



# Suicide PREVENTION

## How Can I Help?

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.



### TALKING HELPS

People think about suicide for different reasons. If you are worried that someone may be thinking about suicide, talk to him or her. Ask them about how they are feeling or what they are going through; **show you care!**

### If someone is high risk - Keeping them safe

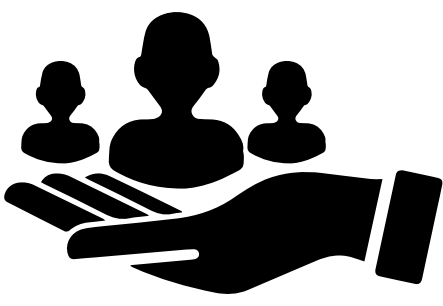
- Remain calm
- Stay with them and do not leave them alone even whilst accessing help
- Ensure personal safety at all times.
- Contact mental health professionals or facilities like the CCDU, Wits Student Crisis Line, SADAG, Lifeline or Akeso (contact details noted below)
- You may also need assistance from emergency/medical services, Campus Protection Services and Campus Health

### If I think I may be at risk – On being safe

- Tell someone or call a counselling line
- Talk to a professional
- Make sure you're not alone – try staying with family or friends
- Avoid the use of substances like alcohol; it may impair your judgement

### Importance of Self Care

Helping someone with suicidal thoughts is likely to have a big impact on you. Become aware of what support you may also need.



## Support Available:



info.ccd@wits.ac.za



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