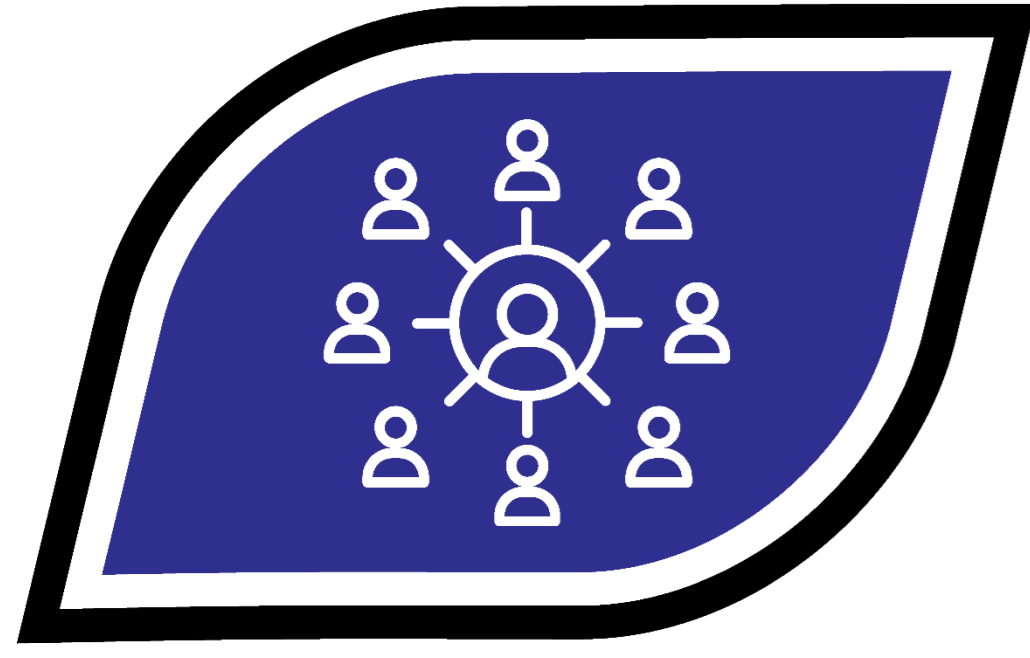


LAUNCHING A HELPLINE AS A PATROL FOR SUICIDE



Lisa Fadhili Marandu and Happyness Lucas Stanslaus
Kisimiri Secondary School



Introduction

A Suicidal crisis refers to a normal response to a very severe psychological thing that won't go away easily. Suicide is a major public health problem accounting for approximately 6% of all deaths in young people. Presently one person dies of suicide every after 40 seconds accumulating to about 800,000 deaths every year according to the World Health Organization (WHO). However, suicides are preventable with timely, evidence-based and often low-cost interventions. For national response to be effective, a comprehensive multispectral suicide prevention strategy is needed.

Method

As the country continues to see increases in deaths by suicide and suicidal thoughts and behaviors, this project aims at serving as an important, easily accessible tool for people experiencing suicide risk. It will enable them to speak to a trained counselor for immediate support and, if needed, to be connected to appropriate ongoing treatment and care services. This project shows that more people are reaching out for help, and it appears to be working. The goal is to be more inclusive of a range of mental health needs and make the lifeline simpler to use.

However, after the analyzation done for the effects and escalated rates of suicide crisis, we then decided to come up with this project that aims to establish a suicide helpline that has currently started to operate at Ngarenanyuki ward situated in Arumeru district, Arusha.

4.3; STEPS USED IN ESTABLISHING A SUICIDAL HELPLINE.

i) Educate people concerning the functionality of the helpline.

We educated people that the resources and information on this project are designed to help states, territories, tribes concerning mental health and substance use disorder with the help of the professionals.

Basing on our audiences, the following is a table showing the range of ages of people that were directly involved in the project

AGE RANGE(YEARS)	NUMBER OF PEOPLE
18 - 20	56
20- 35	42
35- 50	16
50 and above	20

Results

Currently, the recorded call volumes can last up to one month. However, the project improvement aims to adjust to making the calls last for at most three months.

Lastly, we invested most of our time to empower people to use the invented helpline and that their information is completely confidential. Henceforth, they should not have any doubts in expressing themselves about any problem they face.

Though the aim of the project was to introduce different approach for dealing with suicidal cases but we encountered various setbacks that stood as limitations of the study. Initially, people were ignorant about the helpline as 97% of them were uneducated and hence another effort was then used to educate them about the merits of the helpline in their society.

However, time limitation was also one among the challenges as we were not able to listen to everyone's view on how to solve their problems on their own way that might be suitable to them.

Moreover, language barrier was another setback as most of the individuals we encountered were indigenous and could not speak Kiswahili which was the medium of communication.

Lastly, there were a limited number of staff members making the helpline less effective by working for only 12 hours whereby the helpline becomes incompetent as it cannot attend to everyone's case.

Conclusion

In a nutshell, the helpline 118 has brought more positive impacts to the surrounding society, Ngarenanyuki since currently there has been a significant progression of people devoting themselves in solving their problems in a more positive way that can change their lives into a better version that may be of much impact to the society.

Henceforth, we were able to achieve the following; Decreased mortality rates mostly for youth and other individuals of the society and also increased per capita income due to engagement of people in positive economic activities that focuses on promoting positive progression.

References

<https://www.nimh.nih.gov/health/statistics/suicide>
<https://www.cdc.gov/suicide/facts/index.html>
<https://988lifeline.org/>

Acknowledgments

We are delightful to extend and express our special gratitude and sincere appreciation to the Almighty God and also solemnly to the school administration, staff and non-staff members of Kisimiri Secondary School.

With high consideration, we would also like to show our sincere thanks to the Head of school, Mr. Valentine Mathias Tarimo for his support and his assistance in the course of this project. Last but not least, we also thank our mentoring teacher, Mr. Emanuel Athumani Peter for his great supervision, criticism and viable encouragement in preparation and accomplishment of this project.

Thank You

