

TEEN SUICIDE PREVENTION WEEK

16 - 23 FEBRUARY 2020

#StopSuicide #ACT #AskCareTreat



Teen Suicide Prevention Facebook Friday Online Q&A

Friday, 21 February 2020

1pm - 2pm and 7pm - 8pm

It's Teen Suicide Prevention Week and we aim to educate friends, parents, family, loved ones, teachers and communities to help prevent Teen Suicide. Join the Facebook Friday Online Q&A and get FREE Online Help for Teen Suicide Prevention Week. It is important for all parents, teachers and friends to know the warning signs of Teen Suicide, how to talk about Depression and how to get help.

- Teachers can learn how to identifying the warning signs of Suicide, how to talk about Depression and Mental Health with their learners and where to get help.
- Parents can find ways to talk about Depression and Suicide with Teens. Learn how to approach these difficult conversations.
- Friends and loved one's gain insight and step by step tips on ways to help someone who is thinking of Suicide, learn more about how to approach a friend who may be feeling helpless and hopeless.

SADAG's
#FacebookFriday
Online Q&A

Friday, 21 February 2020 Teen Suicide Prevention

Free Online Help for Teen Suicide Prevention Week. It is important for all parents, teachers & friends to know the warning signs of Teen Suicide, how to talk about Depression and how to get help.



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Dr.Reddy's

1-2 pm: Daniella Matthews - Psychologist

7-8 pm: Curwyn Mapaling - Psychologist



Facebook Page: The South African
Depression and Anxiety Group



Log in via: www.sadag.org

Don't miss the FREE Teen Suicide Prevention Facebook Friday online Q&A, Friday, 21 February at 1pm - 2pm with Clinical Psychologist, Daniella Matthews with a special interest in family Therapy and Adolescence, the 7pm - 8pm chat will be with Clinical Psychologist Curwyn Mapaling. It is important for all parents, teachers and friends to know the warning signs of Teen Suicide, how to talk about Depression and how to get help.

“Take every Suicide mention, threat & attempt seriously. People who have attempted Suicide before, if left untreated and unmanaged, are at greater risk of attempting or completing a Suicide,” says SADAG’s Director Cassey Chambers.

If you'd like to ask your questions anonymously, email them to media@anxiety.org.za and we'll post it on your behalf. Then, just watch the chat for answers.

We encourage all mental health care users, their family members, loved ones, friends and colleagues to participate in this FREE Facebook chat from the comfort of your home, at work, or anywhere you can go online. The great advantage is that people have direct access to top experts without paying consultation fees.

If someone, your teen, or friend are feeling hopeless, alone or having recurring thoughts of Suicide or death, contact SADAG’s toll-free Suicide Helpline 0800 567 567 or 0800 21 22 23 providing free telephonic counselling, crisis intervention, information and referrals 7 days a week. Or sms 31393 and a counsellor will call back or visit www.sadag.org.

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