

# **Suicide: Understanding your own feelings.**

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## **COMMUNITY ENTRY PLAN**

We are a group of three psychiatric nursing students from the University of KwaZulu-Natal concerned about the highly increasing rate of suicide in our communities. According to the world health organisation, mental health is a complete state of social well being, physical well being, mental well being and not mere by the absence of disease or infirmity. In order to combat this issue we have decided to work hand in hand with the high school teenagers and the community at large. Our main focus is to spread the awareness of developing healthy minds and preventing the repression of emotions. We have made our target group teenagers between the ages of 13<sup>th</sup> -19 years.

Children are the foundation of a better and brighter tomorrow, in that having a well rooted upbringing i.e. teaching a child while he/she is still young the knowledge will grow with them in that when they are adults they will be well trained on how to cope with the challenges of life thus minimizing the rate of suicide and it risk factors such as, depression, anxiety disorders, peer pressure, violence, substance abuse, low self esteem, eating disorders and stress.

We believe that if people expressed their emotions they will be more intone with themselves enabling them to deal with the problem appropriately. If you keep feelings locked inside, it can even make you feel sick physically and emotionally from there you will start to act compulsively, losing interest in most activities, Inability to concentrate, Performing poorly at school and abusing alcohol and drugs.

Below we have enclosed an assessment tool to help our fellow students to know or learn how to express their feelings.

## **AIMS AND OBJECTIVES**

To promote mental health.

To provide coping mechanisms and tools to face their day to day challenges and experiences.

To teach them how to deal with their emotions.

To promote self expression thereby preventing further mental problems.

To provide knowledge and understand about the risks associated with depression which could lead to suicide.

To equip the student with sound knowledge and interventions on suicide which they can in return use to empower other fellow students and community members.

## **CONFIDENTIALITY AND ANONYMITY**

Participation in this program is confidential as no names will be disclosed to us, or any of your teachers and parents. However, should you wish to put your name, identities, and research records, they will be kept confidential. So when filling in these documents, we would appreciate it if you answer the questions as honestly as possible, as there is no wrong or right answer. All opinions will be respected.

The information gathered will be stored securely as all information is considered to be sensitive. We will leave some contact numbers for those of you who wish to speak to us or somebody professional about any problems they might have.

# ASSESSMENT TOOL

Age: \_\_\_\_\_ Gender: M or F Grade: \_\_\_\_\_

DO YOU FEEL SAFE AT THE MOMENT      yes    no

WHO DO YOU LIVE WITH? \_\_\_\_\_

b) Is there anyone at home right now? \_\_\_\_\_

What are your interests and dislikes? \_\_\_\_\_

What makes you happy and what makes you angry?

Happy ÿ \_\_\_\_\_

Angry \_\_\_\_\_

Are you working under high pressure? That is are you always aiming to be the best?

Explain further \_\_\_\_\_

HOW IS YOUR GENERAL HEALTH? \_\_\_\_\_

What are your views and on smoking and the use of alcohol? \_\_\_\_\_

Have you had thoughts that life isn't worth living?    yes    no

Have you thought of harming yourself?                    yes    no

Have you tried to harm yourself in the past?            yes    no

If yes, how many times? \_\_\_\_\_

How would you harm yourself? \_\_\_\_\_

How often have you had these thoughts of harming yourself? \_\_\_\_\_

Have you thought about how you would act on these? \_\_\_\_\_

HAVE YOU THOUGHT OF HURTING ANYONE ELSE?    yes    no

If yes, have you acted on these thoughts?                    yes    no

Have you been involved in any fights recently?            yes    no

If yes, were you using drugs or alcohol?                    yes    no

WHAT WOULD YOU MAKE DIFFERENT AT THE MOMENT?

Can you see anything changing in your situation? \_\_\_\_\_

Can you make a list of your main problems?

What can you do now? \_\_\_\_\_

What do you think needs to be done should these feelings  
not subside? \_\_\_\_\_

WHAT ARE YOUR PLANS FOR THE FUTURE?

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Below draw a picture of yourself.

Draw a picture of your family.