

Health News

NATIONAL RESPONSE TO SUICIDE PREVENTION

The Ministry of Health and Social Services (MOHSS) is mandated with the prevention, intervention and postvention of suicide in Namibia.

LEARN THE WARNING SIGNS:

If someone shows one or more of the following symptoms, it may be a signal of a suicidal crisis:

- Feelings of hopelessness
- Anxiety, agitation, trouble sleeping or sleeping all the time
- Expressions of having no reason for living; no sense of purpose in life
- Feelings of being trapped - like there is no way out
- Increased alcohol and/or drug use
- Withdrawal from friends, family and/or community
- Rage, uncontrolled anger and seeking revenge
- Reckless behaviour or more risky activities, seemingly without thinking
- Dramatic mood changes

Stressors, loss, or a setback can trigger a suicide attempt for someone who is at risk.

WHAT CAN YOU DO:

- If someone you know, shows or expresses suicidal thoughts or plans, get help immediately by contacting the help lines below.
- Express concern, actively listen to him or her, ask him or her about suicidal thoughts and plans, and assist that person to get help.
- Continue to provide support after the initial crisis has passed.

THERE IS ALWAYS HOPE

HELP IS AVAILABLE AT:

Telephone: 061 203 2602 - Ministry of Health and Social Services
Telephone: 116 - Lifeline/Childline Namibia (Toll-free for youth)
Mobile number: 081 140 0222 - Lifeline/Childline Namibia (SMS line for Adults)

At regional level, social workers of the Ministry of Health and Social Services can be contacted during official hours at the following numbers:

Zambezi region:	066 - 251 400
Hardap region:.....	063 - 245 521
Erongo region:.....	064 - 410 6070
//Karas region:	063 - 220 9068
Kavango region:.....	066 - 265 544
Intermediate Hospital Rundu:.....	066 - 265 575
Khomas region:.....	061 - 203 2641
Windhoek Central Hospital:	061 - 203 3320
Intermediate Hospital Katutura:	061 - 203 4105
Kunene region:	065 - 272 800
Ohangwena region:	065 - 263 023/5
Omaheke region:.....	062 - 577 000
Omusati region:	065 - 251 824
Otjozondjupa region:.....	067 - 300 900
Oshana region:	065 - 221 391
Oshikoto region:.....	067 - 224 050

