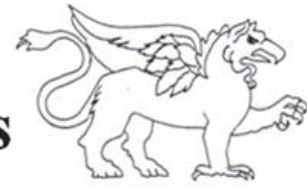




*Specialised*  
Security Services



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**PROJECT:**  
**MALE SUICIDES**  
**IN SOUTH AFRICA**

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*According to a recent news article, a psychologist noted that among the patients he encountered on the verge of suicide in 2023, "no less than 70% are males".*

*This alarming trend of male suicides is on the rise in South Africa, exposing the country's forced patriarchy where men are expected to be strong and women vulnerable. Shockingly, South Africa ranks 10th on the list of countries with the highest number of suicides, with 13,774 suicides reported in 2022, of which 10,861 were men. Men are five times more likely to die from suicide than women, and the main factors contributing to suicide among men are unemployment, childhood trauma, and relationship issues. Moreover, financial difficulties, where a man is*

*unable to provide for his family, also stood out as one of the reasons for male suicides. Sexual orientation issues, illness (mental and physical), and drug abuse were among the other reasons for suicide.*

*This trend can be attributed to a combination of social, cultural, and economic factors that disproportionately affect men in South African society. It is high time that we address this issue head-on and take steps towards ensuring that men's mental health is given the attention and care it deserves.*

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**THIS PUBLIC DOCUMENT IS  
INTENDED TO BE SHARED.**

**PLEASE DO SO.**

**THE OBJECTIVE OF SSS IS TO  
SHARE INFORMATION, TO EDUCATE  
AND FOREWARN THE PUBLIC.**

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- The stigma surrounding mental health:
    - There is a pervasive stigma surrounding mental health issues in many communities in South Africa.
    - Men, in particular, may feel pressured to adhere to traditional notions of masculinity that discourage seeking help for mental health problems.
    - As a result, they may be less likely to seek support or treatment for issues such as depression or anxiety, which can contribute to a higher risk of suicide.
    - Where it is acceptable for women to ask for help, men are much less likely to admit they also need help.
    - Our society is focused on attending to vulnerable women, and with good reason, but we should not exclude help for men.

- Socioeconomic stressors:
    - Economic challenges and unemployment are significant stressors in South Africa, particularly among men who may feel pressure to provide for their families.
    - High levels of unemployment and poverty can lead to feelings of hopelessness and despair, increasing the risk of suicidal behaviour.
  - Violence and trauma:
    - South Africa has high levels of violence, including interpersonal violence, crime, and political conflict.
    - Exposure to violence and trauma can have profound effects on mental health and increase the risk of suicide, especially among men who may be more likely to experience or witness violence.
  - Access to means:
    - The availability of means for suicide, such as firearms or pesticides, can contribute to higher rates of suicide among men.
    - Men are more likely to use lethal means when attempting suicide, which increases the likelihood of completed suicides.
  - Cultural factors:
    - Traditional gender roles and expectations may contribute to men feeling a sense of shame or failure if they cannot meet societal expectations.
    - This can exacerbate feelings of worthlessness and hopelessness, increasing the risk of suicide.
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## **RED FLAGS:**

Recognising the warning signs or red flags of suicide in men is crucial for early intervention and prevention. While these signs can vary from person to person, some common red flags to watch for include:

- Expressing hopelessness or worthlessness:
  - Men contemplating suicide may express feelings of despair, hopelessness, or a sense that life is not worth living.
  - They may vocalise thoughts like "I can't go on anymore" or "Things will never get better."
- Withdrawal and isolation:
  - Social withdrawal or isolating oneself from friends, family, and social activities can be a sign of distress.
  - Men at risk of suicide may avoid contact with others and prefer to be alone.

- Changes in behaviour or mood:
  - Noticeable changes in behaviour, mood swings, or extreme mood changes can indicate underlying emotional turmoil.
  - This may include sudden irritability, agitation, or expressions of anger.
- Increased substance abuse:
  - Escalating alcohol or drug use can be a sign that someone is struggling to cope with emotional pain.
  - Substance abuse may serve as a way to numb feelings or escape reality temporarily.
- Talking about death or suicide:
  - Men who frequently talk about death, dying, or suicide, even in a casual or joking manner, should be taken seriously.
  - They may express thoughts or fantasies about ending their own lives.
- Giving away prized possessions:
  - Making arrangements to give away belongings or tie up loose ends can be a warning sign that someone is considering suicide.
  - This may include giving away valuable items, updating wills, or making unusual financial decisions.
- Sudden calmness or peace:
  - Sometimes, individuals who have decided to end their lives may exhibit a sudden sense of calmness or peace.
  - This can be misleading, as it may indicate that they have already resolved to take action.
- Preoccupation with death or dying:
  - Men who frequently engage in conversations or activities related to death, dying, or suicide may be signalling their distress.
  - This could include researching suicide methods or seeking out materials related to death.
- Changes in sleep patterns or appetite:
  - Disrupted sleep patterns, insomnia, or changes in appetite can be physical manifestations of underlying mental health issues.
  - Men at risk of suicide may experience significant changes in their sleeping or eating habits.
- Loss of interest in hobbies or activities:
  - A sudden loss of interest in previously enjoyed activities or hobbies can be a sign of depression or emotional distress.
  - Men who withdraw from activities they once found pleasurable may be struggling with their mental health.

It is important to remember that these warning signs are not always easy to recognise and may vary depending on individual circumstances. If you notice any of these red flags in yourself or someone else, it is crucial to take them seriously and seek help from a mental health professional or crisis hotline.

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**LIFELINE**

Helpline: 0861 322 322

**THE SOUTH AFRICAN DEPRESSION AND ANXIETY SUPPORT GROUP**

Helpline: 0800 21 22 23 (8am to 8pm)

Helpline: 0800 12 13 14 (8pm to 8am)

SMS 31393

**SUICIDE CRISES HELPLINE**

Helpline: 0800 567 567

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*Addressing the issue of male suicide in South Africa requires a multifaceted approach that includes improving access to mental health services, challenging gender stereotypes, addressing socioeconomic inequalities, and implementing strategies to reduce violence and trauma in communities.*

*It is essential to create environments where men feel comfortable seeking help for mental health issues and where they are supported in accessing the care they need.*

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## NEWS ARTICLES:

- <https://www.iol.co.za/sundayindependent/news/south-africa-men-five-times-more-likely-to-commit-suicide-bcf166ae-6729-432d-b6ef-1f786c91931f>
  - <https://www.timeslive.co.za/sunday-times/opinion-and-analysis/opinion/2023-11-19-when-man-up-is-the-wrong-thing-to-say/>
  - <https://mg.co.za/thought-leader/2023-10-10-mental-health-patriarchy-and-the-criminalisation-of-suicide/>
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*Specialised Security Services invites the public to the Mike Bolhuis Daily Projects WhatsApp Group.*

*This group is important in delivering insights into the latest crime trends, awareness, warnings and the exposure of criminals.*

## HOW TO JOIN THE MIKE BOLHUIS DAILY PROJECTS WHATSAPP GROUP:

- Simply follow the link to our dedicated WhatsApp group:
    - <https://chat.whatsapp.com/Dys4JLOFTXCBgXBdXeEvzU>
  - "JOIN" to ensure you never miss our daily updates.
  - You will receive automatic notifications as soon as a new project is placed.
- 

**CONTACT MR MIKE BOLHUIS FOR SAFETY AND SECURITY MEASURES, PROTECTION, OR AN INVESTIGATION IF NEEDED.**

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***ALL INFORMATION RECEIVED WILL BE TREATED IN THE STRICTEST CONFIDENTIALITY AND EVERY IDENTITY WILL BE PROTECTED.***

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Regards,

Mike Bolhuis  
Specialist Investigators into  
Serious Violent, Serious Economic Crimes & Serious Cybercrimes  
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Fax: 086 585 4924  
Follow us on Facebook to view our projects -  
<https://www.facebook.com/MikeBolhuisOfficial>

**EXTREMELY IMPORTANT:** All potential clients need to be aware that owing to the nature of our work as specialist investigators there are people who have been caught on the wrong side of the law - who are trying to discredit me - Mike Bolhuis and my organisation Specialised Security Services - to get themselves off the hook.

This retaliation happens on social media and creates doubt about our integrity and ability. Doubt created on social media platforms is both unwarranted and untrue.

We strongly recommend that you make up your minds concerning me and our organisation only after considering all the factual information - to the exclusion of hearsay and assumptions.

Furthermore, you are welcome to address your concerns directly with me should you still be unsatisfied with your conclusions. While the internet provides a lot of valuable information, it is also a platform that distributes a lot of false information. The distribution of false information, fake news, slander and hate speech constitutes a crime that can be prosecuted by law. Your own research discretion and discernment are imperative when choosing what and what not to believe.

**STANDARD RULES APPLY:** Upon appointment, we require a formal mandate with detailed instructions. Please take note that should you not make use of our services – you may not under any circumstance use my name or the name of my organisation as a means to achieve whatever end.

**POPI ACT 4 of 2013 South Africa:** Mike Bolhuis' "Specialised Security Services" falls under Section 6 of the act. Read more here: <https://mikebolhuis.co.za/popi-act-4-of-2013-section-6-mike-bolhuis/>

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**SSS TASK TEAM:**

<https://mikebh.link/sss-task-team>

**SSS CYBERCRIME UNIT:**

<https://mikebh.link/sss-cyber-team>

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# *Specialised* Security Services



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You are receiving this email to inform and keep you up to date with violent and/or economic crimes. So that you can inform and protect your loved ones and everyone you know.

**Our mailing address is:**

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Pretoria, Gauteng 0039

South Africa

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