



# **WORKING TOGETHER TO PREVENT SUICIDE**

**WORLD SUICIDE PREVENTION DAY  
10 SEPTEMBER 2020**

**SUICIDE PREVENTION HELPLINE  
0800 567 567**

## **World Suicide Prevention Day**

**10 September 2020**

Suicide prevention remains a universal challenge. While pandemic-related suicides have already been reported in many countries, these deaths have been largely overshadowed. Many of us wonder about what the long-term consequences to our mental health will be? Unfortunately, the damage may be more far-reaching than anyone realizes, especially in terms of suicide risk. The World Health Organization estimates that over 800,000 people take their own life each year – that's one person every 40 seconds. Suicide Prevention is the core of SADAG's Suicide Helpline with hundreds of people calling everyday looking for help and crisis intervention.

SADAG are making Suicide Prevention a priority on the 10th of September with various activities, engagements and online presence.



### **Online Wall of Remembrance**

**A tribute to our lost loved  
one's**

SADAG has created the Online Wall of Remembrance to help families and loved ones a safe space to honour, celebrate, remember and pay tribute to their loved ones they lost to suicide which will be up on their website..

You will be able to submit your special message, a picture of your loved one or meaningful quote, or even a picture of how you remember your loved one each year via a special button on the SADAG website, and we will upload all the submissions to the website page.

Most of all we hope to plant seeds of compassion in the hearts of those who read the names: seeds that may develop into a commitment to understanding suicide and finding ways to reach out and get help.

It is our hope to offer a way for friends and family to express their love, special memories and celebrate the lives of the ones you have lost. [Click here to visit the Online Wall of Remembrance.](#)



**SADAG's Wall of Remembrance**

Remembering our Loved Ones Lost to Suicide

SADAG has created the **Online Wall of Remembrance** to help families and loved ones a safe space to honour, celebrate, remember and pay tribute to their loved ones they lost to suicide for the whole month of September.

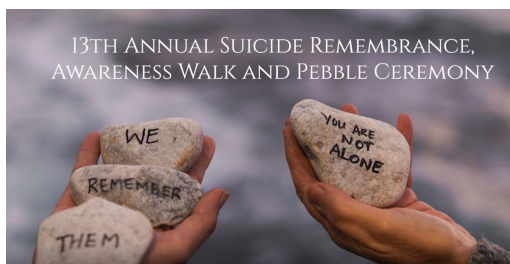
You will be able to submit your **special message**, a **picture** of your loved one or meaningful quote, or even a picture of how you remember your loved one each year via our [Create A Memorial](#) page.

It is our hope to offer a way for friends and family to express their love, special memories and celebrate the lives of the ones you have lost.

**SADAG Remembers**



[www.sadagremembers.co.za](http://www.sadagremembers.co.za)



## KZN Solos

### Remembrance Walk

Unfortunately this year KZN SOLO's cannot walk in person due to lockdown restrictions. We would like to encourage everyone to take the

opportunity to do their own walk and either leave messages of encouragement and hope on pebbles to commemorate their loved ones that they have lost to suicide. We would love to see your photographs posted if you do this. Please click the [here](#) to post your picture.

An exciting video will be posted in lieu of the walk on the 13 September. The video will be posted on the 10 September 2020.

Keep a look out on the SOLOS Facebook page for more info.



## A Donation To SADAG Is a Donation To Support Those Suffering in Silence

The toll free Suicide Crisis Helpline is the only suicide helpline in South Africa. SADAG staff and provides provide care, mental health support and crisis intervention to those in need. This is a vital service to someone who needs access for to help, support or simply just wants to be heard. It is invaluable and in many instances it can be a life saver.

Each day calls and messages stream into our hotlines. All of them desperate and heartbreaking. From young people to senior citizens and everyone in between and across every community and demographic in the country. From 12 to 80+, Male and Female, with anxiety, Panic attacks, Depression, trauma and more.

This work is important and life saving but we can't do it without the help and support of companies who are committed to helping others.

To donate to SADAG, [click here](#).

Your support will ensure that every caller who contacts the SADAG Helpline will receive both the counselling and referrals necessary.

A green and purple poster for SADAG's Facebook Friday Online Q&A. It features a white stick figure with a heart, the SADAG logo, and text: 'SADAG'S #FACEBOOKFRIDAY ONLINE Q&A 11 September 2020', 'Suicide Prevention', 'Learn more about the warning signs of suicide, how to talk about suicide and depression, making a safety plan and getting help. Coping with the loss of a loved one to suicide and dealing with grief.', '1pm-2pm - Psychiatrist Dr Laverne Mountany', '7pm-8pm - Clinical Psychologist Curwyn Mapaling', 'Facebook Page: The South African Depression and Anxiety Group', 'Log in via: www.sadag.org', and 'Dr.Reddy's' logo.

**SADAG'S #FACEBOOKFRIDAY ONLINE Q&A**  
11 September 2020

**Suicide Prevention**

Learn more about the warning signs of suicide, how to talk about suicide and depression, making a safety plan and getting help. Coping with the loss of a loved one to suicide and dealing with grief.

**1pm-2pm - Psychiatrist Dr Laverne Mountany**  
**7pm-8pm - Clinical Psychologist Curwyn Mapaling**

Facebook Page: The South African Depression and Anxiety Group

Log in via: [www.sadag.org](http://www.sadag.org)

Dr.Reddy's

## Facebook Friday Online Q&A on Suicide Prevention

Friday, 11 September at 1pm – 2pm & 7pm - 8pm

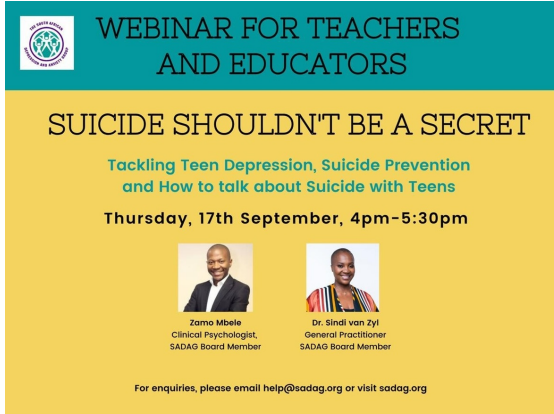
The recent suicides reported in the press, as well as the alarming figures from the Suicide Helpline, highlight the urgent need within this country to ensure that we continue sharing as much information on Suicide

Prevention as we possibly can. Join the Facebook Friday FREE Q&A on Friday the 11th of September at 1pm - 2pm and 7pm - 8pm with experts unpacking depression, warning signs, how to tackle the conversation of suicide and self-

harm, how to get help, and what to do if you are worried about a loved one who may be suicidal.

We're urging parents, teachers, community members, colleagues, & families to participate in this FREE Facebook chat from the comfort of your home, at work, or anywhere you can go online. To join the chat next week Friday at 1pm and 7pm – go to SADAG's Facebook page "[The South African Depression and Anxiety Group](#)" or follow the link via [www.sadag.org](http://www.sadag.org)

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**WEBINAR FOR TEACHERS AND EDUCATORS**

**SUICIDE SHOULDN'T BE A SECRET**

Tackling Teen Depression, Suicide Prevention and How to talk about Suicide with Teens

Thursday, 17th September, 4pm-5:30pm

Zamo Mbele  
Clinical Psychologist,  
SADAG Board Member

Dr. Sindi van Zyl  
General Practitioner  
SADAG Board Member

For enquiries, please email [help@sadag.org](mailto:help@sadag.org) or visit [sadag.org](http://sadag.org)

## **SADAG hosts FREE Webinar for Teachers on Teen Suicide Prevention – 17 Sep**

The spread of COVID-19 and the social distancing measures out into place to prevent the spread of the virus has had a massive impact on schools and educators

and it has become so important to not only provide support to teachers and educators, but younger individuals, who may be struggling to cope.

In support of World Suicide Prevention Day, SADAG are hosting a FREE Suicide Shouldn't be a Secret Webinar for ALL Teachers and Educators, kindly sponsored by Netcare's Healthy Lifestyle Trust on Thursday the 17th September from 4pm – 5:30pm.

Clinical Psychologist and SADAG Board Member, Zamo Mbele and General Practitioner Dr Sindi van Zyl, tackle Teen Depression, Suicide Prevention and How to talk about Suicide with Teens. To register for the Webinar and book your seat – [click here](#).

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## **Youth Mental Health & NCDs for Global Week of Action – 11 Sept**

### **WhatsApp "WHAbinar"**

Calling all Young South Africans, join the very FIRST WHATSAPP WHAbinar in South Africa, discussing 2020's theme for Global Week of Action on NCDs taking place on Friday the 11th September at 2pm!





**SADAG KZN & My Mind Our Humanity**  
invites YOUNG PEOPLE to a FREE WHATSAPP 'WHABinar'

## Youth Mental Health + NCDs Accountability: Pushing for Progress

Friday, 11 Sept 2020 @ 14.00pm - 15.00pm SAT

Join us on our FIRST WHATSAPP WHABinar in South Africa, discussing 2020's theme for Global Week of Action on NCDs. We want to hear youth experiences, ideas & solutions on promoting & securing accountability of Local and National Government - to ensure young people's health & wellbeing is prioritised & actioned.



 Chantelle Booysen Mental Health & Youth Advocate SOUTH AFRICA	 Prof Thuli Madonsela Social Justice Activist SOUTH AFRICA	 Omnia El Omrani NCD Youth Advocate EGYPT	 Margianta Surahman NCD Youth Advocate INDONESIA	 Dr George Msengi African NCDs Network TANZANIA
 Dr Shakira Choonara NCD Youth Advocate SOUTH AFRICA	 Suntosh Pillay Clinical Psychologist SOUTH AFRICA	 Dr Mychelle Farmer NCD Child USA	 Alejandro Daly NCD Youth Advocate DODOMA	
 Damian Juma Mental Health & Youth Advocate KENYA	 Boitumelo Masipa SECTION 21 SOUTH AFRICA	 Dr Vicki Pinkney-Atkinson Active Living with NCDs SOUTH AFRICA	 Anjali Singla Psychologist & Advocate INDIA	 Matthew Jackman Lived Experience Activist AUSTRALIA

**\*\*LIMITED SPACES AVAILABLE ON WHATSAPP GROUP, REGISTER NOW!\*\***  
Click link to register your number, Whatsapp link will be shared with those who registered by 10 September 2020. Email [kznprojects@sadag.org](mailto:kznprojects@sadag.org) for info.

Let's talk about ACCOUNTABILITY!  
In this session we will share videos, voice clips, images, tools and infographics from some of the most influential and inspiring people in NCD Advocacy, both locally and internationally.

They will share their experiences and ways in which we can collectively keep governments accountable for young people's health and wellbeing.

We aim to have up to 250 young people on this Whatsapp Group, to get your perspectives, experiences and ideas on how you see accountability

and how we as civil society can be agents for change. Please [register here](#) or [click here](#) for the poster with more details.



## Twitter Partners with SADAG on New initiative

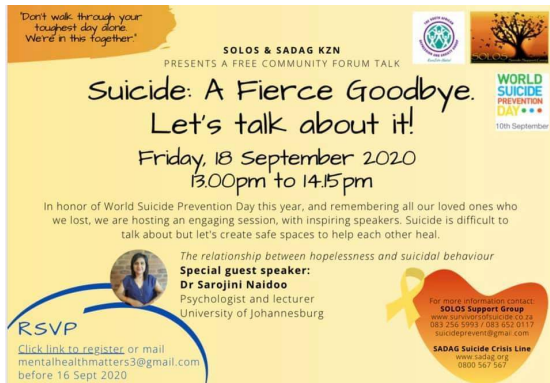
that makes it easier find mental health  
support resources online

Starting today in South Africa, Nigeria and Kenya, when someone searches for terms associated with suicide or self-harm on Twitter, the top search result is a prompt encouraging them to reach out for help. The notification includes the contact details of a local non-profit organisation that provides critical mental health resources to people in need: The South African Depression and Anxiety Group (SADAG) in South Africa.

The open Twitter community can be an important source of real-time support for anyone struggling with thoughts of self-harm or suicide. Twitter has a dedicated reporting form for people threatening suicide or self-harm. A specialised team reviews these reports and upon receiving them, they will be in direct contact to let the individual know someone who cares about them identified they might be at risk. Twitter will provide online and hotline resources and encourage them to seek help. Twitter also shares information on their Help Centre both for people who may be experiencing thoughts of suicide and self-harm, and for people who are concerned about others on Twitter.



SADAG are excited to be able to connect more people who use Twitter as a platform to express their feelings of helplessness and hopelessness.



## Suicide: A Fierce Goodbye Online Community Forum – 18 Sept at 1pm

SADAG KZN will be hosting a FREE Community Forum Webinar on Friday, 18 September 2020 from 13:00-14:15 with special

guest Dr Sarojini Naidoo who will be discussing the relationship between hopelessness and suicidal behaviour. It is a FREE Online Webinar and all steps to downloading the app, installing the app and how to log on to the webinar will be emailed to you on 16 September 2020. [Click here](#) to register or [click here](#) for the poster.

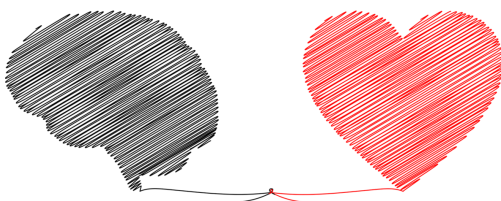


## The UPs and downs of Life

So how do you get up in the morning...?

The SA Jewish Report in Association with Adams Forum welcomes you to a Webinar on the UPs & Downs of Life - featuring internationally renowned psychologist "Dr D", Dorianne Weil, Adam's Forum and three remarkable guest speakers - Daryl Brown, Bryan Schimmel and Jodi Seef.

Join the webinar on September 10, 2020 at 08:00 PM. [Click here to register.](#)



## Suicide Prevention Toolkit

Working together to prevent Suicide

Please make use of this important online Suicide Prevention Tool Kit below to access helpful self-tips, how to identify warning signs, posters and ways to get help.

- [Teen Suicide Prevention Brochure.](#)
- Always be prepared, [here](#) are Three ways to assess for suicide risk.

- [Suicide Safety Plan](#) - Learn how to create a Suicide Safety Plan and how to manage your mental health.
- [Read more](#) about common Myths of Suicide and how to debunk them.
- [How to](#) talk to someone that might be Suicidal.
- [Signs](#) of a troubled Teen
- [Here](#) is a useful poster to use for your class room, notice board or office.
- [Watch](#) some educating online video's on Suicide Prevention.
- [Please see guidelines on Responsible Reporting when writing about Mental Health and Suicide.](#) These guidelines are directly from from The American Association of Suicidology.

Please share this toolkit with friends, family, your community and even via social media - help us reach more people and prevent suicides.



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## Thank You

SADAG would like to extend a big thank you to the following for their generous donations to SADAG:

Rotary and many of their members in Hilton Head America who donated funds to support SADAG during the Pandemic and the increased calls we were now having to cope with.

The South African staff of Avanti Communications (UK) who nominated SADAG as the best NGO to support in their global fundraiser. This resulted in a very generous donation from them which will go far in keeping our helplines running 24/7.

African Extracts' for their generous donation during their self-care campaign during Womens Month, to assist SADAG cover some of the costs incurred by the Helplines. They explained that to them, SADAG plays an important function and has such a positive impact on the mental health of women.

Our Sincere thanks to Dr Daniel N Prince for his monthly donation towards keeping us up and running 24 hours a day.

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If you or a loved need help or you are worried about someone experiencing suicidal ideation, please call our Suicide Crisis Helpline on 0800 567 567 or 0800 456 789. You are NOT alone.

**Zane Wilson**  
**SADAG Founder and Director**

[zane@sadag.org](mailto:zane@sadag.org)  
[www.sadag.org](http://www.sadag.org)



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