

# SUICIDE

What people should know?

For more information  
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## What is Suicide?

Suicide is the act of deliberately taking one's own life. Suicidal behavior is any deliberate action with potentially life threatening consequences, such as taking a drug overdose, hanging self.

## Risk Factors

- Major mental health problems (e.g. Depression)
- Dysfunctional families
- Dysfunctional/abusive relationships
- Drug and substance abuse problems
- Loss of family members or loss of loved ones

## Warning Signs

- Drug and alcohol abuse
- Difficulty in concentrating
- Decline in school or work performance
- Unexplained aches and pains
- Violent behaviors
- Unexplained exhaustion
- Isolation

## Things suicidal people might say

- I have reached the end of the road
- Life has not been fair to me
- I do not need to live any more
- Who cares if I am dead?
- I will not see you again
- What is the point of living?
- I will not be a problem to you much longer
- I am tired of it all
- No retreat no surrender
- It was great knowing you all

## What you can do to help

- Do not ignore the signs take them seriously and make a swift move.
- Sit and talk to the suicidal individual with understanding and patiently
- Be direct, open and honest in communication.

- Make them aware that suicide is not a resolution to a problem.
- Dispose any hazardous items e.g. drugs, pills, ropes and guns.
- Talk to the individual's family members as soon as possible with understanding without fear of being disloyal to the suicidal individual.
- Refer the suicidal for further assistance (mental health nurses, social workers, Psychologists, and counselors)
- Get them involved with some support groups

## Things to avoid

- leaving a suicidal person alone
- Acting shocked or showing excessive sympathy it makes them more vulnerable
- Being afraid to ask questions; instead do say;  
"You seem to be upset can you tell me what's going on/ I'm wondering if you are considering suicide"

- Promising to keep a secret
- Offering simple solutions e.g. "take a walk", "just sleep"
- Judging the person/ or pointing out to them how better off they are than others. It increases feeling of self worthlessness and the drive to commit suicide.
- Minimizing the situation or depth on the feeling (do not say "things will be fine this is part of life")

## Some important facts to know about suicide

- Suicide can be prevented
- Most people who are suicidal do not want death but just want emotional and psychological pain to stop.
- People who commit suicide are not crazy or weak, they are in pain and anyone could attempt suicide

