



IMPORTANT FACTS ABOUT SUICIDE AND HOW TO HELP PREVENT IT: ብዛዕባ ነብሱ-ቅትለት ዘለው ኣገደሰቲ ነባራዊ ሓቅታትን ከምኡውን ከመይ ክትከላኸሎ ከሕግዘካ ይኸክልል።

What is Suicide? ነብሱ-ቅትለት እንታይ እዩ?

Suicide is the act of deliberately killing oneself ነብሱ ቅትለት ኮነ ኢልካ ሂወትካ ናይ ምጥፋእ ተግባር እዩ።

- Suicide ideation: when someone is thinking about ending his/her life. ናይ ነብሱ-ቅትለት ሓሳባት፡ ዝፍጠር ሓደ ሰብ ብዛዕባ ፍጻመ ሂወቱ/ታ እንትሓሰብ እዩ።
- Suicide attempt: when someone tries to kill him/herself but does not complete (survivor) ፈተነ ነብሱ-ቅትለት፡ እዚ ማለት ድማ ሓደ ሰብ ነብሱ/ሳ ንምጥፋእ ምስዝፍትን ግን ድማ ዘይተወደአ (ይድሕን)።
- Completed suicide: when someone dies by suicide ፍጻመ ዝረኸበ ነብሱ-ቅትለት፡ እዚ ማለት ድማ ሓደ ሰብ ብነብሱ-ቅትለት ሂወቱ እንትመውት/እንትሓልፍ እዩ።

Suicide can happen among adults or youth. Suicide is the second leading cause of death among 17-29 year olds worldwide. There were over 8000 suicides in Ethiopia in 2018. For every completed suicide there are many more attempts. Suicide rates are high among refugee populations as many suicides happen in moments of crisis with a breakdown in a person's ability to cope with extreme life stresses.

ነብሱ-ቅትለት ኣብ ዓባይት ወይ መናእሰይ ክፍጸም ይኸክልል እዩ። ብዓለም -ላኻ ደረጃ 17-29 ዕድሜኦም ዝኾኑ ሰባት ነብሱ-ቅትለት እቲ ካልኣይ ደረጃ መንቀሊ ሞቶም እዩ። ኣብ ኢትዮጵያ ኣብ 2018 ልዕሊ 8000 ነብሱ-ቅትለት ተኸሲቶም። ኣብ ሕድ ሕድ ዝተዛዘመ ነብሱ-ቅትለት ብዘሓት ተወሰኸቲ ፈተነታት ኣለው። ኣብ ስደተኛ ማሕበረ-ሰብ ነብሱ-ቅትለት ልዑል እዩ። ምኽንያቱ ነብሱ-ቅትለት ዝፍጸም ኣብ እዋን ኣብ ውሽጢ ሓደ ሰብ ከበድቲ ናይ ሂወት ጸቅጥታት ክጻወር ዝኸከለሉ ዓቕሚ ምስ ዝደክምን ዝህሉ ቅልውላውን እዩ።

Suicide is preventable: Social support and mental health care can help recovery.

ነብሱ-ቅትለት ምክልኻል ይከኣል እዩ። ማሕበራዊ ድጋፋትን ከምኡውን ናይ ኣእምሮ ጥዕና ክንከን ሓገዝ ናብ ንቡር ይመልሶ እዩ።

Risk Factors ናብ ሓደጋ ዝዳርጉ ምኽንያታት

- A family history of suicide, depression or other mental health problem ኣብ ስድራ ዘሎ ናይ ነብሱ-ቅትለት ድሕሪ ባይታ፣ ከቢድ ጭንቀት ወይ ካልእ ናይ ኣእምሮ ጥዕና ጸገማት
- Loss of a close family member, friend, classmate by suicide or other sudden death ናይ ቀረባ ኣባል ስድራ፣ መሓዛ፣ መማህርቲ ብነብሱ-ቅትለት ወይ ካልእ ሃንደቢታዊ ሞት።
- Exposure to violence or abuse (physical, emotional, sexual) ግህሰት ዓመጽ(ኣካላዊ፣ ስምዒታዊ፣ ጾታውን) እንተጋጥም።
- Threats or violence from family or peers (e.g. domestic violence or bullying) ካብ ስድራኻ ወይ መሓዙትካ ምፍርራሕ ወይ ዓመጽ እንተጋጠሙካ (ኣብነት፡ ዘቤታዊ ዓመጽ ወይ ዘጋጠመካ ምፍርራሕ)
- Previous suicide attempts ቅድሚ ሕጂ ነብሱ-ቅትለታዊ ፈተነታት
- Physical ailments or chronic pain ኣካላዊ ሕማም ወይ ሕዳር ሕማም
- Abuse of drugs or alcohol ዘይ-ስፋዕ ምጥቃም ዕጹ-ፋርሳትን ወይ ኣልኮሆል ምጥቃም
- Stressful life events (divorce, separation from parents or family, financial loss)
- ጸቅጢ ዝፈጥሩ ናይ ሂወት ፍጻመታት (ፍትሕ ካብ ወለዲ ወይ ኣባላት ስድራ ምፍልላይ ፣ ፊናንሻዊ ስእነት።
- Sense of isolation ናይ ተነጽሎ ስምዒት
- War, trauma or torture experience ኩናት፣ ተጓንፎታት ናይ ስነ-ኣእምራዊ ስንብራት ወይ ግፍዒ እዮም።

Warning Signs ናይ ጥንቃቄ ምልክታት

- Lack of interest in favorite activities ኣብ ንፈትምም ንጥፈታት ተገዳስነት ዘይምህላው
- Risk-taking behaviors, including an increase in alcohol or drug use ናብ ሓደጋ ዘእትው ተግባራት ዕጹ-ፋርሳትን ኣልኮሆልን ብበዝሒ ምጥቃም።
- Deep feelings of grief, anger, anxiety, shame or guilt ዕመቅ ዝኾነ ስምዒት ናይ ሓዘን፣ ሕርቃን፣ ጭንቀት፣ ሕፍረት ወይ ገበነኝነት
- Expressing hopelessness about the future፡ ብዛዕባ መጻኢ ተስፋ ምቁራጽ ምግላጽን
- Showing worrisome marked changes in behavior, this could include፡ ናይ ሕርቃን ምልክታት ጠባይ ዝልውጡ ምርኣይ እዚ ማለት ድማ እዞም ዝሰዕቡ ሓዊሱ ፡-
- Withdrawal from or change in social connections/involvement. ካብ ሰብ ምርኣቅ ወይ ኣብ ማሕበራዊ ጠባይ ለውጢ ምምጻእ ርክባትን/ተሳትፎታትን
- Poor grades may be a sign that a child is withdrawing from school. ኣብ ትምህርቲ ትሑት ነጥቢ ምምጻእ እዚ ድማ ምልክት እቲ ቆልዓ ካብ ትምህርቲ ይርሕቅ ምህላው ዘርእ እዩ
- Changes in sleep or eating patterns (increased or decreased) ኣብ ኣደቃቅሳ ወይ ኣመጋግባ ስርዓት ምቅያር (እዚ ማለት፡ ምውሳኽ ወይ ምቅንስ)
- Anger or hostility that seems out of character of out of context ቁጠዕ ወይ ተባኣሳይ ምዃን እዚ ድማ ካብቲ ከባቢ ውጽእ ናይ ምባል ጠባይ እዩ
- Recent increased agitation or irritability ኣብ ቀረባ እዋን ዝዘደ ሻቅሎትን ቀልጢፋካ ሓራቅ ምዃንን



Suicide Prevention
ምክልኻል ነብሱ-ቅትለት

Suicide prevention is reducing the risk of suicide ነብሱ-ቅትለት ምክልኻል ማለት እቲ ሓደጋ ናይ ነብሱ-ቅትለት ምቅናስ ማለት እዩ።

Take any suicidal talk or behavior seriously: it is not just a warning sign that the person is thinking about suicide, it's a request for help ናይ ነብሱ-ቅትለት ጉዳይ ወይ ጠባይ ብዑቱብ ወሰድካ ምዝራብን፣ ብዛዕባ ናይቲ ሰብ ነብሱ-ቅትለታዊ ሓሳባት ናይ መጠንቀቅታ ምልክታት ጥራሕ ኣይኮነን እንታይ ድኣ ናይ ሓገዝ ጠለብ እዩ Talking about suicide does not encourage people to attempt; instead it helps people who are thinking about it to talk and get help.

ብዛዕባ ነብሱ-ቅትለት ምዝራብ ማለት ሰባት ፈተነ ንክገብሩ ምትብባዕ ማለት ኣይኮነን፤ ኣብ ከክንድኡ እንታይ ድኣ ዝገብር ብዛዕባ ዝሓሰቡ ዘለው ሰባት ንክዘረብሉን ሓገዝ ንክረኽቡ ይገብር።

Stigma prevents people who are thinking about suicide from getting the help they need to relieve the thoughts. Try to be supportive and non-judgmental.

ተነጽሎ ንነብሱ-ቅትለት ዝሓሰቡ ሰባት ካብቶም ሓሳባት ንምርሓቅ ሓገዝ ንክይረገቡ ይገብርም እዩ። ፍረዲ ዘይህብን ሓጋዛይን ንምዃን ፈትን።

Prevention includes:
ምክልኻል ዘካትቶም ነገራት፡

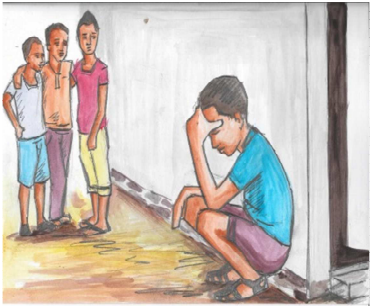
- Awareness of risks & recognize warning signs ሓደጋነቱ ምፍላጥ & ናይ መጠንቀቅታ ምልክታት ምፍላጥ
- Taking warning signs seriously ናይ መጠንቀቅታ ምልክታት ዝምልከት ብዕቱብ ምክትታል።
- Not being afraid to ask ንክትሓትት ዘይምፍራሕ
- Being willing to listen ንምድማጽ ፍታይኛ ምዃን
- Referring a person at risk for follow up ኣብ ሓደገኛ ኩነታት ዘሎ ሰብ ንክትትል ሪፈር ምባል
- Removing means of harm ነብሱኻ ክትጎድኣሉ ትኽእል ነገራት ምርሓቅ

Protective Factors
መከላኸል ባኢታታት

Some factors in a person's life can help protect them from acting on suicidal thoughts. These include:

ሓድ ሓደ ኣብ ሰብ ሂወት ዘለው ምኽንያታት ኣብቲ ናይ ሰብ ነብሱ-ቅትለታዊ ሓሳባት ንክይፈጽሙ ይሕግዞም እዩ። እዞም ድማ እዞም ዝስዕቡ ዘካተተ እዩ፡

- Positive Relationships (family, extended family, neighbors, teachers, mentors, peers) ኣውንታዊ ዝምድና (ምስ ስድራ፣ ርሕቅ ዝበሉ ቤተ-ሰብ፣ ጎረባብቲ፣ መምህራን፣ ኣብነታውያን ሰባት፣ መሓዙትን)
- Positive self-esteem ኣውንታዊ ዘኣንፍቶ ርእስ ተኣመንነት
- Good problem solving and coping skills ጽቡቅ ናይ ጸገም ኣፈታትሓን ናይ ተጻዋርነት ክእለታት
- Solid family cohesion and supports ጽቡቅ ናይ ስድራ ቅርብትን ድጋፍን
- Supportive teachers and caretakers for youth ሓገዝ ዝህቡ መምህራንን ናይ መናእሰይ ኣለይትን
- Engagement in extracurricular activities ኣብ ተወሳኺ ንጥፈታት ምስታፍ
- Involvement in faith/religious communities ኣብ ማሕበረሰብ ናይ እምነት/ሃይማኖት ምስታፍ።



Take a minute, change a life!
ሂወት ንምቅያር ሓላፍነትና ንዋጻእ!

Steps to Help
ከትሓገዙ ትኽእሉ ብርክታት

1. **Ask:** intention, plan, means, time set ሕተት፡ ኮነ ኢልካ መደብ ማለት ግዘ ምቅማጥ
2. **Keep them safe:** remove access to means, do not leave alone ውሑሳት ክኾኑ ምግባር፡ ሂወቶም ክሕልፍሉ ዝኽእሉ መሳርሕታት ምርሓቅ፣ ባይኖም ዘይምግዳፍ
3. **Be there:** listen carefully and learn what the individual is thinking or feeling ኣብ ጎኖም ኩን፡ ብጽሞና ሰምዓዮም ውልቀ-ሰባት እንታይ ይሃስቡ ወይ ይስመዖም ኣሎ ዝብል ፈለጥ።
4. **Help them connect:** refer to a MHPSS specialist ምስ ዝምልከቶ ርክብ ንክገብሩ ሓግዞም፡ ናብ ናይ ኣእምሮ ጥዕና ክኢላ ሪፈር ብሎም።
5. **Stay connected:** ensure follow up ርክብካ ምቅጻል፡ ከትትል ከምዝግበር ዘሎ ኣረጋግጽ



Where to refer:
ናብዩ ሪፈር ትብል

If you know someone who needs help, bring them to: RCC፡ ሓገዝ ዘድልዮ እትፍልጥሎ ሰብ እንተሃልዩ ናብ ኣር.ሲ.ሲ ኣምጽእኦ

ARRA Health or Protection፡ ማእኸል ጥዕና ወይ ፕሮቴክሽን ኣራ

CVT (behind ARRA clinic)፡ ሲ.ቪ.ቲ(ኣብ ድሕሪ እንዳ ኣራ ክሊኒክ)

NRC (for minors)፡ ኤን.ኣር.ሲ (ንትሕተ ዕድመ)