

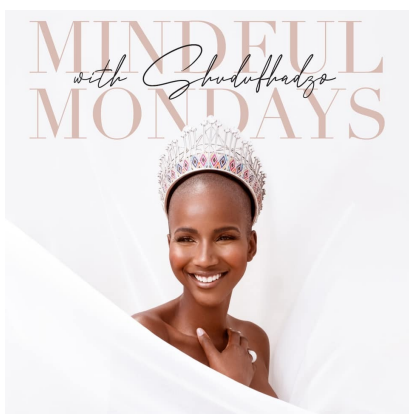


TEEN SUICIDE PREVENTION 14-21 FEB 2021

SADAG provides extra help and support for Teen Suicide Prevention Week

Teen Suicide Prevention Week (14 – 21 February 2021) highlights awareness around teen Depression and Suicide Prevention. As the COVID-19 pandemic has worsened across the globe and increased stressors for many, the mental health of children and teens has been affected to a larger extent. Suicide is the 3rd leading cause of death in 15 – 19 year olds (WHO, 2020).

The South African Depression and Anxiety Group (SADAG) runs the country's only Suicide Helplines (0800 567 567) and is focusing on creating awareness for teen Depression and Suicide prevention, as South African teens are at a high risk as the mental health impact of COVID-19 has been severe. South African teens are especially at risk as they navigate a new world of online learning or delayed learning, social isolation, loss, grief and trauma, with increased anxiety and depression.



Miss SA's #MindfulMondays tackles Teen Suicide Monday 15 Feb at 5pm

Miss SA, Shudhufadzo Musida, will tackle Teen Suicide Prevention on this week's #MindfulMondays on her Instagram LIVE. This week she speaks to Child Psychologist, Elzette Fritz about understanding teen depression, debunking myths around suicide and how to talk to young people about suicide. Don't miss the powerful discussion on

Instagram @ShudufhadzoMusida and @SADAG_official.



Facebook Friday with expert online Q&A Friday 19 September 1pm – 2pm and 7pm – 8pm

SADAG's popular #FacebookFriday online chat focuses on how to identify the warning signs of suicide, understanding depression in children and teens, and what to do to get help. Experts will answer all questions live during the chat at 1pm-2pm and again at 7pm-8pm. This is an important platform for parents, teachers, family members, peers or anyone who works with young people to access help online and to ask any questions they



Teachers Connect Webinar on Wednesday 24 February 3:30pm

Teachers work with learners in a different environment – whether in the classroom or online – they are able to identify body language, possible signs of depression and anxiety, and teens often open up about their feelings of suicide with a teacher.

SADAG will be helping Teachers and Educators with practical tools and information on how to identify suicide warning signs, developing a suicide crisis plan and how to get help. The free online CONNECT Webinars for Teachers will take place on Wednesday the 24 February at 3:30pm – 5pm online. To register for a free seat, [click here](#).



FREE Parents Webinar on Thursday 25 February 12pm-1pm

Informing and empowering parents on how to have conversations about suicide with teens is the first step to preventing teen suicide. SADAG is hosting a free Parents Webinar with experts covering how to identify depression and warning signs of suicide in their child, how to talk about suicide with a teen, and how to connect for help. The Parents Webinar is open to parents, grandparents, family members, NGOs, and anyone who deals with young people. To register

for your free seat, please [click here](#).



Teen Suicide Prevention Toolkit on SADAG Website

Knowledge is power! SADAG has uploaded teen suicide prevention awareness posters, expert videos, helpful articles, suicide language guide and helpful tips for teachers and parents on the SADAG website. We encourage you to download the posters, share them with your social networks or put them up at your school or community – help us raise more awareness so people can reach out to help youth.

Visit the SADAG Website [HERE](#) to view the Teen Suicide Prevention Toolkit.



SADAG's call volumes have doubled during COVID19, with over 94 600 calls just to the Suicide Helpline last year. Our monthly phone bill costs range from R120 000 – R140 000. Please help SADAG ensure we can keep our lines open so we can continue helping people who rely on us to make a difference. Please donate to SADAG via our online donate button – every cent counts!

Donate

A special thank you to all of our volunteers who have donated their time and compassion to help others in need. If you are interested in volunteering, and live in Joburg and are able to do training, please visit the website (www.sadag.org) for more details about our volunteer process.

Teen Suicide is real and one suicide is one too many. With enough information and awareness we can let our teens know that there is always help! There is always hope! Suicide Helplines 0800 567 567 are available 24 hours a day, 7 days a week.

Teen Suicide Shouldn't Be A Secret!

Regards,

Zane Wilson
Founder and Director
SADAG
www.sadag.org

©2021 SADAG | P.O. Box 652548 Benmore • Johannesburg, 2010 • South Africa

[Web Version](#) [Preferences](#) [Forward](#) [Unsubscribe](#)

Powered by
[GoDaddy Email Marketing](#)®