

Suicide PREVENTION

Why Therapy?

Below is some information that helps us to understand suicidality and the associated risks which may exist. However, we are all individuals with the power of choice over our actions and despite our best attempts, some people may unfortunately still proceed down this path. It is important to note that some people who commit suicide don't always display any warning signs. If you feel that the suicidal thoughts are becoming quite intense for either yourself or someone close to you, reach out and try to connect with people who could assist you.



If you have had a suicide attempt, you should seek the assistance of a skilled therapist who can support you in many ways, including:



- Helping you make sense of the attempt or dealing with any lingering suicidal thoughts
- Discussing the feelings of being overwhelmed, depressed, hopeless or helpless
- Directing you to various sources of help which may be beneficial to you
- Enabling access to medical/psychiatric assistance where necessary
- Empowering you towards coping

If you have experienced the attempted or completed suicide of someone close to you, assistance from a mental health professional may be particularly beneficial to you in:



- Dealing with Post-traumatic Stress Disorder (PTSD) flashbacks, anxiety or any increased depression
- Offering support and understanding as you go through your unique grieving process
- Helping you make sense of the death or the attempt
- Engaging family or friends to continue talking about the loss



Support Available:



0861 322 322
(24/7 National toll free) or
WhatsApp counselling:
065 9899 23



0800 567 567
(8am – 8pm Crisis line)
or SMS: 31393



0861 435 787
(24-hour Psychiatric Response)
or email: help@AKESO.co.za

Wits Student Crisis Line **0800 111 331** (Toll free - 24/7)



REFERENCES:

www.rethink.org | www.sadag.org | www.wits.ac.za/ccdu