

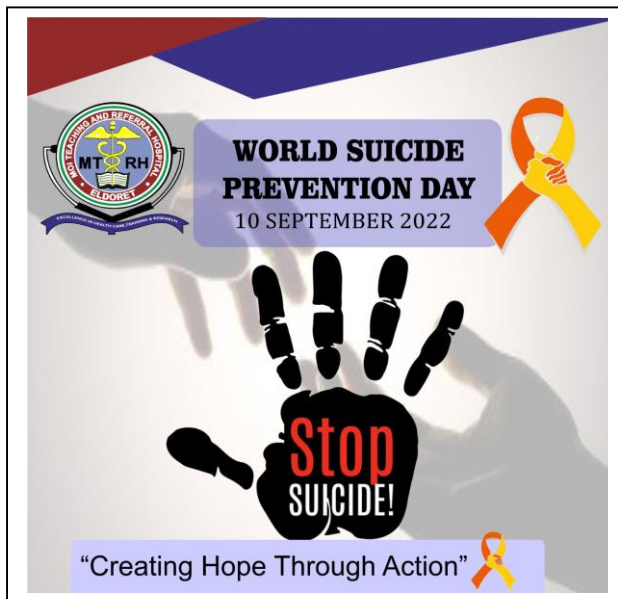
WORLD SUICIDE PREVENTION DAY 10TH SEPTEMBER 2022

MTRH is committed to promotion of mental health as well as prevention and timely treatment of mental illness.

This year we join the world in commemorating the World suicide prevention day.

Theme: *Creating Hope through action.*

Suicide Facts



More than 700,000 people die due suicide every year.

It is the 4th leading cause of death among 15-19yrs old.

77% of global suicide occur in low- and middle-income countries.

The estimated suicide rate in Kenya is 10.1%.

Every 40 seconds one person dies from suicide.

Suicide can be largely prevented through promotion of mental wellness, prevention, early detection and adequate treatment.

Treatment options include psychotherapy, social interventions and Medication

The following are common risk factors.

- **Stressful life events-** Any form of loss- death, job loss.
- **Age-**common in adolescent and late in life. >4.
- **Sex-** M: F=1:4(attempts), M: F=4:1(successful attempts)
- **Marital status-** higher among singles.
- **Status-**higher among higher socio-economic status.
- **History-**family history.
- **Profession-** female>male doctors, more in musicians and entertainers, law enforcers, lawyers, dentists, insurance agents.
- **Mental illness –** Any type of mental illness; Schizophrenia, alcohol use, depressive disorders, substance abuse, anxiety disorders.

Suicidal Ideations and actions indicating increased risk of suicide

- Outright expression of wish to die
- Self-harm
- Hopelessness
- Wishing to go on a journey and never return
- Desire to sleep and never wake up
- Suicidal notes

What can we do to prevent suicide?

- Listen to a loved one, friend or colleague, do not dismiss a suicidal ideation
- Increase awareness on mental wellness
- Prevention, early detection and treatment of mental illness.
- Building resilience to promote coping with difficult life circumstance
- Developing Social support system- Everyone needs a friend to lean on.
- Limit access to means of suicide e.g. pesticide or firearms.
- Interact with media for responsible reporting of suicide.
- Identify, assess, manage and follow up anyone affected by suicidal behaviors.

Help is available.



Visit a psychiatrist or psychologist or any healthcare provider if you feel that you desire to end your life.

Services available at MTRH

1. Daily walk in mental health clinic, open Monday to Sunday, 8 to 5pm including public holidays.
2. Emergency services available at the hospital 24 hours
3. Psychological counselling services available 24 hours.
4. Booked mental health clinics on Mondays and Wednesdays.



Our Contacts

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