

- **I AM NOT ALONE** - I may feel alone in my struggles, but Almighty Allah knows the depth of my sorrow. There are so many who struggled with these thoughts, and were able to and conquered them, and are now living happily. I can get there too.
- **STEP-BY-STEP** - There is no pressure on me to have my entire life figured out. Allah Ta'ala has a plan for me and I need to trust that there is goodness in it. I have to focus on getting through this day step-by-step.

BE PRO ACTIVE AND SEEK GUIDANCE

- **Speak to someone you trust** - a family member, friend, Alim, colleague, teacher, Imam, doctor or counsellor. There are options for you to speak to a counsellor for free and without judgement.
- **Avoid any media or company that reinforces your negative feelings.**
- **Make Dua to Allah Ta'ala** to ease your hurt and bring about peace. Engage in Salah, Durood and Zikr even when you feel disconnected to Allah Ta'ala.
- Remember, "Allah does not burden a soul beyond what it can bear." (S2 V286)
- **Hold on to this truth** and ask Allah Ta'ala for guidance.

May Allah Ta'ala save us from all prohibited acts and grant us peace of mind and heart.



DARUL IHSAN
HUMANITARIAN CENTRE
GUIDANCE • UBUNTU • EMPOWERMENT

FATWA

- Q & A • Estate Planning
- Muslim Marriages Tribunal (MMT)
- Dispute Resolution • Research

EDUCATION

- Madrasah Abraar • Learn the Deen
- Teach the Deen • Basic Islam for Reverts
- Al Ihsan Micro Library

SOCIAL COUNSELLING

- Counselling Services
- Marriage Workshops • Learner Support
- Mediation • Drugs Awareness Drive (DAD)

WELFARE & EMPOWERMENT

- General Welfare
- Spiritual Guidance • Bursaries
- Self Help Projects • Feed a Pupil
- Feed a Patient • Feed the Needy
- Disaster Relief • Skills Development
- Kajor & Blanket Distribution
- Build a Home • Food Gardens
- Food Carts • Sewing Machines
- Caregiver Course
- Al Ihsan Clinic Day
- Al Ihsan Relief (Local & Overseas)

YOUTH

- Youth Camps • One-day Activities
- Career Guidance • Websites
- Youth of the Ummah (YOU)
- Daughters of the Ummah (DOU)

PUBLICATIONS

- Masjid Posters • Fanfolds • Enews
- Books • Audio • Al Ihsan Times

PROGRAMMES

- General & Seasonal Programmes
- Seminars & Workshops
- Jum'ah Roster & Speakers
- Azamtu Ahlil Bayt was Sahabah (RA)

MEDIA

- Media Watch • Letters to the Editor

BOOKSHOP

- Contemporary Books • Audios

LITERATURE COLLECTION

- Collection • Sorting • Disposal
- Redistribution

IT

- e-newsletter
- Social Media
- darulihisan.com • you.org.za
- dou.org.za • alihsan.co.za • dad.org.za
- mmtsa.co.za • alihsanbookshop.co.za

GENERAL

- Sadaqah Jariyah
- Library & Research
- Marriage Registration
- Assistance to Organisations

• Complimentary items



HEAD OFFICE

70 Joyce Rd - Sea Cow Lake
Durban - South Africa

BRANCHES

Overport
98 Overport Drive

Phoenix
13 Acropolis Road - Starwood

Howick
38 Midmar Road - Howick West

Johannesburg
34 Mercury Street - Mayfair West

SUICIDE WHAT TO DO if I am suicidal

ACTIVE STEPS TO TAKE IF I AM FEELING SUICIDAL

Published By:



DARUL IHSAN
HUMANITARIAN CENTRE
GUIDANCE • UBUNTU • EMPOWERMENT

www.darulihisan.com
disc@darulihisan.com
031 - 577 7868

Life is not easy. There are many new social, domestic, financial, academic, and personal pressures that we have to deal with today. For people living in violent or abusive environments, life can feel even harder. Some may feel disappointed in themselves or feel they are a disappointment to others.

These problems can be difficult and exhausting and can lead to depression if they persist without relief or support. We all struggle with painful problems at times. How do people get through these challenges without becoming depressed? Part of it is to surround yourself with positive people, who can relate with and understand how you are feeling. Family and friends who care are a big part of overcoming the difficult days in life. Importantly, you must stay connected to your Masjid and other support networks.

People are better able to cope when they have someone who believes in them, wants the best for them, and in whom they can confide. It also helps to keep in mind that most problems are temporary and can be overcome.

When you feel suicidal or start thinking about dying to 'escape', it's important to remember there are things you can do to keep yourself safe. When a person has been feeling down for a long time, it's hard to step back and be objective. You must seek help as treatment is effective in many cases, but the first step is to ask for help.

ASK YOURSELF THESE QUESTIONS

Are you experiencing the following?

- Thinking about **harming yourself**

- Feeling extremely **hopeless and helpless**
- Struggling to find meaning in your life
- **Feeling trapped** in your own thoughts or circumstances
- Wanting to be **left alone** often

WHAT ARE THE CAUSES OF SUICIDAL THOUGHTS?

When life's challenges weigh heavily on your shoulders, inner voices may whisper to you to give up. When you feel that your life has no real value anymore, suicide can often feel like the easiest way out. Struggling with suicidal thoughts can feel extremely depressing and isolating. It is easy to assume that no one out there has any idea of the difficulties you are battling. The truth is, **you are not alone**; and there are readily available ways for you to get out of this and reclaim your life.

Suicidal thoughts can be triggered by:

- Dealing with **trauma**
- **Grieving** the loss of a loved one
- **Financial or legal** problems
- Exposure to **violence, abuse, conflict or neglect**
- Feeling **depressed, hopeless and helpless**
- Struggling with **physical or mental health issues**

YOU MAY HAVE ENCOUNTERED THESE FEELINGS AT SOME POINT

- The world will be better off without me'

- No one will miss me'
- I am a burden to everyone around me'
- No one understands my pain'
- Taking my life will solve all problems'

Whilst these thoughts are common, they are not correct. **YOUR LIFE MATTERS!**

Choosing to end your life will not bring any peace to you nor to your loved ones. There are numerous negative consequences to suicide, including the consequences of the Akhirah, which is the everlasting life of the hereafter.

HOW TO COPE WITH SUICIDAL THOUGHTS

Reaffirm yourself of the following (It's helpful to say them out loud):

- **MY LIFE IS TRUST AND HAS VALUE** - Allah Ta'ala has honoured me with life. He has made me a trustee of the miracle human body. I possess the most cherishable blessing of being a Muslim. Life's challenges are ought to test and overwhelm me, but never shall I despair in Allah's infinite Mercy.
- **MY LIFE HAS PURPOSE** - Allah Ta'ala formed my body, mind and heart and gave me life with a purpose. He has entrusted me with these gifts so I may recognise His Greatness and respond with gratitude and obedience. Negative thoughts often make me feel that I serve no purpose on this earth, and that my existence is futile. I must remind myself that my purpose was pre-determined well before I was born, and no one can take that away from me.