

REPORT ON WORLD SUICIDE PREVENTION DAY OBSERVED BY EMPOWERED MIND GHANA.

THEME: Creating Hope Through Action. 10th September, 2022.

This year's world suicide prevention day was marked by EmpoweredMind Ghana at Ho on 10th September, 2022. In attendance were the Volta regional coordinator of Mental Health, staff from Ho Teaching Hospital, Ho Municipal Hospital, EmpoweredMind Ghana, Students and staff of Ho Nursing Training College.

The day began with a health walk from Ho Teaching Hospital at 7 am through to Ho dome junction, to Ho Ahoe and ended at Ho Nursing Training College. During the walk, education was given to people on suicide prevention, flyers were distributed with contact numbers by mental health professionals and staff of EmpoweredMind Ghana.

A mini durbar was held at Ho Nursing Training College. A welcome address was given by the Executive Director of EmpoweredMind Ghana, Mr William Abroampah. He welcomed the people to the occasion and stressed on the objectives and importance of the day. He highlighted on the suicide rates across the globe and in Ghana and its effect on the general population. He cites data from World Health Organisation which indicates that, about 1500 suicide cases are recorded in Ghana with about 800000 taking their own lives across the globe annually. He further states that in line with the Philosophy EmpoweredMind Ghana, that there's good in every individual, the organisation deems it very important to empower individuals, communities and societies to take control of their mental health issues.

The 1st guest speaker of the occasion who is the regional coordinator of mental health Mr Courage Ahorlu-Dzage, outlined the warning signs and causes of suicide. Among the warning signs were; talking about wanting to die, being a burden to others, feeling empty, hopeless, trapped or having no reasons to live. Others include feeling extremely sad, more anxious, agitated or full of rage. Some behaviours that can be observed as risk factors are people withdrawing from friends, saying goodbye, giving away important items and taking dangerous risk such as driving extremely fast, eating or sleeping more or less, among others.

Furthermore, he spoke on some risk factors of suicide such as mental illness, substance abuse, stressful events like loss of love one, business, failure in an examination, trauma, abuse, neglect by family and friends.

The second guest speaker, Mr Jones Kwesi Tagbor who is a clinical psychologist at the mental health unit of Ho Municipal Hospital also addresses the gathering. In his speech, he espoused how to manage or prevent suicidal tendencies. Among the measures outlined was psycho-therapy: a means by which people seek counseling from the mental health unit and learn skills to help manage emotions effectively. Another preventive measure mentioned is family support. Here, he called on all and sundry to be each other's keeper to check on our friends to know what they are going through and guide them to seek help from appropriate quarters.

The chairperson of EmpoweredMind Ghana, Madam Victoria Agbedanu who is a retired senior nursing officer took turn to address the gathering. She encouraged the students never to allow failure or disappointments in life to make them take their own lives. She edged them to take it easy when pregnant while in school or disappointed by

a love one. She asked all to call on the NGO when in stressful situation and the NGO will be there to support, since it is the firm believe of the NGO that “there’s good in every one”, for that matter, every life counts.

Questions were asked by the students and appropriate answers were given by the experts present at the ceremony.

The event was partnered by World Health Organisation, Ministry of Health, Ghana Health service, Mental Health Authority of Ghana and Voice Ghana.

Empowered Mind Ghana sponsored the program and additional support of GHS 1,000.00 by cheque from Voice Ghana.

In summation, the program was successful.

Below are some pictures taken.



RECOMMENDATION

- More funding will be required to mark the day in future in a more lively manner.
- The health walk should be amidst a brass band to draw more attention of people in the community.
- Police protection will be required during future health walk
- Media coverage be encouraged by the organisation.