



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





THE SPEAKERS



Dr Sindi was born and bred in Harare, Zimbabwe. She moved to South Africa to study medicine at the University of Pretoria. Dr Sindi is "multi-passioned" with medicine as her first love, radio broadcasting her second love and a combination of social media and writing a close third. On Monday to Thursday from 7 – 8pm, Dr Sindi hosts "Sidebar with Sindi" on Johannesburg's KayaFM. Dr Sindi practices as a medical GP and is also a renowned public speaker, with a passion to inspire and educate through the power of her diverse experiences. From dealing with tragedy, medical advancements in primary care to mental wellness, she has extensive experience in driving both public and corporate messages through clearly and effectively.



Zamo attended the University of the Witwatersrand, where he completed his Bachelor of Arts degree and later an Honours Degree in the Bachelor of Arts in the faculty of the humanities. Zamo has also expressed his longstanding interest in human sciences, particularly abnormal psychology. He later completed his training as a Clinical Psychologist at the University of the Witwatersrand. Zamo currently works at Tara Hospital and in private practice. Zamo's professional interests include working with severe psychopathology (including; schizophrenia, bipolar mood disorder, major depressive disorder, borderline personality disorder), dual diagnosis substance abuse patients, trauma therapy, and adolescents.



THE AGENDA



4pm - **Welcome & Intro**

4:10pm - **Dr Sindi Van Zyl: Teen Depression**

- Signs & Symptoms
- Causes
- How teen depression looks different than adult depression
- Treatment Options
- How to talk about Depression in the classroom, at home & with parents

4:40pm - **Zamo Mbele: Suicide Prevention**

- Warning signs of teen suicide
- What to do if someone is suicidal
- Debunking myths
- Action Plan/Safety Plan

5:10pm - **Cassey Chambers (SADAG): Tips for Teachers**

5:20pm - **Q&A**

5:30pm - **Closing**



SPEAKER PRESENTATIONS



Teen Suicide Prevention

DR SINDI VAN ZYL

SUICIDE WARNING SIGNS

TALKING ABOUT SUICIDE

The person may threaten to take his/her life. He/she may say things like "I wish I was dead" or something more subtle, such as "Nothing matters anymore".

FEELING DEEPLY DEPRESSED

He/she may feel hopeless, lose interest in work, have crying spells and not enjoy any of the things he/she used to like doing.

ISOLATION

A person may begin to withdraw from friends and family.

SHOWING A SUDDEN LIFT IN SPIRITS

A sudden change in mood can mean that the person is thinking about suicide and is relieved that his/her problems will soon end.

PREPARING FOR DEATH

For example, he/she may make unexpected changes in his/her will or give away personal possessions.

SHOW CHANGES IN PERSONALITY

The person may experience changes in eating, sleeping or sexual habits.

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..."

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.

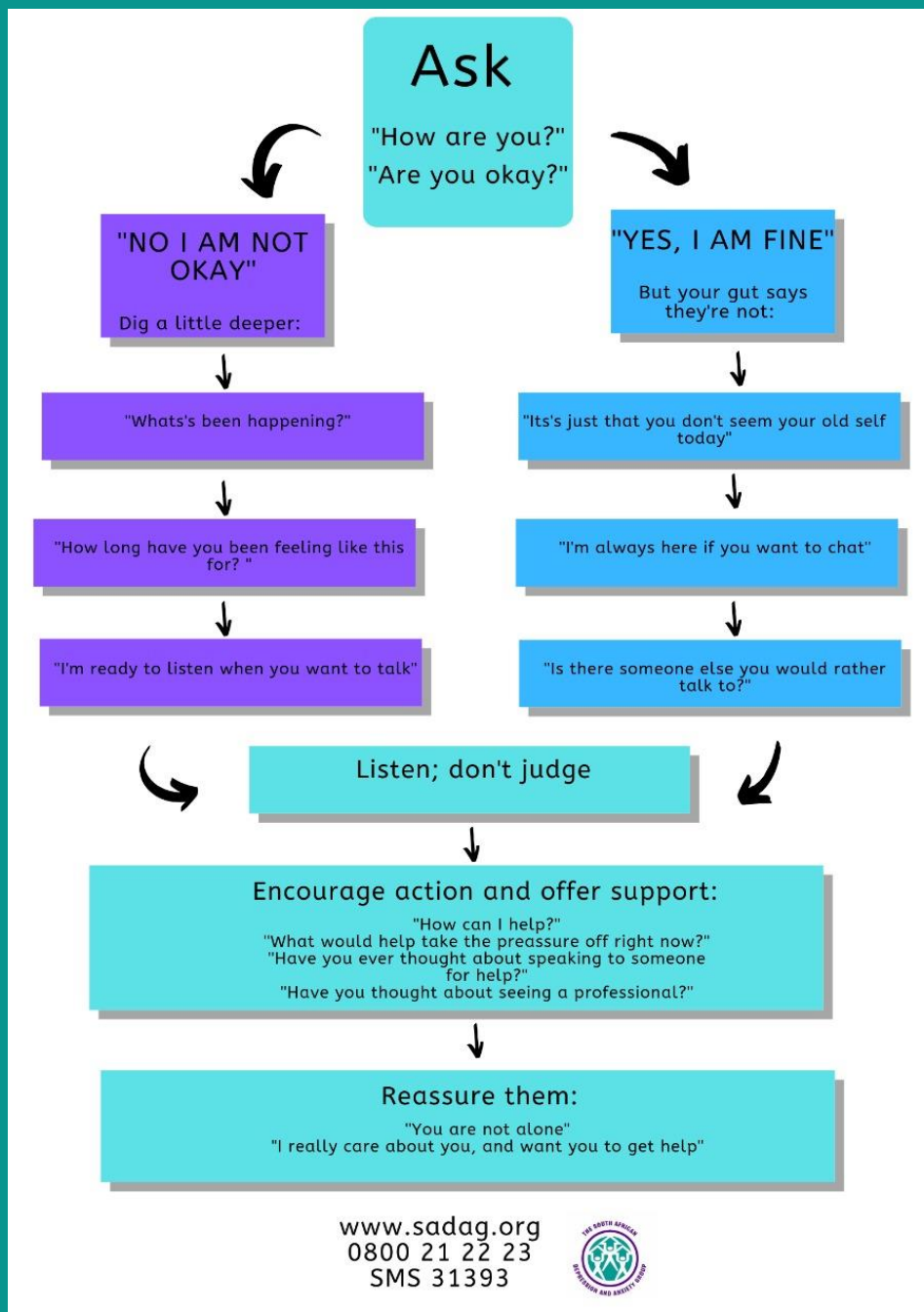
12. TAKE CARE OF YOURSELF

Supporting someone can be emotional for you.
Get help for yourself if you need it.

www.sadag.org

Suicide Helpline: 0800 567 567

SMS 31393



www.sadag.org
0800 21 22 23
SMS 31393





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

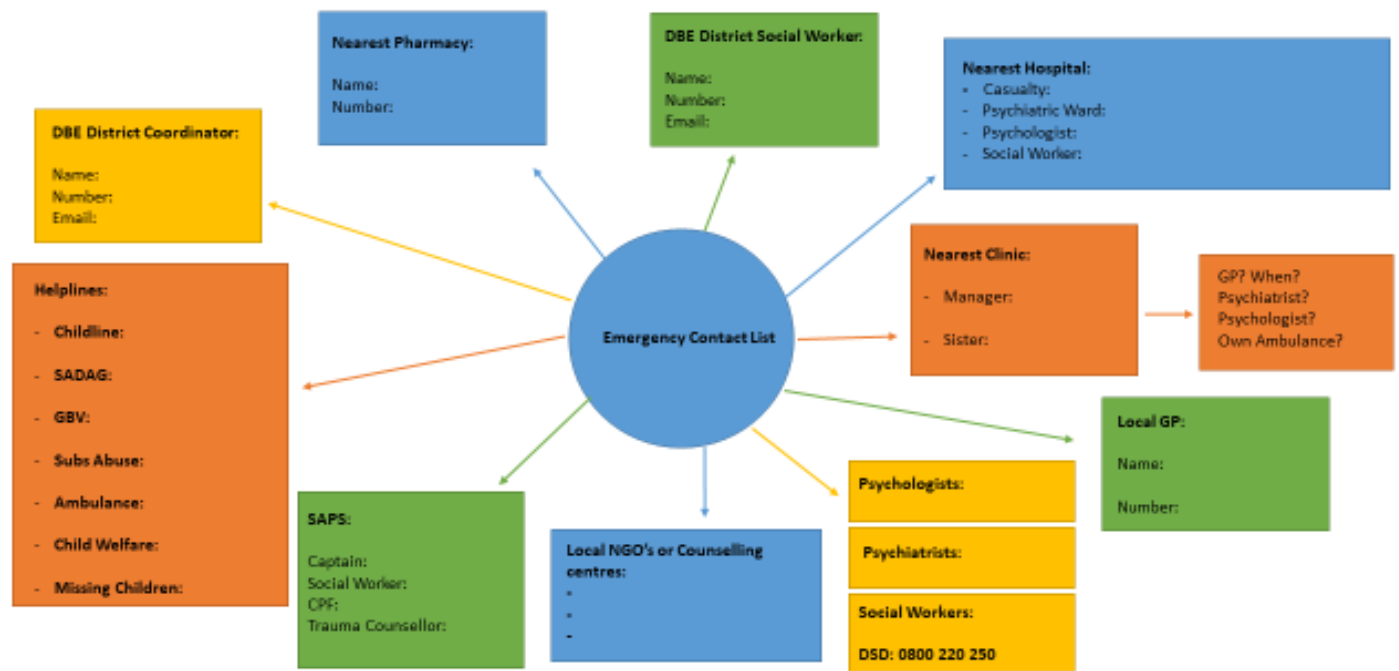


Tips for Teachers



- **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



- I'm worried about you...
- Is everything okay? I have noticed that you have been very down lately, what's been happening?
- 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



- 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



SADAG CONTACT DETAILS



Suicide Helpline (24 hours)	0800 567 567
SADAG Mental Health Helpline	0800 456 789 (24 hours a day)
Substance Abuse Helpline	0800 12 13 14
SMS	31393
Website	www.sadag.org
Email	office@anxiety.org.za admin@anxiety.org.za

WE ARE NOT ALL IN
THE SAME BOAT

BUT WE ARE ALL IN THE SAME STORM



SUPPORT EACH OTHER
#DONTJUDGE #BEKIND

Helplines:
Childline: _____
SADAG: _____
GBV: _____
Subs Abuse: _____
Ambulance: _____
Child Welfare: _____
Missing Children: _____

DBE District Coordinator:
Name: _____
Number: _____
Email: _____

DBE District Social Worker:
Name: _____
Number: _____
Email: _____

SAPS:
Captain: _____
Social Worker: _____
CPF: _____
Trauma Counsellor: _____

Nearest Pharmacy:
Name: _____
Number: _____

Local NGO's/ Counselling centres:

Nearest Hospital:
Number: _____
Casualty: _____
Psychiatric Ward: _____
Psychologist: _____
Social Worker: _____



Psychologists:

Psychiatrists:

Social Workers:
DSD: 0800 220 250

Local GP:
Name: _____

Number: _____

Nearest Clinic:
Number: _____
Manager: _____
Sister: _____
GP: _____
Psychologist: _____
Psychiatrist: _____
Ambulance: _____

Helpful links and tools:

- Mental health has never been more important:
https://www.teachermagazine.com.au/articles/mental-health-has-never-been-more-important?utm_source=CM&utm_medium=Trending&utm_content=MentalHealth
- Student well-being:
https://www.teachermagazine.com.au/articles/student-wellbeing-understanding-different-covid-19-experiences?utm_source=CM&utm_medium=Trending&utm_content=MentalHealth
- Podcast Special: Identifying and managing student anxiety:
https://www.teachermagazine.com.au/articles/podcast-special-identifying-and-managing-student-anxiety?utm_source=CM&utm_medium=Trending&utm_content=MentalHealth
- Infographic: Principal wellbeing – Sources of stress and support:
https://www.teachermagazine.com.au/articles/infographic-principal-wellbeing-sources-of-stress-and-support?utm_source=CM&utm_medium=Trending&utm_content=MentalHealth
- Teacher wellbeing during COVID-19:
https://www.teachermagazine.com.au/articles/teacher-wellbeing-during-covid-19?utm_source=CM&utm_medium=Trending&utm_content=MentalHealth
- SADAG website – Tips and Tools for parents and Teachers:
http://www.sadag.org/index.php?option=com_content&view=article&id=3100:resources-for-parents-teachers-for-back-to-school&catid=11:general&Itemid=101