



CAREMI foundation

(THE FOUNDATION FOR THE CARE AND RESETTLEMENT OF THE MENTALLY ILL)

NEWSLETTER

www.caremifoundation.org.ng

MENTAL HEALTH EDUCATION AND SENSITISATION PROGRAMME

The Foundation continued its Mental Health Education and Sensitization program for Secondary schools in 2019. Schools visited included Ambassadors College, OAU international school, Unique group of schools etc the response from staff and students showed that the sensitization program was helpful and links were shared to facilitate follow up and referrals.



WORLD MENTAL HEALTH DAY 2018

CAREMI foundation joined others in celebrating the World Mental Health Day in 2018 with the theme “Young People and Mental Health in a Changing World”. The foundation visited several schools to educate both Teachers and students in good mental health habits.



SUPPORT FOR ST MARY'S REHABILITATION CENTRE, IPETUMODU

The Foundation has continued to provide services for the St Mary's Rehabilitation & Development Centre, Ipetumodu with regular visitations and provision of drug items for the pupils of the Centre. A monthly stipend is also being given.



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SUICIDE NOT AN OPTION

- Do you feel overwhelmed by suffering and hardship and now strongly consider ending it all?
- Are you so very sad and feel that life is no longer worth living?
- Do you feel all hope is lost and see your future as bleak?
- Are you in trouble, with no help in sight and you want to take the exit door out of life?
- Is the pain you feel eating at you so deep that you just want to make it stop by any means possible?
- Do the voices in your head tell you to hurt yourself?
- Have you lost someone precious and all you think of is joining him or her?
- Do you know someone who might be going through any of these things?

This year, the theme of the World Mental Health Day is “Suicide Prevention”. The act of people taking their own lives has increased in the past decade in all parts of the world with more than 800,000 people dying by suicide yearly and 1 person dying every

40 seconds. For every person that dies by suicide, 20 more are attempting it.

Suicide and suicide attempts do not affect only the person involved, but has a ripple effect that spreads to families and communities.

Up until the time of death, most suicidal people still struggle with the thought of killing themselves and wish there was another way out, but see none. Some people do well at that point, if only they had a hand to hold.

RISK FACTORS FOR SUICIDE

- Previous attempt at suicide or family history of suicide
- Mental illness e.g. depression and schizophrenia
- Psychoactive Substance Abuse e.g. alcohol
- History of sexual or physical abuse
- Chronic pain conditions, chronic and terminal illnesses
- Loneliness and bereavement

HOW TO IDENTIFY A PERSON CONTEMPLATING SUICIDE

- Talks about suicide a lot or is

preoccupied with death themes

- Looks for harmful things like poison, pills, a knife, a gun etc.
- Says goodbye or writes a will
- Sudden sense of calm
- Withdraws from others
- Suddenly starts engaging in reckless behaviour, as though they have a death wish

LOOK OUT FOR THE FOLLOWING

A person with a

- Suicide plan
- Things they need to carry it out
- A set time to do it
- Intent to take their lives

WHAT TO DO

- Get the help of a professional e.g. psychiatrist or psychologist
- Ensure compliance with treatment of mental illnesses
- Take away harmful objects
- Be supportive and offer hope
- Encourage socializing

Suicide is preventable; hence, it can be avoided. Remember, every life is precious.



CAREMI HOUSE

Following the launching and foundation laying ceremony of CAREMI house last year, we are happy to inform all our donors that work has started in earnest on the building project. We wish to thank all our donors for their contributions towards this building and assure all that the project will be completed very soon and will be used to further improve the laudable activities of CAREMI.



PROPOSED BUILDING



CURRENT STAGE

FUNDS

PLEASE HELP

CAREMI'S activities are organised by un-paid volunteers. However, we do need funds to organise these activities and to support needy patients. The Foundation is dependent on the support of members and other individuals and organizations that share in her objectives for funds to organise its activities.

We therefore appeal to interested individuals and organizations to generously donate to the Foundation through its Bank accounts with:

Stanbic IBTC Ile-Ife
Account No. 9302868043 and

POLARIS BANK, OAUTHC, Ile-Ife
Account No. 4090976064

PRIMARY HEALTH CLINICS IN IPETUMODU

The Foundation has continued its support mental health services to the primary health centers in Ipetu-modu/Moro which has been of tremendous benefit to the people of Ife North Local Government area. The training and retraining of workers, onsite consultation and technical assistance to the health care workers have continued to improve incorporation of mental health into primary health care services.



APPRECIATION

The Board of Trustees and the entire foundation would like to thank the public, all members and students from various schools who have been part of our programs and who have supported the Foundation in various ways since its inception. In particular, we would like to appreciate the various groups that have supported our programs.

The Website address of the Foundation is www.caremifoundation.org.ng
Members of the public are urged to the visit the site for more information concerning the activities of the foundation.