

10 SEPTEMBER IS

WORLD SUICIDE PREVENTION DAY



This awareness day provides worldwide commitment and action to prevent suicides. The theme for 2024 is 'Changing the Narrative on Suicide' with a call to action to 'Start the Conversation'. This theme aims to raise awareness about the importance of reducing stigma and encouraging open conversations to prevent suicides.



More than
700 000

people die to suicide every year and many more attempt suicide.



Suicide is the
4th highest
cause of death among
15-29-year-olds.



77%

of global suicides occur in low- and middle-income countries.

(World Health Organisation)




WHO IS AT RISK?

While the link between suicide and mental disorders (in particular, depression and alcohol use disorders) and a previous suicide attempt is well established, many suicides happen impulsively in moments of crisis when a person is unable to deal with life stresses, such as financial problems, relationship break-up or chronic pain and illness.

Experiencing conflict, disaster, violence, abuse or loss and a sense of isolation are also strongly associated with suicidal behaviour. Suicide rates are high among vulnerable groups who experience discrimination, such as refugees and migrants, indigenous people, lesbian, gay, bisexual, transgender, intersex (LGBTI) persons and prisoners.

WHAT SUPPORT DOES THE SCHEME OFFER?

Hospital & Major Medical Costs include these mental health benefits:

 Hospitalisation (public or private hospital) with accommodation in a general ward, electro-convulsive treatment (ECT) fees, medicines, materials and hospital equipment.	Paid at 100% of the lower of cost or Scheme rate.
 General practitioner and psychiatrist consultations.	No limit in hospital Out of hospital: Cost or Scheme rate, whichever is less, limited to R7 010 per beneficiary
 Psychologists, psychiatric nurse practitioners and social workers consultations, visits and procedures in and out of hospital.	In hospital: Limited to R16 900 per beneficiary per year for non-PMB. Out of hospital: Limited to R7 010 per beneficiary

Certain mental health conditions qualify for Prescribed Minimum Benefits, with additional conditions being covered by MBMed. Register on the Chronic Medicine Management Programme if you suffer from one of the qualifying conditions. Your medication will be paid from your Chronic Medicine Benefits and not your Mental Health Allocated Benefits.

REGISTER FOR MBMED'S MENTAL HEALTH PROGRAMME

If you live with a mental health condition, such as depression, anxiety, PTSD and alcohol abuse, please register on this programme.

1. Call 0860 106 155 to register your mental health condition.
2. You will be assessed to determine your eligibility to enrol in the Mental Health Programme.
3. Nominate the treating doctor you want to continue supporting your mental health.

What does the programme offer?

- A Care Manager will work with you, your treating doctor and, where appropriate, other healthcare professionals to improve your condition.
- A Care Manager will help you to set up appointments with your doctor, get authorisation for healthcare services, guide you on understanding the importance of preventative care and the use of wellness benefits or resolve queries related to any other health conditions.
- Educational material about mental health to empower you to manage your condition.



NEED HELP? Contact your Scheme for any benefit-related queries you may have.

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