yourself lately, how are you really doing?
- I've seen that you have been really sad lately, what's been happening to make you so sad?



What to say to a depressed or suicidal learner



Netcare Foundation
Changing lives

- I really want to help you and get you the help you need, can we do it together?
- How you feeling is pretty serious and you need urgent help, who can we talk to first? Your parents or can we speak to xxxx (HOD/School counsellors)?
- I am not leaving you, I am just getting some help but I'm going to be right back