

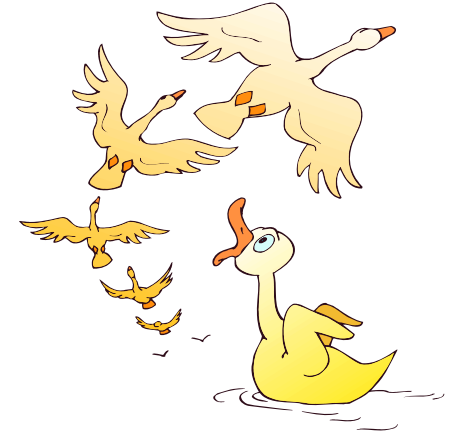
REMEMBER

- **YOU ARE IMPORTANT**
- Your LIFE is PRECIOUS
- There is always a SOLUTION
- Don't be afraid to ASK for HELP
- There are people to TALK to
- There are people that WILL LISTEN
- There are people to SUPPORT you
- There are people that CARE about you
- Suicide is never the answer
- Suicide prevention is the answer – GET HELP
- GETTING HELP IS THE ANSWER.



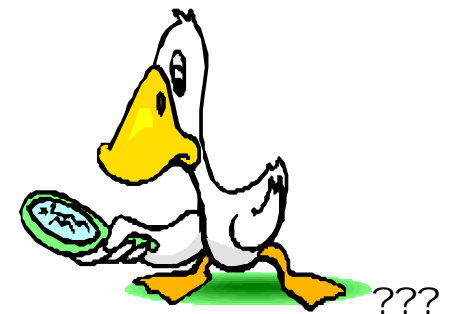
PSYCHOLOGICAL GUIDANCE AND
SPECIAL EDUCATION SERVICES
In collaboration with
EDUCATION MANAGEMENT
GOVERNANCE DEVELOPMENT
**KWAZULU NATAL DEPARTMENT
OF EDUCATION**

DO YOU SOMETIMES
FEEL EVERYONE HAS
LEFT YOU?



SAD & HOPELESS?

DO YOU SOMETIMES
FEEL NOBODY CARES
ANYMORE



STATISTICS TALK

THE 1ST SOUTH AFRICAN
NATIONAL YOUTH RISK
BEHAVIOUR SURVEY 2000 BY THE
DEPARTMENT OF HEALTH AND
THE MEDICAL RESEARCH
COUNCIL OF SOUTH AFRICA

KWAZULU- NATAL

21,8% of High School Learners
experienced sad and hopeless
feelings

17,9% of High School Learners
considered attempting suicide

14,2% of High School Learners made
a plan to commit suicide

15,6% of High School Learners made
one or more attempt suicide attempt

24,6% of High School Learners made
a suicide attempt requiring medical
treatment

**OUR CHILDREN ARE PRECIOUS
– WE CANNOT AFFORD TO
LOOSE THEM !**

CAUSES

- Untreated Depression
- Death of a loved one
- Broken relationships
- Serious / Terminal illness
- Loss of hope
- Being a victim of abuse: sexual-
physical-, emotional-, substance
abuse, bullying
- Feeling “trapped”/ helpless
- Feelings of rejection
- Lack of coping skills
- Low self-esteem

HELP IS AVAILABLE

CRISIS LINE

0800 567 567

011 783 1474

LIFE LINE

0861 322 322

031 312 2323

CHILD LINE

0800 055 555

031 312 0904

OTHER RESOURCES

- Close Friends or Family
- Medical Doctor
- Health Worker at Clinic
- Local Hospital
- Psychologist
- Social Worker
- Religious Leader