

SUICIDE: FACTS, RISKS, WARNING SIGNS, & PREVENTION

SUICIDE

is more prevalent in males (**80%** of suicides)

is more prevalent among **15-29 year olds**

accounts for **9.6 %** of unnatural deaths in South Africa

RISK FACTORS

- Depression
- Alcohol and drug abuse
- Financial loss
- Violence
- Abuse
- Chronic pain or illness
- HIV/AIDS
- Previous suicide attempts
- Loneliness
- Discrimination

WARNING SIGNS

- Talking about committing suicide
- Drastic behavioural changes
- Social withdrawal
- Death preparation (will and final arrangements)
- Gives away important possessions
- Previous suicide attempt
- Takes unnecessary risks
- Preoccupation with dying or death
- Loss of interest in personal appearance
- Increase in alcohol and/or drug abuse

PREVENTION

Restrict access to ropes, firearms, poison, medication

Long-and-short-term follow-up with individuals who have attempted suicide

Developing coping skills

Multi-dimensional approach – social, psychological AND cultural impacts

Enhance the collection of suicide data