

# Ditumelokgwela tse tlwaelehileng

## Tse latelang ke ditumelakgwela tse tlwaelehileng mabapi le ho ipolaya

### 1. Batho ba buang ka ho ipolaya ha ba ke ba etsa ketso eo

**Ha se nnete** E batla e le bohle ba ipolayang kapa ba lekang ho ipolaya, ba bontshang matshwao a morero o jwalo kapa tlhokomediso. Se iphanyetse dithoso tsa ho ipolaya.

Mantswe a kang: O tla ikwahlaya ha ke se ke shwele. Ha ke bone tsela e nngwe ya ho phonyoha sena, –Ho sa natswe hore a buuwa feela hasesane kapa ka boswaswi, a ka bontsha maikutlo a tebileng a ho ipolaya.

### 2. Mang kapa mang ya lekang ho ipolaya / o tlameha a be a hlanya

**Ha se nnete** Boholo ba batho ba ka ipolayang ha se ba nang le mahloko a kelello kapa ba hlanyang. Ba tlameha ba be ba kgenne, kapa ba utlwile bohloko haholo, ba na le kगतello e matla ya maikutlo kapa ba tshwenyehile haholo, empabohloko bo boholo ba kगतello ya maikutlo, ha se hakaalo matshwao a ho kula kelellong.

### 3. Ebang motho a ikemiseditse ho ipolaya, ha ho letho le tlo mo thibela

**Ha se nnete** Le motho ya le tlasa kगतello e kgolo ya maikutlo, o na le maikutlo a kopakopaneng ka lefu, a tswelang pele ho mo tshwenya ho fihlela motso wa qetelo o leng pakeng tsa ho batla ho phela le ho batla ho shwa. Boholo ba batho ba ka ipolayang ha se hore ba batla ho shwa; ba mpa ba batla bohloko bo emise. Maikutlo a ho ipolaya, leha a ka ba matla hakaalo, ha a dule a le teng ka ho sa feleng.

### 4. Batho ba ipolayang ke batho ba neng ba sa batle ho batla thuso

**Ha se nnete** Diphuputso le dipalopalo tsa mahlatsipa a ho ipolaya, di bontshitse hore ke ba fetang halofo ba ileng ba batla thuso nakong ya dikgwedi tse tsheletseng pele ba hlokahala.

### 5. Ho bua ka ho ipolaya ho ka fa motho mohopolo oo

**Ha se nnete** Ha o fe motho ya ka batlang ho ipolaya mohopolo o jwalo ka ho bua ka ho ipolaya. Nnete ke hore ha o ma taba ya ho ipolaya mme o bua ka yona pepeneng, e ba e nngwe ya dintho tse thusang haholo, tseo o ka di etsang.



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# Common Misconceptions

## The following are common misconceptions about Suicide

### 1. "People who talk about suicide won't really do it."

#### **Not True**

Almost everyone who commits or attempts suicide has given some clue or warning. Do not ignore suicide threats. Statements like "you'll be sorry when I'm dead," "I can't see any way out," -- no matter how casually or jokingly said may indicate serious suicidal feelings.

### 2. "Anyone who tries to kill him/herself must be crazy."

#### **Not True**

Most suicidal people are not psychotic or insane. They must be upset, grief-stricken, depressed or despairing, but extreme distress and emotional pain are not necessarily signs of mental illness.

### 3. "If a person is determined to kill him/herself, nothing is going to stop him/her."

#### **Not True**

Even the most severely depressed person has mixed feelings about death, wavering until the very last moment between wanting to live and wanting to die. Most suicidal people do not want death; they want the pain to stop. The impulse to end it all, however overpowering, does not last forever.

### 4. "People who commit suicide are people who were unwilling to seek help."

#### **Not True**

Studies of suicide victims have shown that more than half had sought medical help within six months before their deaths.

### 5. "Talking about suicide may give someone the idea."

#### **Not True**

You don't give a suicidal person morbid ideas by talking about suicide. The opposite is true -- bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do.



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