



WORLD SUICIDE PREVENTION DAY

10 SEPTEMBER 2019

0800 567 567 www.sadag.org SMS 31393

World Suicide Prevention Day

10 September 2019

The South African Depression and Anxiety Group (SADAG) runs the country's only Suicide Crisis Helplines, and receives hundreds of calls every day from people who feel helpless, hopeless and who feel like suicide is the only solution left. For World Suicide Prevention Day (10th September 2019), SADAG is releasing some alarming figures to help create awareness and offer insight into Suicide in South Africa. Since January this year, SADAG has received over 145 000 calls to the 22 lines at the Helpline Call Center, and of those calls, over 41 800 calls have been to the Suicide Helpline alone with people seeking crisis intervention and urgent help.

These 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.



145334

calls received to
SADAG Call Center
since January

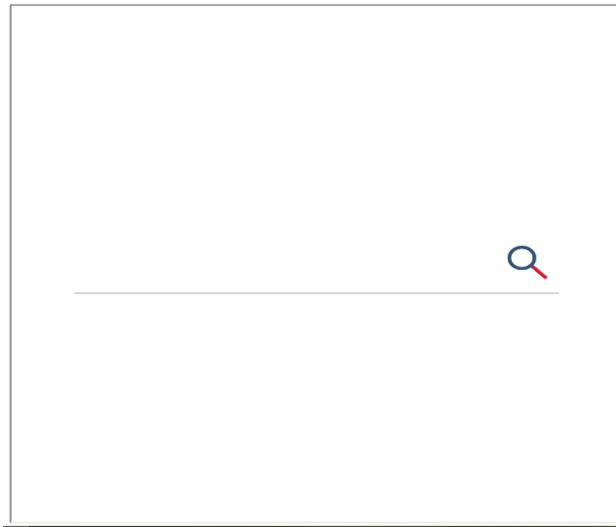
Over

41 800

Suicide Calls received
to Suicide Helpline
in 8 months

New Online Awareness Video/ Partnership with Facebook and BBDO

We are aiming to reach more people and create awareness about suicide and depression. SADAG have partnered with Facebook SA and BBDO Advertising agency to produce an online campaign ([click here](#)) speaking directly to someone who may be feeling suicidal. With the campaign launching online and promoted through Facebook, especially with SADAG figures showing that over 13 000 people have reached out via email, sms, whatsapp, online or social media in the last 8 months. The aim is to reach more people and direct them to contact SADAG via the helplines, sms, email, website or social media for help.



SUICIDE AWARENESS TALK
2019

BY THE SURVIVORS OF LOVED ONES OF SUICIDE SUPPORT (SOLOS) & SOUTH AFRICAN DEPRESSION & ANXIETY GROUP (SADAG)

Friday, 13 September
14:30pm to 16:00pm

Please join us at **SADAG OFFICES, 82 Mazisi Kunene Rd, Glenwood, Berea (Enter Nazareth House)** for a talk on suicide prevention and awareness by Lori Barausse from Survivors Of Loved Ones of Suicide (SOLOS).

NOTE CHANGE OF VENUE:
SADAG OFFICES,
82 Mazisi Kunene Rd,
Glenwood, Berea
(Enter Nazareth House)

For more information contact:
SOLOS Support Group
www.survivorsof suicide.co.za
083 256 5993 / 083 652 0117
suicideprevent@gmail.com

SADAG Suicide Crisis Line
www.sadag.org
0800 567 567

WORLD SUICIDE PREVENTION DAY
10th September

RSVP
Whatsapp 075 278 7847
or confirm on email
mentalhealthmatters@gmail.com
before
12 Sept 2019

"Don't walk through your toughest day alone. We're in this together."

Join the KZN Suicide Awareness Talk / Friday 13 Sept at 2.30pm.

Please join us at KZN SADAG OFFICES, 82 Mazisi Kunene Rd, Glenwood, Berea (Enter Nazareth House) for a talk on suicide prevention and awareness by Lori Barausse from Survivors Of Loved Ones

of Suicide (SOLOS).

"Don't walk through your toughest day alone. We're in this together." For more information contact: SOLOS Support Group www.survivorsof suicide.co.za or 083 256 5993 / 083 652 0117 or suicideprevent@gmail.com.

Click [here](#) for the poster.

Join the #empathyhopeproject: An art exhibition in KZN.

5 - 29 September

The #empathyhopeproject is an immersive art exhibition with a focus on the impact of our social environments on the health of our

THE EMPATHY & HOPE PROJECT



SOCIAL AWARENESS ART EXHIBITION

#empathyhopeproject

minds. Spotlight on #EMPATHY to curb stigma and #HOPE to encourage mental well-being.

The Durban Edition opens on 5 September 2019 - all welcome, free entrance. 5 to 29 September 2019 @ Durban Art Gallery, Smith Street, 2nd Floor City Hall, Durban, KZN. (please confirm attendance to email: empathyhopeproject@gmail.com)

Visit the following links below for more information:

* Facebook: <https://www.facebook.com/empathyhopeproject/>

* Email: empathyhopeproject@gmail.com



Online Toolkit for Suicide Prevention

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

FREE expert Q&A on 13 September

1pm & 7pm



Facebook Friday FREE Q&A on Friday, the 13th of September at 1pm and 7pm will focus on Suicide Prevention. Learn more about the warning signs, how to talk about suicide & depression, making a safety plan & getting help.

This is a great opportunity for professional guidance and information. Join the afternoon chat between 1pm – 2pm with Psychologist, Liane Lurie, and the evening chat from 7pm – 8pm with Psychologist, Tamara Zanella. Click here to join the expert Facebook Friday online Q&A on the 13th of September.

See poster below to print and put up at work, school, etc.

SADAG's #FacebookFriday
Online Q&A
SUICIDE PREVENTION

Friday, 13 September 2019
Suicide Prevention

Learn more about the warning signs, how to talk about suicide & depression, making a safety plan & getting help

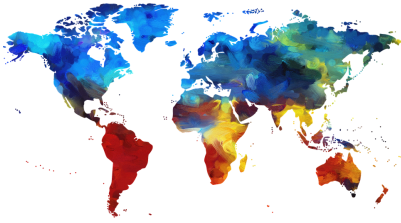
1-2PM: Liane Lurie (Psychologist)
7-8PM: Tamara Zanella (Psychologist)

Proudly sponsored by
Dr.Reddy's

f Facebook Page: The South African Depression and Anxiety Group
Log in via: www.sadag.org

Interesting Articles and Upcoming Press

- SA's soaring teen suicide rate – how to spot the signs. [Read more](#) in a article by South



Coast Sun by Caxton Central.

- SA men four times more likely to commit suicide than women. [Read more](#) in a interesting article by BusinessLive written by Pieter Van Der Merwe.
- One person dies every 40 seconds from suicide, WHO says. Read more about the latest statistics released by the World Health Organization in a CNN article By Katie Hunt [here](#).
- SADAG featured in many interviews today on ETV Sunrise, SABC 2 Morning Live and Expresso, SABC 3.
- Dealing with suicidal ideation isn't uncommon, but because it's so difficult to talk about, a lot of people have misconceptions about what it's like, and what it is and isn't. [Read more](#) in a article by Anna Borges at BuzzFeed
- Tune into 947 at 4;10pm as we discuss World Suicide Prevention Day. Don't miss 5FM today at 4:15 and KFM at 4;40pm with Dr Jan Chabalala. Clinical Psychologist Zamo Mbele will be on eNCA tonight on Channel 403 at 6:15pm.

One person dies every 40 seconds



The World Health Organization (WHO) has revealed that suicide claims a life every 40 seconds somewhere on the planet and the message on World Suicide Prevention Day is connect, communicate, and care.

- Click [here](#) to read about the new global statistics and more.

Donating to save lives



Help us to continue helping hundreds of people who call our Suicide Helpline every day. SADAG runs the only National Suicide Crisis Helpline in South Africa. Donating to SADAG which will help pay for the monthly call costs which save lives. We need funds to finance these calls, to get people to hospitals, call ambulances, talk to families, advise hospitals who is on the way, whatever it needs, we prevent the final step. Let's

make every day #WorldSuicidePreventionDay.

- R50 will enable us to help five callers with their Mental Health problems.
- R100 will enable us to post 25 brochures and information packs to callers who have contacted the Helpline.
- R500 will allow us to print new brochures.

Click [here](#) to DONATE online and save a life, every cent counts.

Donate

SADAG runs the country's only Suicide Helplines (0800 567 567) offering free telephone counselling, information, crisis intervention and referrals to resources country wide – open 7 days a week, 365 days a year.

**It is never too late to seek help - there is always help!
There is always hope!**

**Regards
Zane Wilson
Founder
zane@sadag.org**



©2019 SADAG | P.O. Box 652548 Benmore • Johannesburg, 2010 • South Africa

[Web Version](#) [Preferences](#) [Forward](#) [Unsubscribe](#)

