JULY, SEPTEMBER AND OCTOBER

NOT OK? THAT IS OK. REACH OUT.



1

ASK

Worried about someone? Ask how they are, in private.

2

LISTEN

Listen without judging. Take any mention of suicide seriously.

3

HELP THEM CALL

SADAG Suicide Crisis Helpline: 0800 567 567, 24 hours.

THINGS THAT HELP

- Talk to someone you trust
- Call SADAG, 24 hours
- Treatment works
- You are not alone
- It stays confidential

SADAG Suicide Crisis Helpline, 24 hours **0800 567 567** Or send an SMS to **31393** In immediate danger? Call 10177, or 112 from a cellphone.

For support at work, speak to: _____

WORLD SUICIDE PREVENTION DAY: 10 SEPTEMBER. WORLD MENTAL HEALTH DAY: 10 OCTOBER.

CARE NET CONSULTANTS
Your Partner in Workplace Health

Sources: WHO mental disorders, mental health at work, depression and suicide fact sheets; SADAG; Western Cape Government emergency numbers.

General health information only, not medical advice. Speak to a healthcare professional about your own health.