

TEEN SUICIDE prevention

Teen Suicide Prevention Week - 18th to 25th February 2017

* "Hi its Jacob I got a problem, I have been trying to commit suicide and I saw them talking about it on Morning Live and I think I have a problem. Can you help me?"

* "I need help! I feel so depressed with my life I want to kill myself but I'm thinking about my 2 year old son! What do I do!"

* "Please help me I am in trouble I think I might commit suicide. Can you help me before I do something I have my rope?"



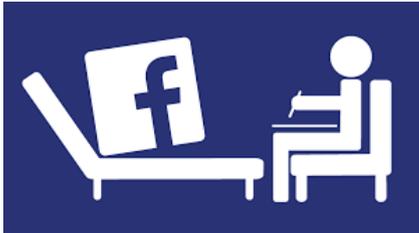
It is Teen Suicide Prevention Week and this year SADAG is training Teachers and Parents on how to identify teens at risk. Suicide is the leading cause of death in youth aged 15 – 29. In South Africa, suicide accounts for 9.5% of all unnatural teen deaths. The National Youth Risk Behaviour Survey shows that 17.6% of teens have considered attempting suicide, while 31.5% of teen suicide attempts required medical treatment.

[Click here](#) for more stats on Teen Suicide in SA



Free Teen Suicide Prevention Workshops at Akeso Clinics

Akeso Clinic offer specialized private inpatient care for the treatment of psychiatric conditions. This month, SADAG in partnership with Akeso, are hosting FREE Workshops in KwaZulu Natal, Gauteng and Cape Town on Saturday, 25 February 2017 from 09:00 – 11:00am, to raise awareness of Teen Suicide Prevention to help identify the symptoms of Depression, the warning signs of Suicide and how to get help. The workshops are open to parents, teachers, community leaders and those concerned about a loved one who is depressed and would like to know more about Suicide Prevention. We are hosting these free workshops in Randburg, Umhlanga and Kenilworth. [Click here](#) for more information and how to book your seat.



Facebook Friday Chat

Also, join our Free Online #FacebookFriday Q&A chat on Friday, 24 February 2017 at 1pm - 2pm with Clinical Psychologist, Zamo Mbele and again at 7pm - 8pm with Psychologist,

Candice Cowen. Both experts will be available for an hour to answer questions on Teen Depression, Preventing Suicide, recognizing warning signs and where to seek help to prevent suicide.

[Click here](#) to read more about the Facebook Chat.

To go directly to our Facebook page, [click here](#).



School Talks

SADAG's School Talks programme creates a heightened awareness of Suicide Prevention; provides schools with available resources to help teens at risk and improve teachers' and learners' ability to cope. Over

the years, our teams have presented to hundreds of thousands of teens all over the country. When we visit a school, we speak to all the learners class-by-class and train teachers on how to deal with Depression and Suicide Prevention.

We have already held a few Teacher Training Talks in areas such as Lanseria, Diepsloot, Olivenhoutbosch and Ivory Park amongst others.

If you want to book a talk at your school, or at a school in your area, call Justine on 011 234 4837 or email press@anxiety.org.za.



Teen Suicide Prevention Toolkit

15.6% of teens have planned their suicide, while 21.9% have tried more than once to commit suicide. These are just a few stats that have been printed in the infographic in this weeks. Die Burger Newspaper courtesy of Akeso. We are extremely grateful as so little is done in

Afrikaans for the youth especially since education and information is essential to create awareness.

See below for helpful, articles and videos to learn more about Teen Suicide:

- [Click here](#) for the Teen Suicide Prevention Brochure.
- Please [click here](#) for a copy of the infographic from Die Burger Newspaper.
- For verbal signs to look out for [click here](#).
- For a local articles on how to identify signs. how to speak to speak your teen, etc. [click here](#).
- International articles about trends, coping mechanisms and risk factors, [click here](#).
- For a new brochure from America on Cyberbullying [click here](#), it covers aspects including the Definition of Bullying, Cyberbullying on Social Media and Popular websites as well as Data and Stats.
- Powerful Online videos, [click here](#) and [here](#) .



Donate

SADAG needs your help to ensure that we can do even more Preventative work. SADAG needs to visit more schools and speak to teens- at-risk before there is a suicide, as well

as train more teachers on how to help a learner who is depressed or suicidal. But we need your help! Please DONATE to SADAG so we can speak to more teens and prevent suicide.

The more money we raise, the more school talks we can do, the more teens we can reach and the more lives we can save.

Every Cent Counts.

Please click the button below to make your donation.

[Donate](#)

SADAG's helpline can be reached 7 days a week from 8am to 8pm on 0800 567 567 or visit www.sadag.org for more helpful information.

SADAG Office	011 234 4837
Suicide Crisis Helpline	0800 567 567
Dr Reddy's Mental Health Helpline	0800 21 22 23
Pharma Dynamics Trauma Helpline	0800 20 50 26
Adcock Ingram Depression and Anxiety Helpline	0800 70 80 90
ADHD Helpline	0800 55 44 33
Destiny Helpline	0800 41 42 43
HDI "You Decide" Youth Helpline	0800 33 33 77
24 Hour Substance Abuse Helpline	0800 12 13 14



WEBSITE: www.sadag.org EMAIL: zanel@medport.co.za SMS: 31393

 The South African Depression and Anxiety Group

 TheSADAG

Making Mental Health Matter

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