



KENYATTA UNIVERSITY

OFFICE OF THE DIRECTOR, WELLNESS AND REHABILITATION SERVICES

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Let's talk about Suicide among the youth



University life is a time of significant transition in a student's life. Many students are living away from home for the first time and have less access to support from family and friends. With the newly acquired freedom and independence, students face greater stress from a variety of sources, such as: **increased academic demands, adjusting to a new environment, and developing a new support system.** Campus also provides an opportunity to experiment with **alcohol and other drugs**, which may compound problems with mood and increase the risk for suicide. It is important that as individuals we protect ourselves from suicidal ideation and as friends we protect each other. In order to do this let us reflect the following:

- Do you come from a family with a history of mental health issues for example substance use, violence and suicide?
- Have you been exposed to domestic violence?
- Are you in an abusive relationship?
- Are you a victim of emotional neglect?
- Are you a victim of physical and sexual abuse?
- Do you feel secluded and lonely?
- Do you have a mental health problem?
- Do you abuse alcohol and other substances?
- Are you suffering from social media, gambling or sex addictions?
- Are you having trouble with parents or with the University?

If you are so depressed and overwhelmed that you are contemplating suicide, may be you have figured out how you will execute it, please do the following:

- Tell a trusted family member, friend or another support person
- Try not to be alone when the suicidal thoughts are strong on you



- Sit with a friend, go to a safe space or support group or call a counsellor

Friends have a role to play in suicide prevention

- Show interest and be supportive.
- Be direct; ask them if they are considering suicide or have a plan.
- Don't be judgmental, give advice, or try to talk them out of suicide.
- Offer hope that alternatives are available.
- Don't leave the person alone.
- Take action, remove means, and assist them in getting the help they need.
- Inform the hostel attendant(students residing in hostels) or head of a department
- Consult with a counselor as needed

Please Note:

- Most suicidal persons want to live but are unable to see alternatives to their problems.
- Most suicidal persons give warnings of their intentions, but others are either unaware or do not know how to respond.

Measures taken by Kenyatta University

Kenyatta University cares for you and has established the Directorate of Wellness & Rehabilitation Services to provide professional and youth friendly psychological counselling. Do not suffer alone, reach out and we shall support you. You will discover many reasons why your life matters to you, your family and the country. **STAY ALIVE!**

Kindly visit us at BSSC ROOM 143 or call 0208704485 or 0724736965 for further assistance.

Your wellness is our priority