

# Teen Suicide Prevention Week

11 - 18 February 2019



## KNOW THE WARNING SIGNS OF SUICIDE

Talking or joking about suicide  
Preparing for death  
Self-criticism  
Changes in personality  
Loss of interest in appearance and drop in hygiene  
Risk-taking behaviour  
Excessive feelings of guilt, self-blame or failure  
Writing poems, essays about death, sms's or painting images of death

#SuicideShouldntbeaSecret



The South African Depression and Anxiety Group



@TheSADAG



www.sadag.org

## Press Release

13 February 2019

### Facebook Friday Online Chat

#### Students and Mental Health

The WHO World Mental Health Survey (2018) results indicate that one third of first year university students have a readily diagnosable mental health condition. Prof Jason Bantjes, from Stellenbosch University, contends that 25% of South African university students have expressed suicide ideation; at least 12% suffer from Depression and a further 15% grapple with Anxiety.

So often students don't know how to get help when they are feeling helpless, hopeless, stressed and struggling to cope.

SADAG is giving Students, Parents, Community Members and Friends the opportunity to get FREE online help to understand more about the pressure, stress or issues a student may be dealing with at University, College or school.

Are you a parent who has found that Primary School is a huge adjustment for your child? Struggling to get them in a routine? Wondering how your child will deal with social anxiety or bullying at school?

Teens are the most at risk age group for Depression and Suicide. High School learners struggle to fit in. Many high school learners struggle with relationship issues, bullying, learning difficulties, substance abuse and even family problems.

There are a variety of reasons why a University student may be struggling to cope, it can be a combination of issues such as family problems, relationships, problems with starting a new semester, death of a loved one, a recent trauma, moving away from home, struggling to cope with stress of academics and the pressure of university tests and exams, etc. Clinical Psychologist, Charity Mkone says "Mental Health Matters... You Matter."

Join the FREE online #FacebookFriday 'Ask the Dr' on 15 February discussing Students and Mental Health. Join the chat 1pm - 2pm with Clinical Psychologist Suntosh Pillay, and again at 7pm - 8pm with Clinical Psychologist, Dr Charity Mkone. Click here to visit our Facebook Page.

We are providing a free online chat so that we are able to provide more support and free help to people across the country who maybe wouldn't be able to afford to see a professional face to face.

**SADAG's FREE**  
**#FacebookFriday Online**  
**Q&A**

**15 February 2019**  
**Students and Mental Health**  
**"Ask The Dr"**

**1PM: Clinical Psychologist - Suntosh Pillay**  
**7PM: Clinical Psychologist - Charity Mkone**

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**f** Facebook Page: The South African Depression and Anxiety Group

Log in via: [www.sadag.org](http://www.sadag.org)

To join the chats, LIKE SADAG's Facebook Page: The South African Depression and Anxiety Group or go to [www.sadag.org](http://www.sadag.org). Facebook Users that would like to remain anonymous can send a email to [media@anxiety.org.za](mailto:media@anxiety.org.za) and SADAG will ask on their behalf. For free telephonic counselling call 0800 456 789 or send an SMS to 31393 and a counsellor will call you back.

Ends

Research is available on request.

For press interviews, expert comments and case studies, please contact Kayla Phillips on 083 333 7750 / 011 234 4837 or [media@anxiety.org.za](mailto:media@anxiety.org.za) Tracey Mukute on 011 234 4837 / 074 379 8708 or [research@anxiety.org.za](mailto:research@anxiety.org.za)

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