



Suicide PREVENTION

The High Five

Below is some information that helps us to understand suicidality and the associated risks which may exist. However, we are all individuals with the power of choice over our actions and despite our best attempts, some people may unfortunately still proceed down this path. It is important to note that some people who commit suicide don't always display any warning signs. If you feel that the suicidal thoughts are becoming quite intense for either yourself or someone close to you, reach out and try to connect with people who could assist you.



5 Common Reasons for Suicide



- Recent loss (of a loved one, a relationship, a job or income, etc.)
- Recent physical illness, injury or disability
- Feelings of hopelessness around financial, legal or other problems being experienced
- Alcohol or substance abuse and strong emotions like anger can cause a loss of self-control and lead to impulsive behaviour like suicide
- Traumatic experience e.g being in a fire, rape, accident, etc.

5 Common Signs of Suicide



- Talking or joking about dying
- Social withdrawal and isolation
- Giving away personal items and wrapping up loose ends
- Self-destructive behaviour and taking unnecessary risks
- Loss of interest in appearance and self-care while feeling hopeless, empty, or depressed.

5 Common Risk Factors



- Mental illness/psychiatric diagnosis
- Family history of suicide and/or exposure to suicide
- Lack of social support/social isolation
- Poor coping skills
- Access to ways of harming oneself like guns, knives, etc.

On reaching out

Understanding personal distress and being sensitive to the needs of others around you is the starting point of building supportive communities. By starting the conversation, one is able to provide support and direct help to those in need. Furthermore, we're able to show unity and empower each other to access help, enhance resilience and create caring and supportive communities where individuals feel safe to REACH OUT.



Support Available:



info.ccd@wits.ac.za



0861 322 322
(24/7 National toll free) or
WhatsApp counselling:
065 9899 23



0800 567 567
(8am – 8pm Crisis line)
or SMS: 31393



0861 435 787
(24-hour Psychiatric Response)
or email: help@AKESO.co.za

Wits Student Crisis Line **0800 111 331** (Toll free - 24/7)



REFERENCES:

www.rethink.org | www.sadag.org | www.wits.ac.za/ccdu