

# Contact Us



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## TEENAGE SUICIDE PREVENTION



## Information for Learners



basic education  
Department:  
Basic Education  
REPUBLIC OF SOUTH AFRICA



## WHAT IS SUICIDE?

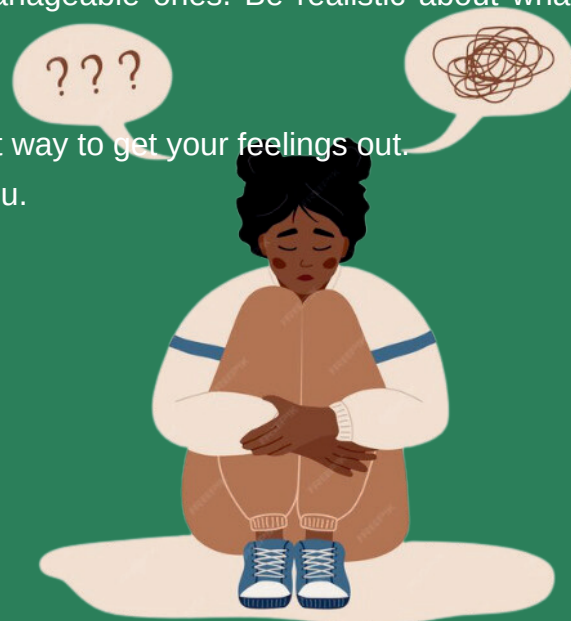
- **Suicide** is when a person intentionally takes their own life, they seek to end the pain experienced.
- **Suicidal thoughts:** when someone thinks about suicide.
- **Suicide attempts:** This is an act in which an individual tries to kill themselves but survives.

## WHAT ARE THE WARNING SIGNS OF SUICIDE?

- Depression.
- Talking or joking about suicide.
- Self-criticism e.g. "I can't do anything right.", "I'm hideous.", etc.
- Preparing for death by giving away things and/or saying goodbye.
- Drastic personality changes.
- Not taking an interest in appearance or there's a drop in personal hygiene.
- Excessive or increased alcohol or drug use
- Writing poems, essays, or painting/drawing images of death.
- Suddenly feeling better. This could mean that they may have decided to commit suicide, set a date for their suicide and they know that their pain will soon end.

## WHAT CAN YOU DO IF YOU ARE EXPERIENCING SUICIDE THOUGHTS?

1. Understand depression so you know what you are dealing with.
2. Do things that keep your mind busy, make you feel better.
3. Set realistic goals for yourself.
4. Break large tasks into smaller manageable ones. Be realistic about what you can achieve.
5. Confide in someone you trust.
6. Keep a diary or journal. It's a great way to get your feelings out.
7. Let your family and friends help you.



## HOW CAN I HELP SOMEONE WHO MAY BE FEELING OR THINKING OF SUICIDE?

- Be non-judgemental.
- Help them stay calm.
- Check-in on them constantly.
- Listen and offer support allowing them to express feelings.
- Allow them space to share how they feel.
- Ask them directly if they have plans or thoughts to commit suicide.
- Take suicide threats seriously.

## WHERE CAN YOU GET HELP?

Here are some organizations that you can reach out to for support:

1. **The Department of Social Development:** If you require a social worker or any form of psycho-social support, please contact them on 0800 220 250 or SMS 32312.
2. **Childline South Africa:** This organization provides a toll-free helpline (116) where teens can speak to trained counsellors about their concerns.
3. **South African Depression and Anxiety Group (SADAG):** SADAG offers a helpline (0800 567 567) for mental health support and information, ensuring that help is accessible to those in need.
4. **LifeLine South Africa:** Provides 24/7 helpline (0861 322 322) which addresses various mental health and emotional issues affecting individuals, groups, and communities.

**Scan QR Code below for free Mental Health Screening**

