

+THE TANZANIA NATIONAL CHILD
HELPLINE - 116
SUICIDE PREVENTION INTERVENTION



**ANNUAL
REPORT**

2024



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A Word from the Director

Fellow Supporters,

As we reflect on 2024, I address with urgency and hope one of Tanzania's most pressing public health challenges Suicide Prevention. The rising number of suicides, especially among youth, men and underserved communities, is a clear call for collective action.

At the National Child Helpline 116, we have seen this crisis firsthand. Throughout the year, our dedicated team provided critical support to individuals in distress, offering guidance and connecting them to essential mental health and psychosocial services.

The trends in our data highlight the urgent need for a holistic approach to suicide prevention, integrating education, mental health care, and community-based initiatives.

In 2024, we prioritized three key areas:

- Strengthening Crisis Response by enhancing referrals for timely mental health care.
- Promoting mental health openness via media, partnerships, and outreach.
- Building Capacity by training counselors and leaders to support at-risk individuals.

A Word from the Director

While significant progress has been made, the journey is far from over.

Suicide is preventable, but success requires a united effort across sectors, including government, civil society, and faith based organizations. Together, we must invest in mental health services, address socio-economic disparities, and foster hope and resilience within our communities.

On behalf of the National Child Helpline 116, I extend my heartfelt gratitude to our partners, donors, and frontline workers for their unwavering support.

Let us strive for a society where everyone feels valued, supported, and safe to seek help. Together, we can end stigma, prevent suicide, and save lives.

Michael Marwa

Director, National Child Helpline Tanzania

Introduction

C-Sema since joining the Lifeline International network and designed a *“Suicide Prevention Awareness and Advocacy program”* that targets, children, youth and adults.

The program entails engaging the media for awareness of suicide signs and prevention strategies including help seeking and referral services to all that need professional services including mental health and psychosocial counselling. Conducting analysis of calls and cases handled at our toll-free helpline that operates 24 hours a day.

And as part of our advocacy program, we conduct a daily analysis of the media on all reported suicide reports, incidences and cases.

Mission & Vision Statement

Mission Statement

To raise awareness, provide support, and advocate for mental health and suicide prevention in Tanzania by engaging communities, analyzing trends, and connecting individuals to professional services through our 24/7 toll-free helpline.

Vision Statement

A Tanzania where every individual recognizes the signs of suicide, seeks help without stigma, and has access to timely and compassionate mental health care, ensuring a society free from the tragedy of preventable loss.

“
Break the Silence. End the
Stigma



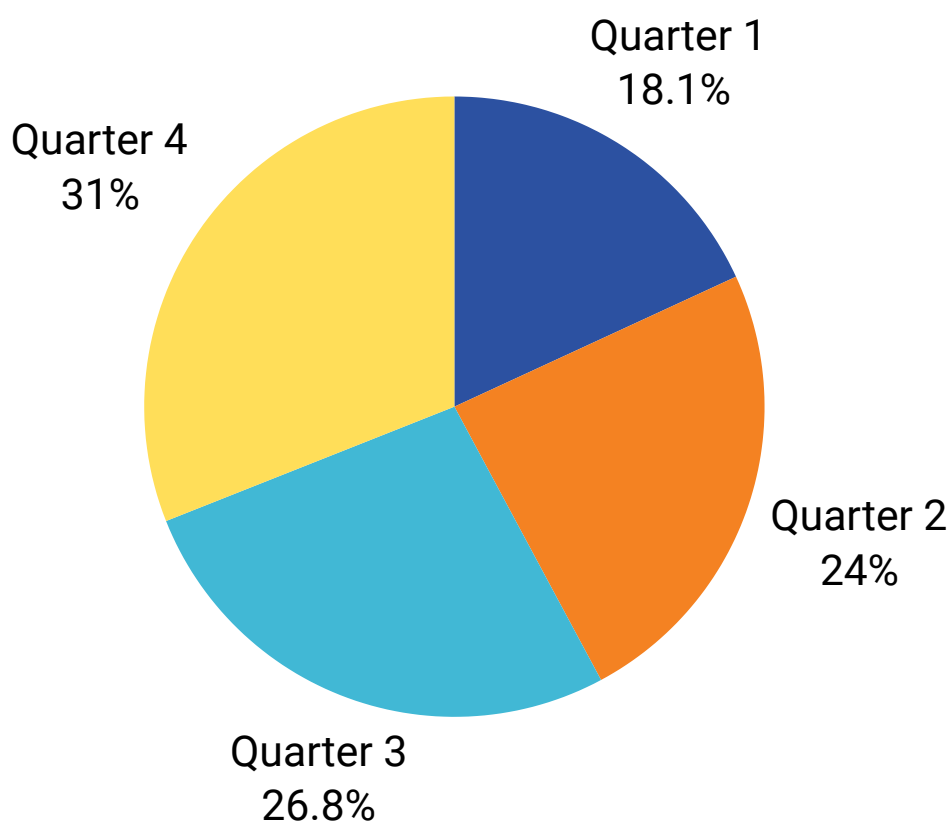


Data from the Helpline

The National Child Helpline receives a variety of cases through its 116 helpline, including those related to mental health.

Many callers seek guidance on how to support individuals in distress, while others are in immediate need of mental health and psychosocial support services.

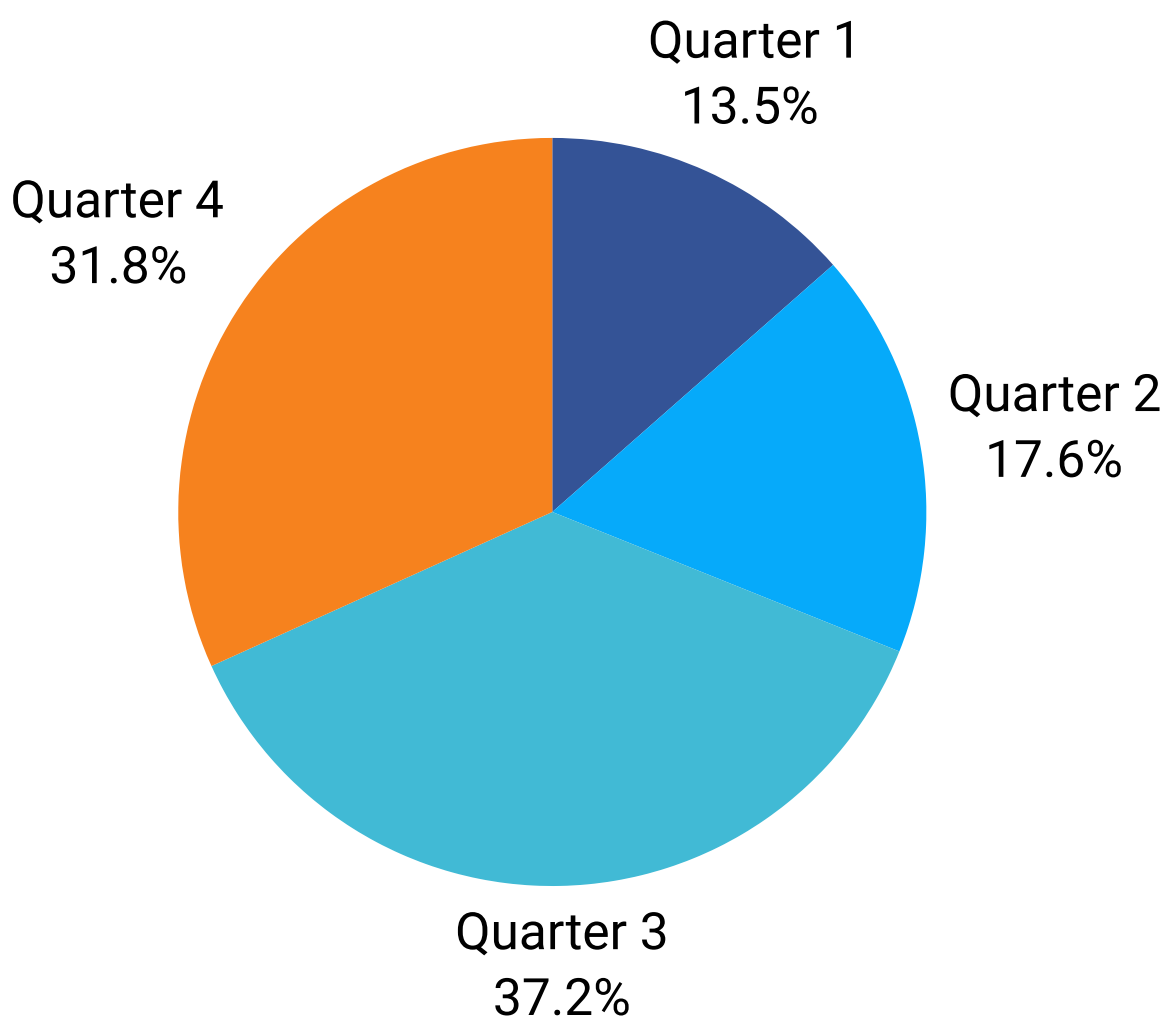
1. Below are the number of people seeking for guidance on how to support individuals in distress





Data from the Helpline

2. The following data represents the percentage of callers seeking immediate mental health and psychosocial support from the Helpline



Suicide Prevention Case Handled at the Helpline.

Helpline 116 received a call from Pharaj, a 20 year old resident of Moshi Municipal Council in the Kilimanjaro Region. He shared that he was struggling with challenges stemming from his family situation. The separation of his parents had left a lasting impact on him, making it difficult to express his feelings and causing frustration and anger toward others. He revealed that his father's lack of responsibility had forced him to discontinue his education after completing Form Four, despite his strong academic performance. He wished for a better life, far removed from the difficulties he was facing.

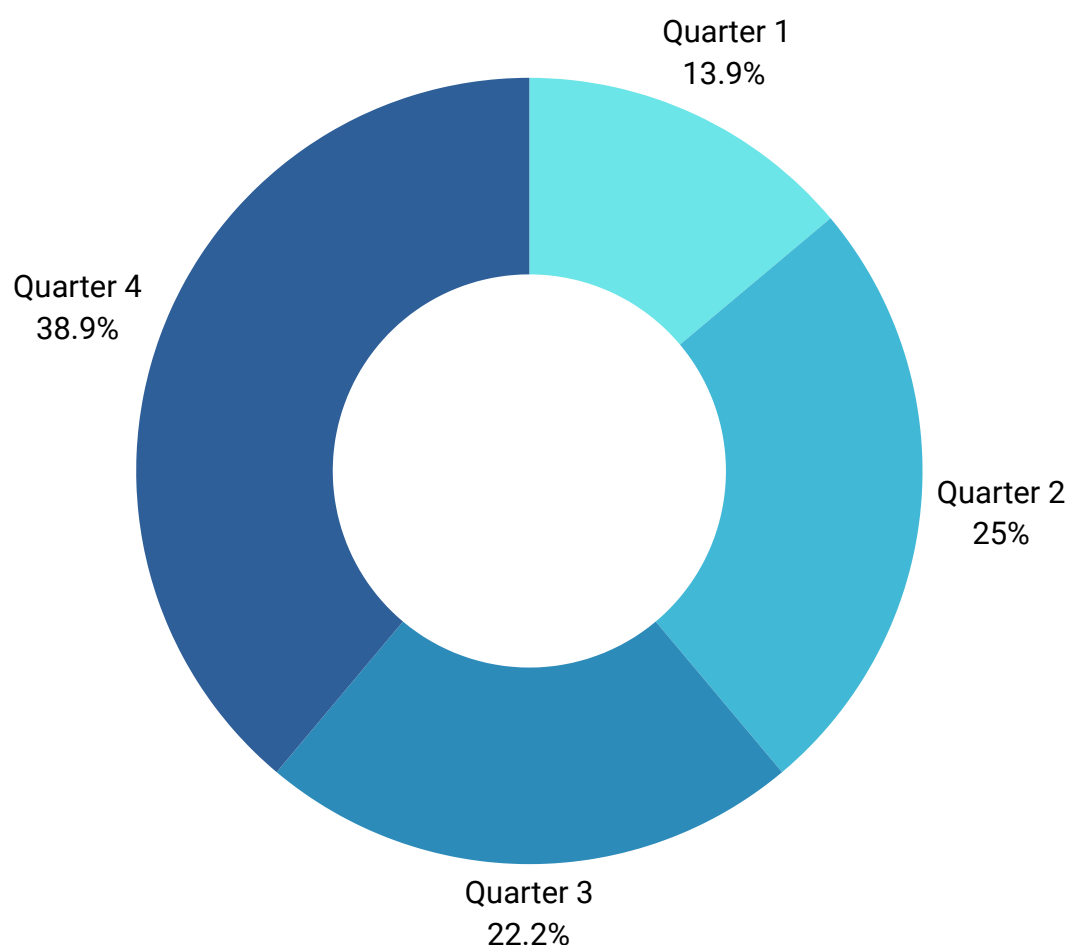
The counselor began by encouraging Pharaj not to lose hope due to setbacks or unfulfilled goals. They emphasized that with proper planning and consistent effort, he could achieve his aspirations. The counselor stressed the importance of finding a trusted person to talk to about his struggles, explaining that sharing challenges is a crucial step toward overcoming them. To inspire him, the counselor provided real-life examples of individuals who had faced similar childhood struggles but ultimately achieved their goals.

Cont;

Pharaj expressed his gratitude and promised to return for guidance whenever he encountered difficulties. When asked how he managed to meet his basic needs, he explained that he was engaged in small business activities, as his mother could not afford to send him back to school. The counselor advised him to continue working hard and to develop a habit of saving, even small amounts, as a step toward funding his own higher education. Additionally, the counselor encouraged him to confide in trusted friends whenever he faced challenges, reminding him that others might have solutions or experiences that could help.

Pharaj assured the counselor that he would follow the advice given. On November 13, 2024, the counselor followed up with Pharaj to check on his progress. He reported feeling much better and shared that he now reaches out to friends or calls Helpline 116 for support whenever challenges arise, instead of considering self-harm.

Media Analysis



Suicide Prevention Team conducted a comprehensive media analysis of all suicide cases reported in various media outlets and social media platforms. In addition to this analysis, the C-SEMA team provides psychosocial support to survivors, helping prevent trauma and offering crisis intervention.

The 2024 report reveals that over 72 individuals from different regions of Tanzania tragically lost their lives to suicide. Financial challenges emerged as the leading cause, accounting for 60% of cases, followed by family conflicts and other factors contributing to these incidents.

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millardayo Mkazi wa Kongogwe Wilayani Magu Mkoani Mwanza Mariam Marko (27) amefariki baada ya kunywa sumu chanzo kikiwa ni msongo wa mawazo uliotokana na kutengwa na Mumewe pamoja na Ndugu zake kwa madai ya ulevi wa kupindukia.

Kamanda wa Polisi Mkoa wa Mwanza Wilbrod Mutafulungwa amesema "November 05, 2024 majira ya saa 15:00 katika kitongoji cha Kongogwe, Kata ya Nyanguge, Wilaya ya Magu katika Kituo cha Polisi Nyanguge kuliripotiwa taarifa ya Mtu mmoja aitwaye Mariam Marko kujaribu kujiua kwa kunywa sumu"

"Baada ya taarifa hizo kufika Kituoni hapo, Jeshi la Polisi kwa kushirikiana na Wananchi tulimchukua Mhanga huyo na kumpeleka katika kituo cha afya Mabuye kwa ajili ya matibabu, wakati Madaktari wanajaribu kuokoa maisha yake Mariam Marko alifariki dunia, mwili wa Marehemu Mariam Marko umefanyiwa uchunguzi wa kitaalam na kukabidhiwa Ndugu kwa taratibu za mazishi"

"Chanzo cha tukio hilo ni msongo wa mawazo uliotokana na kutengwa na Mume pamoja na Ndugu zake kwa madai ya ulevi wa kupindukia, aidha Jeshi la Polisi Mkoani Mwanza linawaasa Wananchi kutafuta njia sahihi za kutatua changamoto mbalimbali zinazowakabili ili kuepusha madhara yanayoweza kujitokeza"

[#MillardAyoUPDATES](#)

It Reads;

Woman Dies by Suicide Due to Stress After Being Isolated for Alcoholism

A resident of Kongogwe, Magu District, Mwanza Region, Mariam Marko (27), has passed away after consuming poison, reportedly due to stress caused by being abandoned by her husband and family over claims of excessive alcohol consumption.

Mwanza Regional Police Commander Wilbrod Mutafulungwa stated, "On November 5, 2024, at around 3:00 PM, a report was received at Nyanguge Police Station about an individual named Mariam Marko attempting suicide by ingesting poison in Kongogwe sub-village, Nyanguge Ward, Magu District."

"Upon receiving the report, the police, in collaboration with local residents, rushed the victim to Mabuye Health Center for treatment. Despite the doctors' efforts to save her, Mariam Marko sadly passed away. Her body was examined and later handed over to her family for burial arrangements."

Commander Mutafulungwa further explained that the incident was triggered by stress resulting from being isolated by her husband and relatives due to alleged alcoholism. He urged the community to seek proper ways of addressing personal and family challenges to prevent such tragic outcomes.

Media Awareness Program

Throughout 2024, our team prioritized raising awareness about Suicide Prevention through a multifaceted approach, including television and radio programs, youth workshops, and school outreach initiatives. These efforts successfully reached a wide audience and garnered overwhelmingly positive feedback.

From January to December 2024, the team participated in **33 media interviews**, including appearances on national television (TBC). We also established impactful partnerships with organizations such as Elimika Wikiendi and the Flavian Matata Foundation, which significantly enhanced our awareness campaigns and received excellent responses.

Through these initiatives, we engaged directly with young people and children, offering critical support to those in need. As a result, we observed a notable increase in calls from individuals seeking help for mental health challenges, underscoring the effectiveness of our efforts in creating meaningful impact.



From The Photo

Two presenters from the Tanzania Broadcasting Corporation (TBC) on far left and far right, Ms. Jenipha Kalmani, the Tanzania Suicide Prevention Focal Person from C-SEMA, second right and Ms. Suzan, a representative from the Flavian Matata Foundation.

Thank you

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