



SUICIDE PREVENTION

Student Counselling Unit
Mental Health Awareness Series

10th September is World Suicide Prevention Day.

World Suicide Prevention Day is commemorated to promote worldwide commitment and action to prevent suicide.

SUICIDE

- Suicide is death caused by injuring oneself with the intent to die.
- A suicide attempt means that a person tried to commit suicide. However this did not lead to their death.
- Suicidal ideation is the repetitive thoughts of committing suicide with or without a plan.
- Suicide may be the result of a breakdown in the ability to deal with life stressors and a lack of support.

SELF HARM

- The deliberate, self-inflicted harm to one's body, which is not a suicide attempt.
- Self-harm behaviors include intentionally; cutting, scratching, burning, punching oneself or objects, infecting oneself, inserting objects in body openings, bruising or breaking bones and some forms of hair-pulling.

Did You Know?

- It is normal to wonder about the meaning of life or your purpose of living from time to time, due to feeling overwhelmed with life challenges.
- Often, suicidal thoughts are an indication that you are experiencing more sadness and pain than you feel you are able to manage. This can result in feeling overwhelmed, hopeless, and unsure of where to turn to for support.
- Self harm and suicidal behaviour may seem like solutions to take away the pain and distress caused by life stressors however, it is important to find adaptive ways of dealing with life stressors that does not involve self harm or suicidal behaviour.

Reach Out For Support Immediate Help

- Do not be sworn to secrecy - seek support.
- If you are struggling to cope, feeling suicidal or are experiencing recurrent suicidal ideation, seek help immediately from a loved one or a health professional such as a psychologist for support.



The University of Pretoria has a 24 Hour Careline that has counsellors on call who operate 7 days a week.

If you are urgently in need of someone to talk to, contact the UP Careline for free:

0800 747 747

Stigma

- Stigma particularly surrounding mental disorders and suicide means many people thinking of taking their own life, or who have attempted or been affected by suicide are not seeking help and are therefore not getting the help they need.
- Do not perpetuate stigma by stereotyping, shunning and excluding individuals who struggle with suicidal ideation and mental health problems.

Warning Signs

These are some signs to look out for that someone may be suicidal:

Talking about wanting to die or wanting to kill themselves.

- Talking about feeling empty or hopeless or having no reason to live.

Talking about feeling trapped or feeling that there are no solutions.

History of suicide attempts.

Giving away possessions and

saying goodbye to loved ones.

Supporting A Loved One

- Be willing to listen and allow for the expression of the person's feelings.
- Have a non-judgmental and accepting attitude.
- Encourage the person to seek help from loved ones or a professional.



Department of
Student Affairs

Departement Studentesake
Kgoro ya Merero ya Balhuthi

- For more info or self-help resources, check the Student Counselling Unit's website <https://www.up.ac.za/student-counselling>
- For 24 hr support, call the UP Careline 0800 747 747
- For academic support consult with your Faculty Student Advisor: <https://www.up.ac.za/teaching-and-learning/article/2494904/faculty-student-advisors-fsas>
- For therapy/counselling, email: studentcounselling@up.ac.za

References

- NBC Universal. (2005, October 5). Identifying kids who cut themselves to cope. TODAY.Com. <https://www.today.com/news/identifying-kids-who-cut-themselves-cope-wbna9593427>
- Self harm. (n.d.). Children's Wiconsin. <https://childrenswi.org/medical-care/mental-and-behavioral-health/conditions/behavioral-illnesses-of-childhood/self-harm>
- Suicidal Thoughts- how to support someone. (n.d.). Rethink Mental Illness. <https://www.rethink.org/advice-and-information/carers-hub/suicidal-thoughts-how-to-support-someone/>
- Warning Signs of Suicide. (n.d.). National Institute of Mental Health (NIMH). <https://www.nimh.nih.gov/health/publications/warning-signs-of-suicide>