

Teen Suicide Prevention Week

11 - 18 February 2019

KNOW THE WARNING SIGNS OF SUICIDE

Talking or joking about suicide
Preparing for death
Self-criticism
Changes in personality
Loss of interest in appearance and drop in hygiene
Risk-taking behaviour
Excessive feelings of guilt, self-blame or failure
Writing poems, essays about death, sms's or painting images of death

#SuicideShouldntbeaSecret



The South African Depression and Anxiety Group



@TheSADAG



www.sadag.org



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Teen Suicide is in the spotlight in South Africa once again. SADAG run the National Toll Free Suicide Crisis Helpline which takes a huge number of calls from teens who are calling for themselves or on behalf of a friend. This Suicide Call Center has already saved hundreds of lives. Throughout Teen Suicide Prevention week SADAG will be raising awareness through school talks, Online Content, Facebook Friday online chats and so much more. This awareness not only encourages teens to come forward but also tells them where to go for help in their own community and how to contact the Suicide Call Center.

Skilled counsellors support the helplines and encourage teens to get professional help, to talk to an adult they trust, to go to a doctor, or talk to a friend or teacher. There is a range of brochures and pamphlets which are distribute throughout schools to educate students on Teen Suicide Prevention and encourages them to look out for warning signs amongst friends and family members too.

Take a look at what's happening this Teen Suicide Prevention Week.

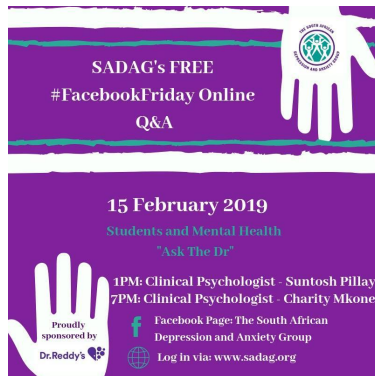


Teen Suicide Prevention Toolkit

- Identify the warning signs of Teen Suicide and get guidance on how to help a loved one or friend by taking a look at this [brochure](#).
- To learn more about how to help a friend or family member. [Click here](#).
- Wondering what it feels like to be Suicidal? [Learn more](#).
- Click [here](#) to watch some educational video's about Suicide Prevention.

- Do you have to have a Mental Illness to be Suicidal? Read more [here](#).
- Looking for help? Worried about a friend, family member or loved one? [Click here](#).

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



Free Facebook Friday Online Chat

Join the FREE online #FacebookFriday 'Ask the Dr' on 15 February discussing Students and Mental Health. Just started a new semester? Struggling manage stress? Have a Mental Illness and trying to cope on campus? Join the chat 1pm - 2pm with Clinical Psychologist Suntosh Pillay, and again at 7pm - 8pm with Clinical Psychologist, Dr Charity

Mkone. Click [here](#) to visit our Facebook Page.

To join the chats, LIKE SADAG's Facebook Page: The South African Depression and Anxiety Group or go to www.sadag.org. Facebook Users that would like to remain anonymous can send a email to media@anxiety.org.za and SADAG will ask on their behalf.

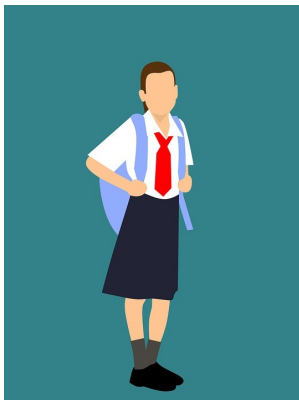


Cipla South Africa in partnership with SADAG launch The Cipla Whatsapp Chat

The Cipla Whatsapp Chat was launched to encourage those struggling to cope with their Mental Health to come forward and get the help they need. The Cipla Whatsapp Chat offers connections to The 24hr Cipla Mental Health Helpline which provides daily resources, information, counselling and referrals.

Are you contemplating to speak to a counsellor but you can't make private calls whilst at school? Do you feel uncomfortable speaking to a counsellor over the phone while you around your family? Why not make use of the online counselling via your computer or cellphone. Join our online counselling which is available daily. Add **076**

882 2775 to your Whatsapp contacts to message us and a counsellor will assist you promptly. The Cipla Whatsapp Chat offers FREE telephonic counselling, information, & referrals 7 days a week to help support those in need of Mental Health Support. Call 0800 456 789, to speak to a counsellor.



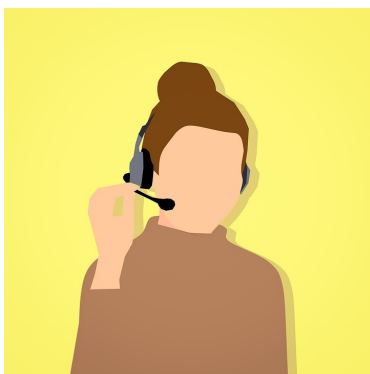
SADAG visiting 10 schools for Teen Suicide Prevention Week thanks to Dr Reddys

Thanks to a generous donation by Dr Reddys, SADAG will be visiting 10 High Schools to focus on Teen Suicide Prevention.

We will send a team of counsellors to a school and present class-by-class to over 1 000 students per school on Suicide Shouldn't be a Secret and ensure that every student will know the warning signs of depression and suicide, and how to get help. SADAG also trains Teachers on understanding Depression, Suicide Warning Signs and how to help a student. The SADAG team will also distribute brochures with key information, armbands with the Helpline number on it so learners can call us whenever they need help.

If you would like to nominate your school, or a school closer to you, to receive a “care package” of materials to help create awareness about Teen Suicide Prevention.

Please email all the details about the school you are nominating to Lyn on admin@anxiety.org.za.



How to contact SADAG

For free telephonic counselling call SADAG on 0800 21 22 33, 7 days a week, 8 am - 8 pm or visit www.sadag.org for more information, self-help tips, online videos as well as local & international articles on various Mental Health issues. You can also make use of The Cipla Whatsapp Chat Monday to Sunday from 9am to 3pm and The Ke Moja Substance Abuse Online Counselling at www.sadag.org,

Monday to Sunday from 10am till 2pm daily. The Online Counselling offers

connections to SADAG's 24hr Helplines and provides daily resources, information, counselling and referrals. There is always help!

Stay up to date by following us on Facebook (The South African Depression and Anxiety Group) and Twitter (@TheSADAG) throughout the next ten days to stay updated on the latest information, posters and articles. Visit our website (www.sadag.org), where you'll find online videos with experts, a Teen Suicide Prevention Toolkit and much more. You can also help us raise awareness by sharing our posts and promoting them on your media platforms to help raise awareness for Teen Suicide Prevention Day .

Yours sincerely
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