

REACH OUT!

ARE YOU OR SOMEONE YOU KNOW:

- not coping well?
- struggling emotionally?
- feeling suicidal?



SIGNS TO LOOK OUT FOR:

- Feelings of continued sadness/depression
- Loss of interest and motivation
- Feeling overwhelmed
- Erratic mood swings
- Feeling hopeless and helpless
- Thoughts of harming yourself and others
- Feeling like there is no way out
- Engaging in risky/reckless behaviour, such as excessive substance use, over/under-eating, cutting and sleeping excessively



WHAT TO DO?

For yourself

- Talk to someone: e.g. a friend, family member, hall co-ordinator, lecturer
- Talk to a professional: e.g. CCDU
- Avoid using alcohol or drugs
- Don't make any impulsive decisions

For a friend

- Talk/Listen to your friend in a non-judgemental way
- Encourage them to seek professional help
- If they refuse help, **TELL SOMEONE!** e.g. a family member, hall co-ordinator, lecturer, or CCDU



WHERE TO GET HELP?

- **Counselling and Careers Development Unit (CCDU)** 011 717 9140/32
(West Campus or Wits Education Campus: Administration Building, 1st Floor)
- **Campus Health and Wellness Centre** 011 717 9110/1/3
- **Campus Control (all hours in case of emergency)** 011 717 4444/6666
- **LifeLine (24 hours)** 011 728 1347
- **South African Depression and Anxiety Group (SADAG):**
 - **Suicide Crisis Line (8am-8pm)** 0800 567 567 or SMS 31393
 - **24 hour Substance Abuse Line (and Suicide)** 0800 12 13 14 or SMS 32312
- **Akeso psychiatric reponse unit (24 Hour)** 010 040 HELP (4357)
- **Helen Joseph Hospital** Go to Casualty

