

I THINK IT WOULD BE BETTER IF I JUST DIED

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UNIVERSITY OF THE FREE STATE
UNIVERSITEIT VAN DIE VRYSTAAT
YUNIVESITHI YA FREISTATA

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Dr Melissa Barnaschone

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University can be a stressful time. Feelings of depression, hopelessness and despair can build when you don't take the necessary steps to cope with stressors.

Many students experience frustration and doubt, but sometimes those thoughts gain a frightening momentum, bringing people to a place where they seriously consider ending their lives.
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The following may help lower the risk of suicidal ideation and suicide attempts:



- Get support from your family and friends, and talk to them about how you feel
- Exercise
- Seek and follow treatment with a psychologist or spiritual mentor
- Do more things that give you pleasure, such as being with friends or family, and focus on the good things in your life
- Join a self-help or support group, where you can discuss issues with people who understand, get help from others, and help people with similar problems to get through their difficulties
- Get at least 7-8 hours continuous sleep in every 24-hour period
- Remove any guns, knives and dangerous drugs from your surroundings
- Avoid isolation. Stay connected to the outside world as much as possible
- Eat a well-balanced, healthy diet
- Never forget your sense of humour and feel free to laugh at yourself
- Avoid alcohol and drugs



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WHAT SHOULD YOU DO IF YOU START TO NOTICE SUICIDAL BEHAVIOUR IN YOUR FRIEND?

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1

ASK! If you have a friend who is talking about suicide or showing other warning signs, don't wait to see whether he or she starts to feel better; talk about it.

2

ENCOURAGE them to call a helpline or contact someone they might turn to for support, for example, a friend, family member or psychologist.

3

LISTEN to your friend without judging and offer reassurance that you're there and you care. If you think your friend is in immediate danger, stay close – make sure he or she isn't left alone.

4

FOLLOW UP with them after the crisis has passed, as this tends to reduce the risk of a recurrence.

5

KEEP THEM SAFE by staying around and removing any means of committing suicide, such as knives, medication, etc.

6

DON'T keep it a secret – confidentiality does not apply when someone has voiced that they are suicidal. Even if you're sworn to secrecy and you feel like you'll be betraying your friend if you tell, you should still get help. Share your concerns with someone who can assist you.

7

TRUST your gut feeling!

Remember that many people experience suicidal thoughts at some time, and many of them find a solution, for example, by sharing their problem with someone. It does not mean that there is anything wrong with you. Even if you feel alone in a place and afraid to share what you are going through, a confidential helpline may help.

MY GRATITUDE JOURNAL

Keeping a daily gratitude journal has shown to improve psychological health. You can complete a category a day or add one thing you are grateful for each day in any category.

POSSESSIONS

KNOWLEDGE

EXPERIENCES

NATURE

PEOPLE

I AM
GRATEFUL
FOR...

MY BODY

SONGS

SKILLS



RESOURCES



WEBSITES

www.sadag.org

www.helpguide.org

www.mobieg.co.za

www.suicidepreventionlifeline.org

www.beyondblue.org.au

APPS

my3

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BOOKS

"Conquer Your Critical Inner Voice: A Revolutionary Program to Counter Negative Thoughts and Live Free" by Robert W. Firestone

"Suicidal Thoughts: How To Deal With And Overcome Suicidal Tendencies And Feelings" by D.C. Johnson

PHONE

UFS Student Careline (24/7) 0800 00 6363

Suicidal Emergency 0800 567 567 (SADAG)

24hr Helpline 0800 12 13 14 (SADAG)