



FIGHT DRUG ABUSE

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SUICIDE PREVENTION DAY

(10th September every year)

Suicide is the deliberate ending of one's own life through one's individual actions.

Suicide, addiction and depression have a very close and interconnected relationship. More than 90% of people who fall victim to suicide suffer from depression, have a substance abuse disorder, or both. Depression and substance abuse combine to form a vicious cycle that all too often leads to suicide. Many who experience such severe depression (as a result of Major Depression, Bipolar Disorder, Obsessive Compulsive Disorder, and other conditions) frequently turn to drugs, alcohol, gambling, and other risky behaviors to numb their pain and/or alleviate their negative feelings.

However, substance abuse and addiction actually increase the severity and duration of depressive episodes, despite any temporary relief they may provide, actually greatly increasing the likelihood of suicidal thoughts (suicidal ideation). This is exacerbated by the fact that addiction frequently damages or destroys familial, professional, personal, and financial relationships, further increasing the risk of suicide. Even worse, many substances severely impact judgment, leading to suicide attempts.

Causes of Suicide

Every case of suicide is dramatically different, as are its causes. In most cases, there is no single cause, but rather a large number of contributing factors.

Some of the most common risk factors for suicide include:

- Suicidal thoughts
- Previous suicide attempts
- Depression
- Drug and alcohol abuse
- Family/community history of suicide
- Family history of violence and/or sexual abuse
- Previous incarceration

- Presence of firearms in the home
- Violent behavior towards others

Of all the factors associated with suicide, only depression (66% of people who fall victim to suicide are dealing with depression at the time) is more closely correlated than substance abuse. Individuals with a substance abuse disorder are nearly six times as likely to attempt suicide at some point in their life. Among veterans, men with a substance abuse disorder are more than twice as likely to fall victim to suicide, and women with a substance abuse disorder are 6.5 times as likely to fall victim to suicide.

Together we can prevent Suicidal Thoughts, together we can prevent Drug Abuse. Let's join hands in the fight against drug use among children and youth.

Contact us for counseling / psychological support. We're here to support you, please don't commit suicide, ***TALK TO US YOU WILL BE FINE***

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SAY NO TO DRUGS FOR A DRUG FREE UGANDA