

## STUDENT SUPPORT SERVICES

# SUICIDE AWARENESS

You matter  
We care  
**YOU ARE NOT  
ALONE**

Suicide is often a result of various mental and biological health conditions. While it is a global health concern, it is **TREATABLE**. Your story is not over; A semicolon is used when an author could have ended their sentence but chose not to. Similarly, the semicolon represents a continuation of someone's life. The sentence is your life, and you are the author; where instead of ending your sentence, you carry on with it.

### RISK FACTORS

- 1 Previous suicide attempts
- 2 History of selfharm
- 3 Depression, anxiety, trauma and other mental health illnesses
- 4 Academic failure/ underachievement
- 5 Relationship problems
- 6 Financial challenges

### WARNING SIGNS

- 1 Talking/posting about dying or saying that the world would be better off without you
- 2 Making plans for suicide
- 3 Constant thoughts about people's reactions to your death
- 4 Feelings of hopelessness and/or worthlessness
- 5 Feeling trapped/unbearable pain
- 6 Saying goodbye or giving up your possessions

## HOW TO SUPPORT SOMEONE AT RISK

Do not dismiss the fears and anxiety they might be going through. Assure them of your love and support and that you are thinking of them.

1  
Be proactive, try not to leave them alone

2  
Alert someone the person trusts

3  
Encourage healthy lifestyle changes, eg spending time with family and friends

4  
Remove potential means of suicide

5  
Continue your support over time by checking in or dropping by

6  
Encourage them to seek the help of a mental health professional

Express your utmost support as they process their trauma and fears

### CONTACT DETAILS

CAES- Student Support Services Toll free counselling: 0800 800 017 (Monday- Friday 08h00-16h30)

SADAG Suicide 24hr Crisis Line: 0800 567 567; SMS 31393

Lifeline National Counselling Line: 0861 322 322

Or you can **book an appointment** with our counsellors : <https://caes-ukzn.bookem.com/>