



Today is World Suicide Prevention Day, 10th September 2022

According to the World Health Organisation (WHO), over 700 000 people die by suicide globally each year. And for every one suicide, there are an estimated 20 suicide attempts with many more having serious thoughts of suicide. South African men are four times more likely to die by suicide than women, and the most at-risk age group in the country is adolescents.

Over the last few months, we've seen headlines of death by suicide of young teenagers, popular celebrities, students, fathers, sons, best friends and grandchildren. Zamo Mbele, Clinical Psychologist and SADAG Board Deputy Chairperson says, "Suicide does not discriminate, it affects all ages, races, genders and socio-economic backgrounds. Suicide is happening within our families, affecting campuses and schools, and impacting communities across the country. Even one suicide, is one too many."

For World Suicide Prevention Day (10 September) today, SADAG is encouraging people to have #BraveConversations to create more safe spaces to talk about Suicide Prevention. Talking about Suicide Prevention can literally save a life and that could be your child, partner, colleague, friend or brother. Talking about suicide is prevention. There's still a lot of stigma and fear around Suicide making people afraid if they talk about Suicide, it could "plant the seed" or cause someone to take their own life. By normalising conversations around Mental Health and Suicide Prevention, we make it more comfortable to talk about these important issues at home, around the dinner table, at work, or to friends.

KNOW SOMEONE WHO MIGHT BE EXPERIENCING SUICIDAL THOUGHTS?

- 1 Do not shame them for it
- 2 Offer warmth and support
- 3 Encourage them to seek help
- 4 Check up on them consistently
- 5 Remove harmful items from their room / home

 **REACH OUT**

0800 567 567

www.sadag.org




World Suicide Prevention Day Online Toolkit

— 10 SEPTEMBER —

WORLD SUICIDE PREVENTION DAY

— DAY —

 www.sadag.org

#BRAVE CONVERSATIONS

Creating awareness around Suicide Prevention can save a life. Change starts with us. Sharing resources and helpful information on mental health and suicide can help educate others, normalise **#BraveConversations** around difficult topics and link people to treatment and support. To anyone who feels helpless, hopeless or even suicidal – there is hope! There is help! SADAG cares - reach out today.

[Resources](#) [Brochure](#)

[Safety Plan](#) [Online Events](#)

YOU ARE NOT ALONE

 **0800 567 567**

SADAG has uploaded an online toolkit including key information on warning signs, posters for your class, work or community noticeboard, brochures on adult and teen suicide prevention, online expert videos, debunking myths and Suicide language guidelines.

All of this information is available via the SADAG website www.sadag.org.

Facebook Friday Online Q&A Series

Facebook **#BRAVE CONVERSATIONS**
fridays
 WORLD SUICIDE PREVENTION DAY SERIES SEPTEMBER 2022:

- 9** When in a Suicide Crisis, what do you do ?
- 16** Creating a Safety Plan for Preventing Suicide
- 23** How to work through Grief After Loss by Suicide
- 30** Survivors of Loved Ones of Suicide & Support Groups

Dr.Reddy's  **REACH OUT**
 0800 567 567
 www.sadag.org 

For the month of September, SADAG will dedicate the #FacebookFriday weekly online expert Q&A sessions to topics around **Suicide Prevention every Friday at 1:00pm - 1:30pm**. Each online LIVE session include expert panellists sharing insights, practical tips and tools.

To join to the LIVE Video sessions, follow the SADAG Facebook page. You can post questions for the experts to answer, or you can email your questions to press@anxiety.org.za and we will get the experts to answer them live during the session.

NEW Twitterspaces - Wednesday's at 7pm

Join @TheSADAG
 **Twitter spaces**
 WORLD SUICIDE PREVENTION DAY SERIES SEPTEMBER @7PM 2022:

- 14** Understanding Suicide Risks in LGBTQI+ Communities
- 21** The Role of Social Media in Suicide Risk
- 28** Breaking down Suicide Risks Amongst Students

#BRAVE CONVERSATIONS 

SADAG is launching a NEW 3-part series on **Twitterspaces** (@TheSADAG) every **Wednesday at 7pm** with panelists unpacking discussions tackling Suicide Prevention amongst LGBTQI+ Youth, Social Media and Students. With the first #BraveConversation Twitterspace starting next week Wednesday, 14th September, at 7pm. Follow us on Twitter - @TheSADAG - and join the live discussion.

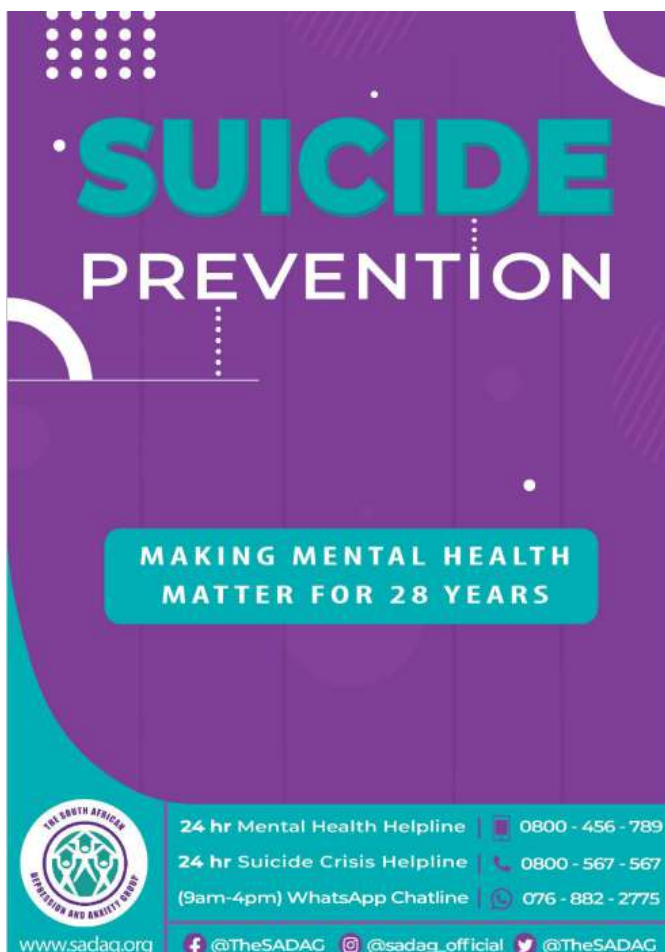
Suicide Safety Plan Webinar, 15 Sept



SADAG will be hosting a LIVE Webinar on Suicide Safety Plan on Thursday, 15th September, from 7 pm - 8 pm. The expert panel include Psychologist Christopher Kemp and Operations Director Cassey Chambers. A Suicide Safety plan can ensure, that when you are in your darkest hour, emotional and potentially unable to think rationally or logically, you have something immediately on hand to help you work through it.

You can join the LIVE Webinar via Zoom - register for free here --> <https://bit.ly/3KQgyXo> or join the LIVE Stream on our [Facebook page](#).

NEW Adult Suicide Prevention Brochure



We have a new Adult Suicide Prevention brochure that includes information on risk factors, warning signs, how to help a loved one and a user-friendly Safety Plan.

The electronic brochure is available for download on our SADAG Website, [click here](#).

If you would like to get some of these brochures to hand out to your community, work or organisation, please reach out to Lizzy on help@sadag.org.

Suicide Survivors share their #BraveConversations of Stories of Hope



Chris shares his story of surviving suicide, and how his family and therapy helped him to find hope and not give up. [Click here to listen.](#)



[Click here](#) to listen to the powerful story of **Aurora** who lost both her legs from her attempted suicide, and now shares her story to help others.



Listen to **Thabo's** journey of how he felt helpless and hopeless, how he survived and got help. Also hear more about how he copes now. [Click here](#) to hear his powerful message.



Busi felt suicidal in 2020, and after meeting a counsellor at a Clinic, she was able to get help. She now shares her story with her community to help encourage others to speak up about their own struggles. [Click here](#) to listen to her journey.

Follow SADAG on Social Media



Make sure to follow SADAG on all of our social media handles during the month of September to stay up to date with events, online activities, posters and videos that we will be sharing every day to help create more awareness around Suicide Prevention. Please **LIKE**, **FOLLOW**, and **RETWEET** so that we can reach more people.

Reach Out For Help

— 10 SEPTEMBER —

YOU ARE BRAVE ENOUGH
TODAY
YOU ARE BRAVE ENOUGH
EVERYDAY

THERE IS ALWAYS HELP
THERE IS HOPE

SUICIDE CRISIS HELPLINE
☎ 0800 567 567 SMS 31393 www.sadag.org



Contact SADAG's 24 hour tollfree **Suicide Crisis Helpline 0800 567 567**, open 7 days a week, every single day of the year.

You can also **sms 31393** (24 hours a day) and a counsellor will call back.

There is also a dedicated **Whatsapp 087 163 2030** (8am – 5pm, 7 days a week) to chat LIVE to a SADAG Counsellor for free help.

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