

# DEPRESSIE 101

UITGAWE 21 | 11 DESEMBER 2017

## **SELFDOOD** in die feesseisoen

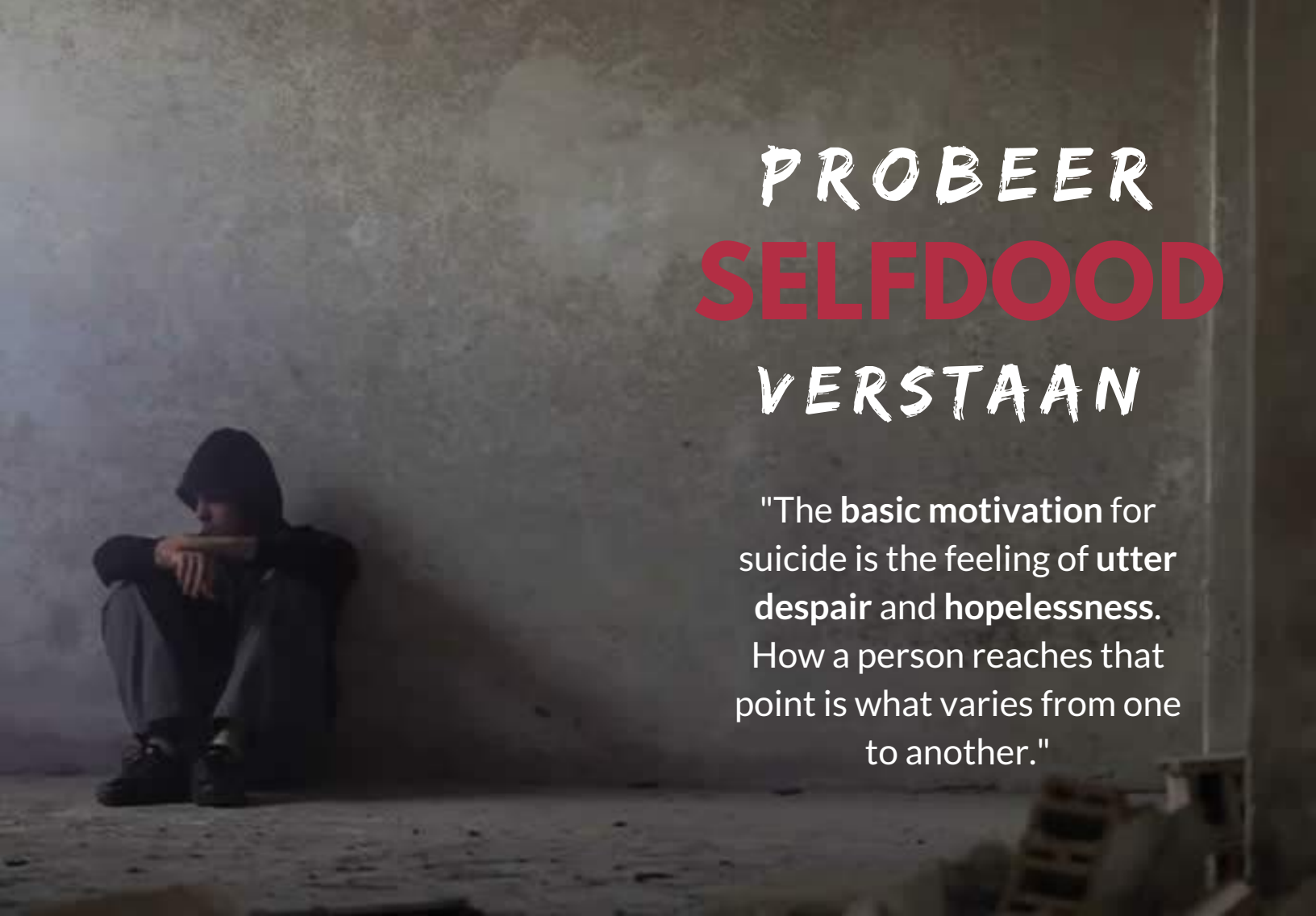
hoekom oorweeg  
**TIENERS** selfdood?

**SUICIDE**  
warning  
signs

SO KAN  
SELFDOOD KEER

**JY**





# PROBEER SELFDOOD VERSTAAN

"The basic motivation for suicide is the feeling of utter despair and hopelessness. How a person reaches that point is what varies from one to another."



My **emosies** oorweldig alles en daar is absoluut niks wat ek daaraan kan doen nie.

**Niks.**

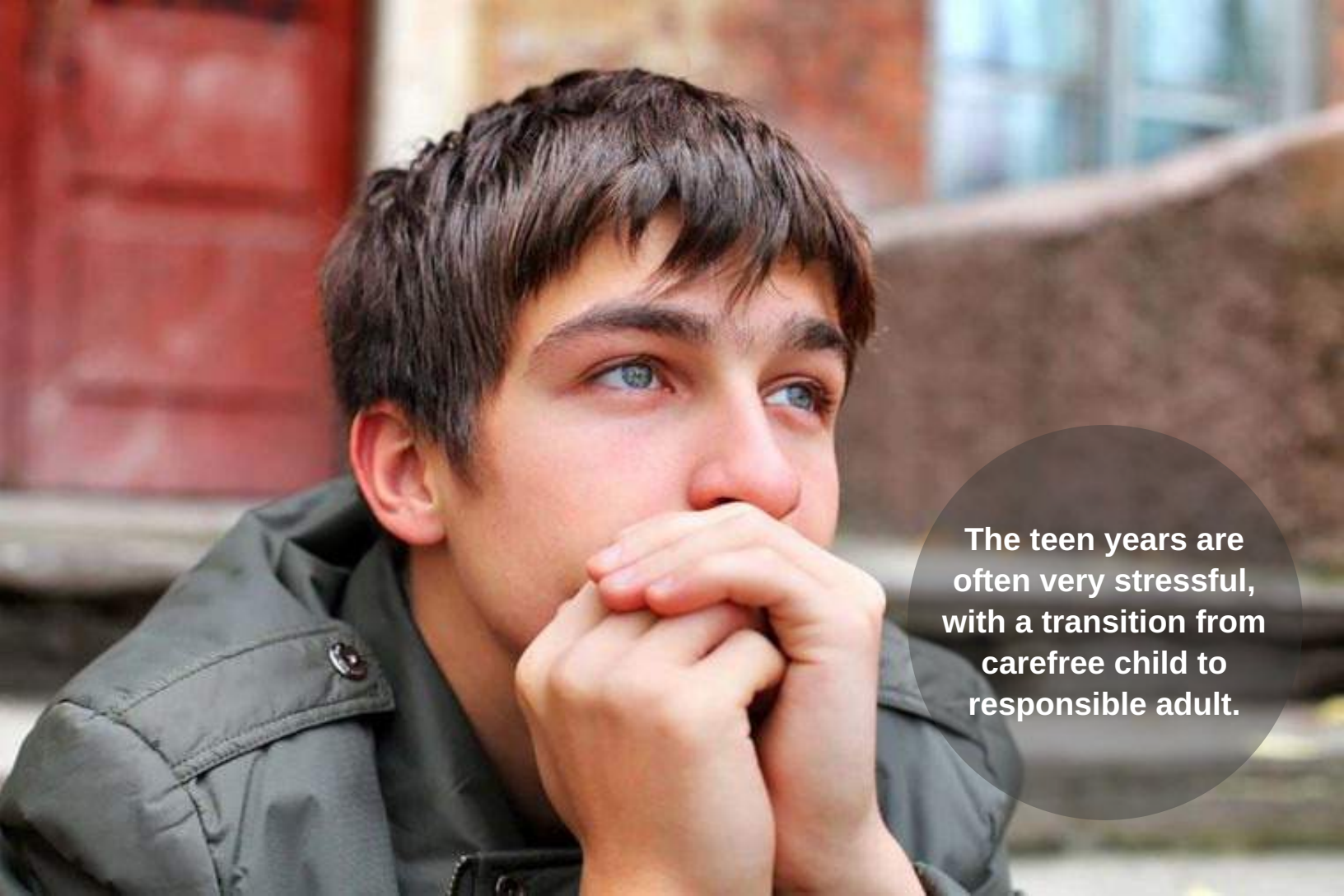
Dis hoe mense wie se selfdoodpoging onsuksesvol was dit beskryf sodat ander kan weet hoe hulle voel, ook dat hulle **WIL LEWE** en 'n sterk begeerte het om by **geliefdes** te bly. MAAR, maar daar was geen ander uitweg nie.

**gevoelens**

van hopeloosheid, vrees, isolasie, haat teenoor hulleself, ens. raak te veel.

**die pyn**

wat hulle voel, is dikwels onmeetbaar, tot 'n punt waar hulle geen ander opsie sien as om hulle lewens te beëindig nie.



The teen years are often very stressful, with a transition from carefree child to responsible adult.

# TIENERS

moet die konstante hormoonverandering in hulle liggame hanteer en kry vir die eerste keer te doen met die grys areas in die lewe:

- beëindiging van eerste ernstige liefdesverhouding
- onsekerhede oor seksuele oriëntasie
- uitdagings rondom geloof
- ongelukkigheid oor voorkoms
- verandering in vriendekring
- lae selfbeeld
- blootstelling aan dwelms en alkohol

**tieners wat nie gehelp word om hierdie uitdagings te hanteer nie, kan selfdood oorweeg en planne begin beraam**

# WARNING

## SIGNS OF SUICIDE

### **Drastic change in personality**

Increased aggression, irritability, anxiety or feelings of sadness that are out of the ordinary for the person.

### **Pursuit of dangerous objects or supplies**

An attempt to acquire items that could be used to end one's life (without an alternate explanation) e.g. poison, firearms or knives.

### **SELF-HATE**

Unusual or unjustified feelings of low self-esteem, worthlessness, shame or guilt.

### **OBSESSION WITH DEATH OR SUICIDE**

An unusual or increased level of fascination or respect for death or suicide.

**An abnormal level of peace when one was usually or recently uptight, depressed, anxious or upset.**

### **SAYING GOODBYE**

Telling friends, family and acquaintances goodbye for no apparent reason.

### **ISOLATION**

spending less time with people whose company was previously enjoyed, have a desire to be left alone

### **ORGANISATION**

and future planning of one's affairs e.g. writing a will, selling substantial assets or making arrangements for one's absence

**TAKING RISKS** that put themselves or others in danger

### **CHANGE IN SLEEPING HABITS**

substantial increase or decrease in sleeping patterns without a medical reason

### **PREVIOUS SUICIDE ATTEMPTS**

can be a strong indication that the individual will try again.

**Giving away, destroying or selling objects that were once highly prized by the individual.**

### **talks about suicide**

Whether it's explicit "I'm going to go kill myself", implicit "I don't deserve to live", a more subtle "I'm constantly in pain" or any other discussion about suicide is a warning sign.

## More ...

- Apathy to the future
- Start or increase the use of drugs and/or alcohol
- Reduced interest in activities commonly enjoyed
- Unusual level of calmness

# 'N PAAR DINGE OM TE ONTHOU TERWYL JY NOG BESLUIT HOE JY HULP GAAN VRA:

1

**You are not a bad person.** Responding to overwhelming emotion and difficult situations with feelings of suicide does not make you a weak or bad person. You are in a situation that is too much to handle, and you need help to deal with it. Getting that help means you are strong, brave, and willing to do what it takes to get better.

2

**Wag 'n rukkie langer.** Wanneer die tyd aangebreek het om jou selfdood-planne uit te voer, moet jy jouself probeer oortuig om nog 24 uur uit te hou. Dit kan help om weer moed te skep. Dis die beste tyd om hulp te soek by iemand wat jy vertrou, 'n selfdood-hulplyn te bel, ens.

3

**There really is another solution.** In the depths of despair, you are not seeing the situation clearly. Your mind and heart have been taken over by the negative thoughts, and you are blinded to the more positive ones. There is always a solution other than suicide - you must trust that it is there. Ask someone for help to find it.

4

**Omring jou met mense** Praat met vriende of familie. Besoek openbare plekke bv. gaan fliiek of loop rond in 'n winkelsentrum. Dit sal jou aandag aflei van die selfdoodgedagtes.



## dis moeilik om hulp te vra, maar ...

Wees ten alle tye eerlik en moenie inligting weglaat nie. Mense moet presies weet wat aan die gang is sodat hulle jou by die regte mense kan kry om hulp te verleen. Wanneer 'n mens met ander oor hierdie uitdagings praat, is daar reeds 'n gevoel van verligting. Moenie dink jy's 'n las vir ander nie. Jy vra hulp wat jy nodig het en verdien.

# helping someone who is suicidal

### TALK

Don't assume someone is okay. Ask them how they are feeling, and encourage them to talk to you. Let them know that you care.

### LISTEN

Sometimes the person just needs a friend to be a sounding board to get a lot of things out into the open. Be sympathetic, open, and encouraging as they speak to you.

### BRING IT UP

Ask them point-blank: Are you thinking about suicide? Have you thought about harming yourself? If yes, it's time to get immediate help. But even if the answer is no, be wary.

### DON'T GIVE ADVICE

Things like "toughen up" or "it's not as bad as you think" or "grow up" are not what that person needs to hear. They are struggling with something that you can't imagine.

### GET PROFESSIONAL HELP

### NEVER HIDE IT

If someone needs help, you have a responsibility to help them. Don't agree to confidentiality. You might worry that you will push them away if you tell, but the truth is very different. The reality is that telling an adult might be the key to keeping your friend alive so they can keep on being your friend for years to come.

### FOLLOW UP

Once the plan for help is in motion, make sure your friend stays on track. Encourage him/her to take the medication every day. Make sure they go to counselling - drive them yourself if need be.



## JUST BE THERE ...

Don't just say "call if you need me." Be the one to call them instead. Make your own home a safe haven for them. Be there for them, even after the initial crisis has passed.

# #puppet



'N TEATERPRODUKSIE OOR  
**DEPRESSIE**

**aangepas vir**

skole | volwassenes | besighede

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BESPREEK JOU VERTONING

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