



## **Preliminary comments on the “Suicide Shouldn’t be a Secret” Speaking books In Four South African Provinces.**

### **Age Group 15years to 18years Mainly Rural Teens.**

#### **Specific comments on the “Speaking Books”**

- ‘This book has shown me that even that I am a child, I can save someone’s life or I can help depressed people and I did” (Male, from Northwest)
- “My friend was stressed. He wanted to kill himself, the book help him avoid the stress” (Female from Limpopo)
- “The book helped them stop suicide and to stop laughing at someone who is in trouble or is seeking for help ” (Female, from Soweto, Gauteng)
- “I would just say that this book is going to help save many people’s lives because we are losing many family and friends because of depression” (Female, from North West Province)
- “I should like to say thanks for your support. I really enjoy this book” (Female, from Bela Bela)
- “This book is nice and it helps people who are depressed” (Female, Grade 9 from Nkopoleng in the Free State)
- “This book was fun and good and was telling the truth and it was guiding you in life” (Female, grade 8 from Nkopoleng Free State)
- “It is very good for children like us in high school. I liked the book because I read it and it makes me feel better and help someone” (Female, Grade 8 from Nkopoleng in the Free State)

#### **Comments received about why the “Speaking Book” was easy to understand**

- “Yes, because the book gives us information about how you can get depression by family problems. Some people think if someone is depressed it is just laziness and it is real illness” (Female, from Free state)
- “Yes, because you can read or listen to Lillian Dube telling you about depression”(Female, from Limpopo)
- “Yes, it is easy to understand the book because if you don’t understand and press the book button and it will make more easy” (Female, from Siyabuswa)
- “No, because I don’t understand English” (Plans are completed for the book to be available in Zulu, and Spedi )(Male, from Mpumalanga)

### **General comments about the “Speaking Book”**

- “I would just like to say that this book is going to help and save many people’s lives because we are losing many family and friends because of depression.”(Male from Soweto)
- “It is very helpful because people don’t know anything about depression and it can help them to know something and stop depression”(Male from Free State)
- “It is very good for children like us in high school. I liked the book because I read it and it makes me feel better and help someone”(Male from North West Province)
- “That the book has really helped us a lot. Most of the people who wanted to kill themselves and we really appreciate your help”(Female from Mpumalanga)
- “Yes, the book is giving us the knowledge to share our problems with our peers and how to help someone who is suffering from depression”(Male from Soweto)
- “The book was as if I was watching a very interesting programme” (Male from Limpopo)
- “Yes, I would like to tell you someone who wanted to kill him/her if you have a problem, don’t kill yourself just speak to your teacher or an adult about it” (Female from Siyabuswa)

### **Comments received about how the book helped the learners**

- “It helped me talk to other people when I am depression” (Male from Mpumalanga)
- “It helped me inform people that if they are depressed, they should go and see the doctor to get treatment”(Male from North West)
- “It Helps me about depression and if you are depressed you have to talk to somebody to help you” (Female from Free State)
- “By means of you should see a doctor or talk to someone else very quickly before it can get worse and you commit suicide”(Male from Mpumalanga)
- “The book helped me that depression is an illness and everybody can get depression” (Female from Free State)
- “Yes, because now I can also help or advice all people I know who look like they have depression” (Female from Bela Bela)
- “The book has helped me stop someone who wanted to kill himself” (Male from North West)