

# Suicide



Suicide is death caused by injuring oneself with the intent to die. A suicide attempt is when someone harms themselves with any intent to end their life.

Often people who are considering suicide are dealing with a combination of mental illness- and difficult life events. Feeling suicidal is not a character defect. It doesn't mean that you are crazy, weak or damaged. It only means that you are dealing with more pain than you can cope with right now.

The things that cause this type of pain are different for everyone, but it is often caused by a treatable mental health problem. Symptoms such as very low mood, negative thinking, severe anxiety, and psychosis can lead to suicidal thoughts. These conditions can alter the chemicals in your brain and affect your moods, thoughts and emotions.

You don't have to keep these thoughts to yourself. It's OK to talk to someone, even if it's small steps with a close family member, friend, work colleague or by speaking to one of our mental health professionals. Try not to make any impulsive decision based on suicidal thoughts, rather seek assistance if you feel overwhelmed by the thoughts.

With time and support, you can overcome your challenges and the suicidal feelings will subside.



## Get help right away

If you think you may hurt yourself or consider taking your life, get help right away by seeking medical help via a general practitioner (GP) or emergency room (ER). Alternatively, you can also take one of these actions:

- Call our Mental Health Services for counselling and support on **014 590 1700!**
- Reach out to a close friend or loved one to assist you to get the care needed.