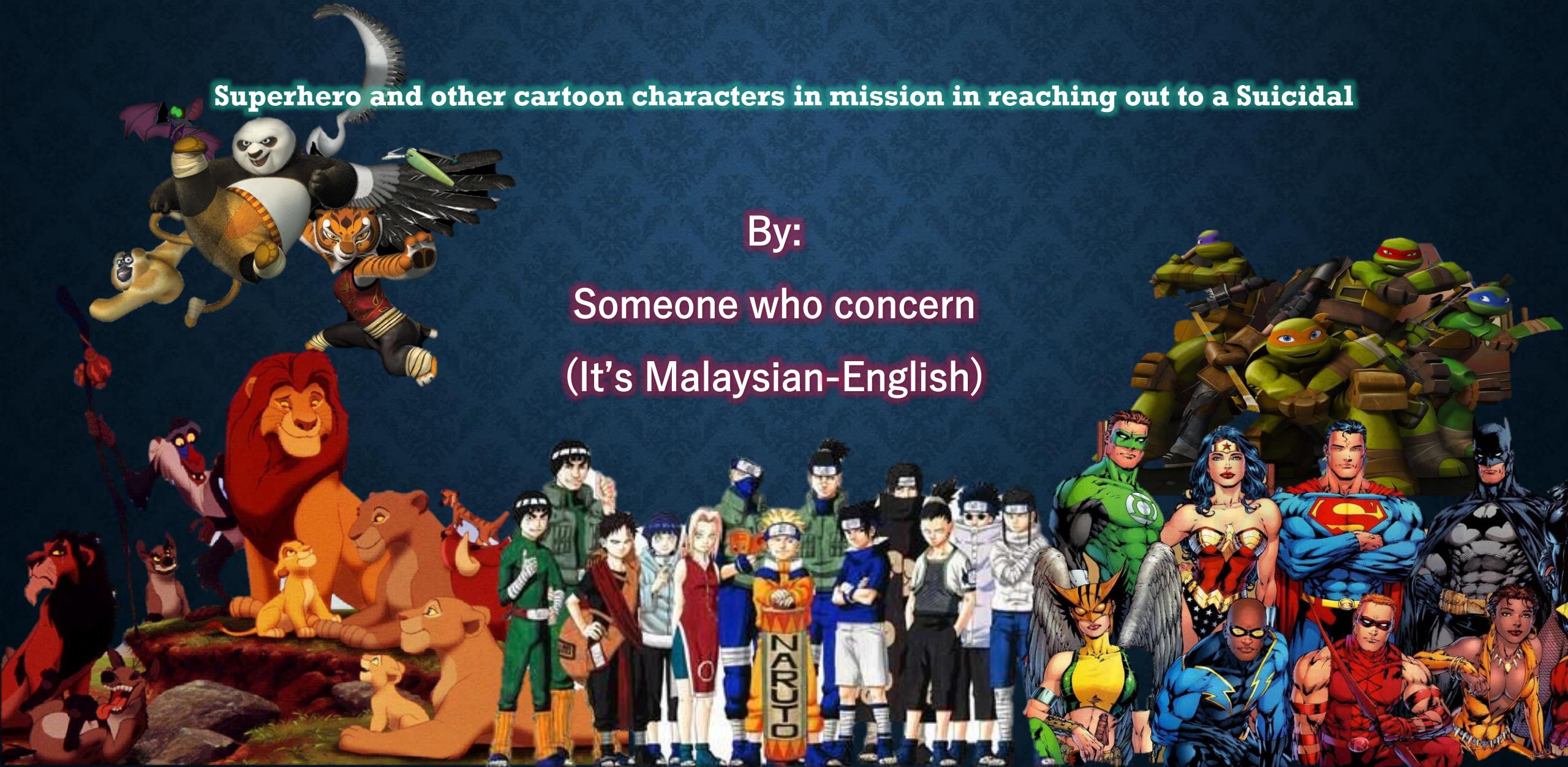


# **“URGENT CALL FOR A MEETING”**

**Superhero and other cartoon characters in mission in reaching out to a Suicidal**

**By:**

**Someone who concern  
(It's Malaysian-English)**



I make this comic-story in order to support the month of suicide prevention. I myself have experienced the death of my love ones because of suicide and I feel very bad. I carried this guilty feeling even up until now. However, I feel so blessed by meeting up with a few good people from the field of psychiatric and psychology this lately, I feel that, there's a hope for healing for my wounded feeling (even at times I feel it keep on bleeding.)

All I can say is, truly, before this, I have no experience at all and don't know how to read the signs of suicidal person (doesn't mean that now I can read 100%). It is a continuous learning process to me.

I may say to myself, I do not have the Divine Eyes to see what is going to happen in future. Since things happen unexpectedly, all I have to say to myself, here, I have to use and see from the eyes of understanding and compassion, that people when they are having depression, the brain cannot think normally and properly.

Who am I to judge, if anything happen?

Beside I must say, my spirituality background helps me a lot in my recovery.  
To all readers, feel free to share.

Freely I received the wisdom and ideas, freely I give.

p/s:

I use cartoon characters to convey the message with hope the message may reach out to you!



Superman?

Yea?

A classic illustration of Superman in flight, wearing his iconic blue and red suit with the yellow 'S' emblem on his chest. He is shown from the waist up, looking slightly to his left with a determined expression. His red cape flows behind him.

**Where are  
the others?**

**Who?**



**Our friends  
la...**



**Which one leh...**

Ai-yah... Batman these  
people la... Iron man  
la, Wolverine la,  
Human torch la, Hulk  
la... ai-yah, talk so  
much also no use.

Hulk



Ironman



Batman



Wolverine



Human Torch



# Did you WhatsApp, (WA) them or not?



**Aeeiii... Didn't  
you see that I put  
in the WA group  
ka? Calling for  
important  
meeting?**

**Sorry lo... Old already.  
Can't remember everything  
Tengok, gigi pun jatuh.**



**HOW OLD ARE YOU,  
SUPERMAN?**



Older than the tree...



Younger than the mountain...



Growing like a...



(Country Road Song by John Denver)



John Denver, Superman favorite singer

**Dush! Dush! Dush!** Nah, Don't play-play oh!  
I WhatsApp all of you to have a meeting today, got purpose ah.  
At least respond me lah oh... Can come ka... Cannot come ka...  
You people think that I play-play kah?



**Grrr....I did not think that you play-play leh...  
If I do, I won't come bah!  
Grrr....**



I se-pak you balek!  
Dush! Dush!



**2**

Ooo...ya ya.  
..Sorry-sorry...  
Thank you  
Superman!

**5**

Wah-lau-weh!  
**5** Thank you, oh!  
Very effiecient  
lah!

**1** Say thank you la bah... I come bah.



**3**

Aaa... Like that la...

**4**

Bah, just to let you know...  
I did forward your WA message to the other cartoon characters such as Mickey Mouse, Donald Duck all the Disney families la... since you said in the WA it is an urgent meeting to everyone. They did say they might come a bit late lah if they can... If not they will send the representative...

# You're welcome!

Bah, even though  
it's only two of us,  
we can start first,  
bah.



What is that soooo important especially in the  
month of September, so called.

Okay, readers, before we start,  
Let me introduce myself...



I'm Kung Fu Panda!

**Ya, let me direct to the point!**



You see, we always  
fight-fight-fight, kan?

I think..., I think la... why don't for this particular month, September,  
all of us come together as one!

**Hmm...  
For what leh?**



# Aeeeiiiii....

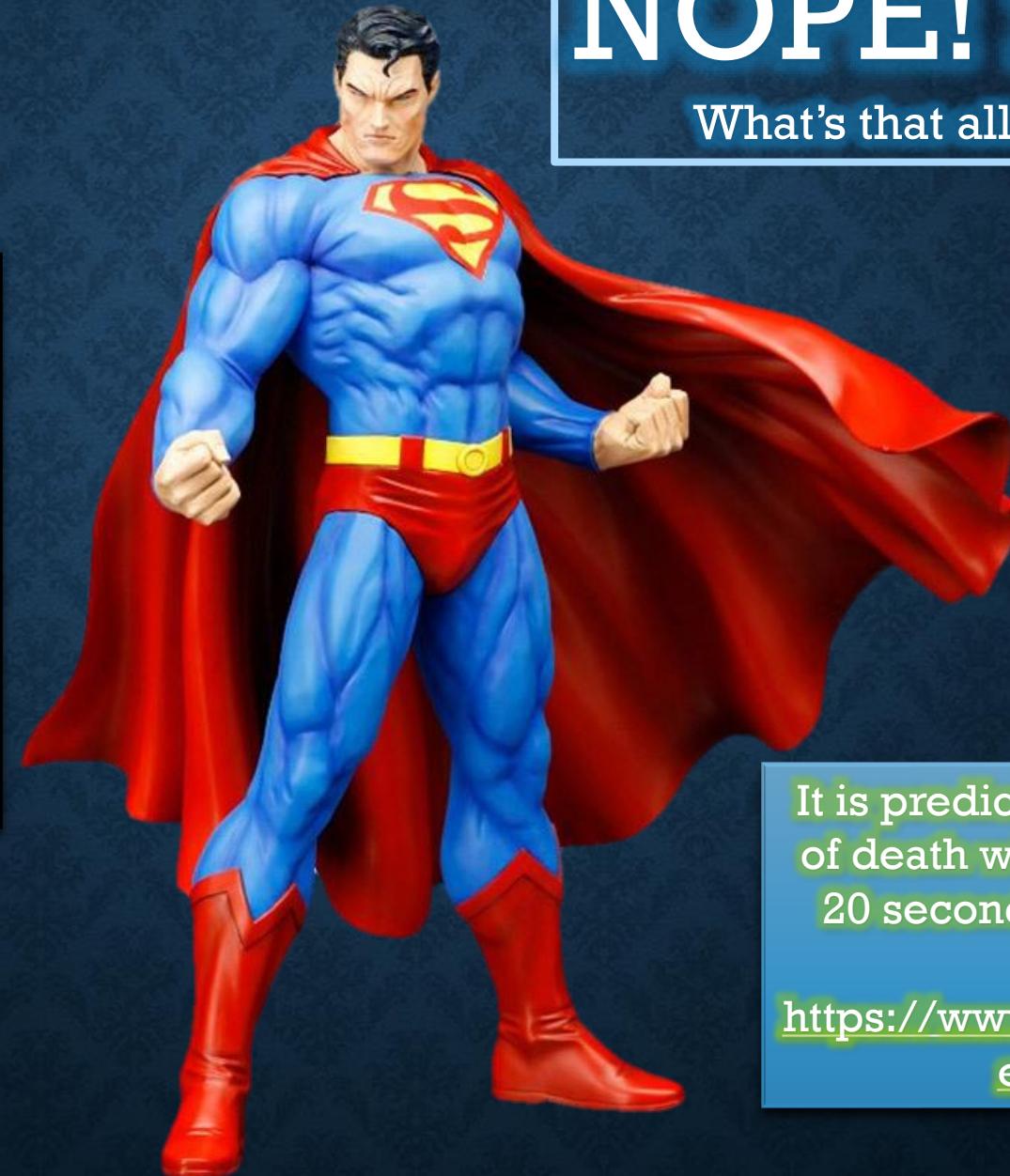


**Don't you know that  
September is a month of  
Suicide Prevention  
Month, meh?**

# NOPE! Never...

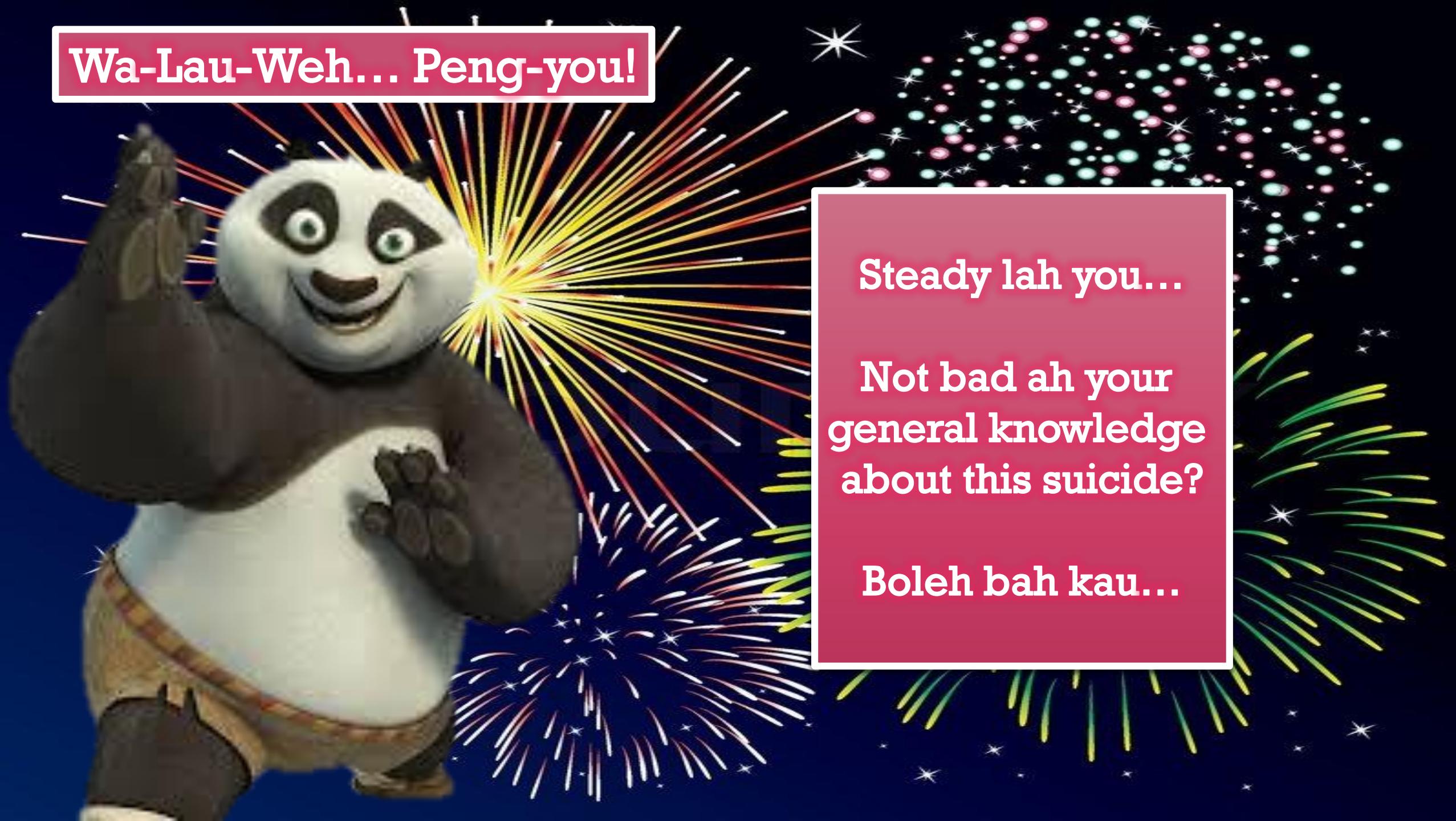
What's that all about, lah?

But I know "The World Health Organisation (WHO) estimates that each year approximately one million people die from suicide, which represents a global mortality rate of 16 people per 100,000 or one death every 40 seconds.



It is predicted that by 2020 the rate of death will increase to one every 20 seconds. "This statistic I read from <https://www.befrienders.org/suicide-statistics>, lah.

**Wa-Lau-Weh... Peng-you!**



**Steady lah you...**

**Not bad ah your  
general knowledge  
about this suicide?**

**Boleh bah kau...**

**Seriously?**

**2**

**Are you  
kidding?**

**4**

**Okay, whatever.  
Let's put that  
aside.  
Let's continue**

**6**

**1**

**I read lah. I like befriendah bah.  
I think I want to join them.**

**3**

**Ya!  
And Mental Health Association too!**

**5** **Nope!**

**(Suddenly, a group of superhero, Disney's families and other cartoon characters arrived at the same time)**



**“Sorry-sorry for being late...”**



Hey guys. It's okay.  
Come. Let's gather here.

We two, Superman,  
just starting our  
conversation  
regarding our  
important meeting  
today which is about  
September is a month  
of Suicide Prevention  
Month.

On our part,  
What can  
we do?

A 3D animated panda named Po, wearing a brown belt and holding a wooden staff, is shown in a dynamic pose with one arm raised and a joyful expression.

Yi-ha!

I suggest, this month let's focus of spreading the awareness of this Suicide Prevention Month and can we agree that this month no fight at all for us, for whatever reason it may be?

Can we come together as ONE to help the society?

# YES, WE CAN!

Woooooo!!!



(cheering up each other)

**Thanks' Guys! Ok, let's start!**



Oh by the way, for those who do not know me, my name is Panda, the Kung Fu Panda.  
The purpose of this meeting is for us **to brainstorm the ideas on how we can help out in  
reaching the suicidal**. Can anyone of you here, come up with ideas for actions?

At least, five.



**Wat-Cha!**

**I, myself will volunteer to become your moderator.**

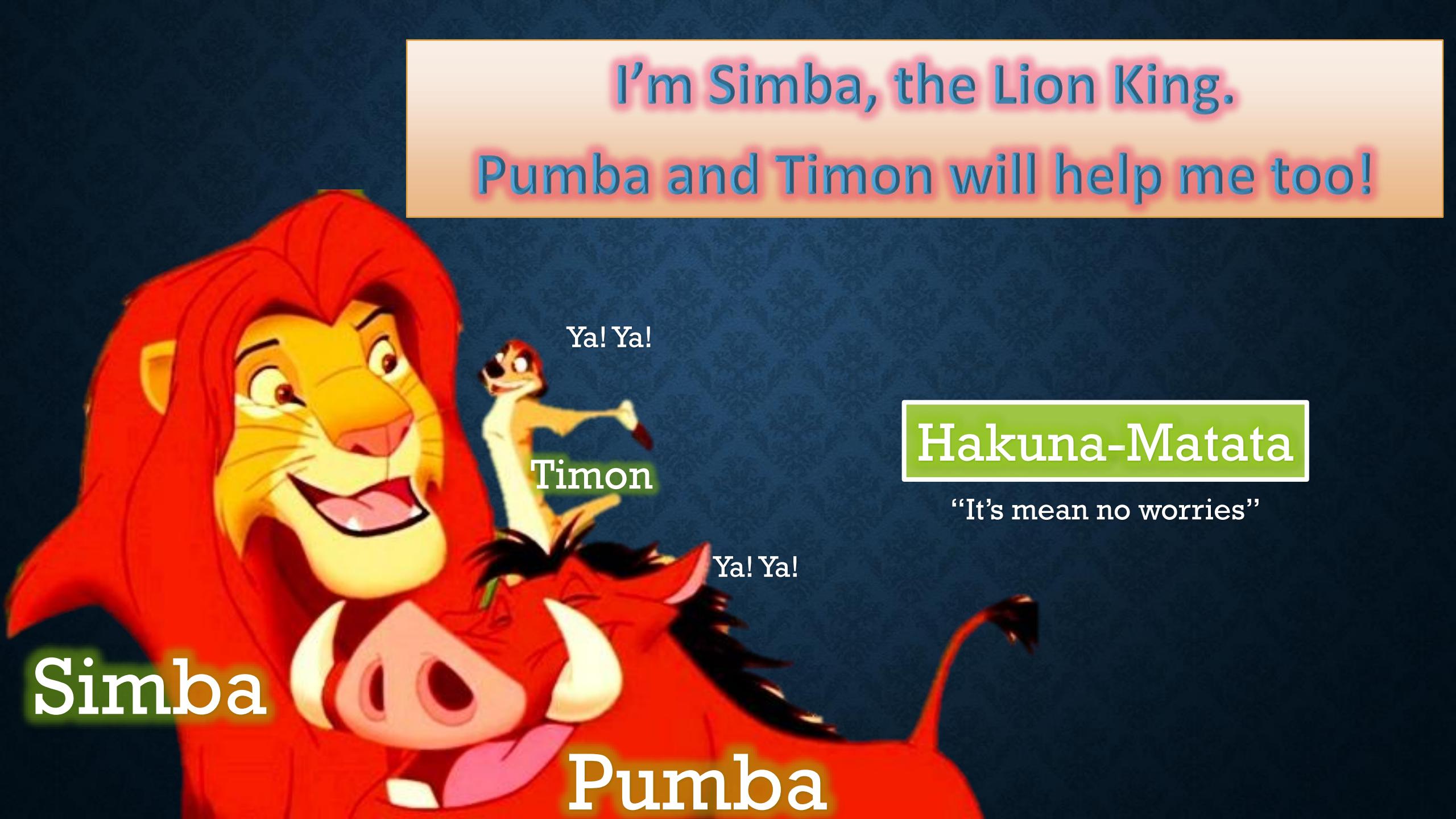


**Can anyone please, take the minute meetings?**

Me!

Okay, what's your name, my friend?





I'm Simba, the Lion King.

Pumba and Timon will help me too!

Simba

Pumba

Ya! Ya!

Timon

Ya! Ya!

Hakuna-Matata

"It's mean no worries"



Thank you Simba!  
Pumba and Timon too!



**Okay, the floor is yours, anyone can start first.**

**Please come up, introduce yourself and you may proceed.**



**(...After a minute of silence...)**

A 3D rendering of Michelangelo, the Teenage Mutant Ninja Turtle. He is green with a yellow shell, a red bandana, and a brown belt. He is holding a wooden nunchaku and has a determined expression. To his right, the word "Me!" is written in large, bold, red letters.

Me!

Hi everyone, I'm Michealangelo, the  
Teenage Mutant Ninja Turtles.

From my personal point of view, when  
talking about suicide, to me suicide is  
complex. None single approach can solve it  
but it is preventable.

To me, may be we can learn the signs?

Michealangelo,  
Teenage Mutant Ninja Turtle

# HOW?

FROM:



**“Although it may not always be obvious, individuals experiencing an emotional crisis usually exhibit one or more of the warning signs of suicide.**



Michealangelo,  
Teenage Mutant Ninja Turtle

Your ability to identify the signs will better prepare you to take action and could help save a life.



Michealangelo,  
Teenage Mutant Ninja Turtle

**Get help immediately if you see or hear any of the  
following warning signs.”**

**(<https://www.take5tosavelives.org/take-5-steps>).**



Michealangelo,  
Teenage Mutant Ninja Turtle

To continue, for the Emergency Warning Signs, we may call 999 or any emergency service number if you see or hear the following:



Someone threatening to hurt or kill themselves or talking of wanting to die



Someone looking for ways to kill themselves by seeking access to weapons or other lethal items (this can be online searches or physically looking for something in the moment of despair)



Someone talking or writing about death, dying or suicide.



Michealangelo,  
Teenage Mutant Ninja Turtle



Michealangelo,  
Teenage Mutant Ninja Turtle

For Warning Signs of Suicide,  
you may contact a mental  
health professional or hotline  
if you hear or see someone  
exhibiting one or more of  
these behaviours:

# Hopelessness

seeking revenge

Feeling trapped

Rage

uncontrolled anger

unable to sleep or sleeping all the time

Acting reckless or engaging in risky activities

seemingly without thinking

like there's no way out

# Increased alcohol or drug use

dramatic mood changes

Withdrawning from friends, family & society

Anxiety

agitation

Last but not least, call befrienders!  
Here's the lists in Malaysia

Befrienders Centre	HELPLINE	Admin Phone	Service Hours	Email/WhatsApp for befriending	Admin Email
Penang	04-2811108 / 04-2815161	04-2822736	3pm-12am (midnight) daily	pat@befpen.org  011-56997687 (WhatsApp only, during service hours)	admin@befpen.org
Ipoh	05-5477955 / 05-5477933	-	4pm-11pm daily	-	ipohbefrienders@gmail.com
Kuala Lumpur	03-7956 8145	03-79571306	24 hrs, daily	sam@befrienders.org.my	admin@befrienders.org.my
Seremban	06-6321772 / 06-6321773	06-6321772	7pm-10pm daily	018-9691772 (WhatsApp, during service hours)	sam.befriendersseremban@gmail.com
Melaka	06-2842500	-	7pm-12am (midnight) daily	-	befriendersmelaka99@gmail.com
Muar	06-9520313	-	8pm-11pm daily	sam@befriendersmuar.org	admin@befriendersmuar.org
Johor Bahru	07-3312300	-	1pm-12am (midnight), daily	sam@befriendersjb.org	befriendersjohorbahru@gmail.com
Kota Kinabalu	088-255788 / 088-259788	-	7.00pm-10.00pm daily	betrienderskk@gmail.com  016-8036945 (WhatsApp only, during service hours)	befrienderskk@gmail.com
Kuching	08-2242800	-	6.30pm-9.30pm daily	-	admin@befrienderskch.org.my

I think that's all from me. Thank you, Panda.

**Thank you so much, Michealangelo,  
The Mutant Teenage Ninja Turtles!**



That's very inspiring!

Anyone else?

We have four more, at least.



Hi guys, Im Master Roshi from the Dragon Ball team.  
Known as Pendekar Penyu in Malay.

Master Roshi  
The Dragon Ball

# Well, to me, we must know how to help.

Know what to say and do if someone you care about is suicidal. We shouldn't be afraid to ask our friend if they're having thoughts of suicide.



Master Roshi  
The Dragon Ball

We all can help.

Master Roshi  
The Dragon Ball



By knowing exactly what to say and do, we'll be ready to act and keep our friends and family safe.  
[\(https://www.take5tosavelives.org/take-5-steps\)](https://www.take5tosavelives.org/take-5-steps).



Master Roshi,  
can you elaborate more on that?

Master Roshi  
The Dragon Ball

Ya, sure!

First, ASK if the person is thinking about suicide.

**Second,**  
LISTEN without  
judgement.  
Let the person talk  
without  
interruption and  
make them feel  
heard.



Master Roshi  
The Dragon Ball

Third,  
RESPOND with  
kindness and care.



Master Roshi  
The Dragon Ball



Master Roshi  
The Dragon Ball

Always take the person seriously and **Fourth FOLLOW-UP** with the person and support their transition from crisis to recovery.

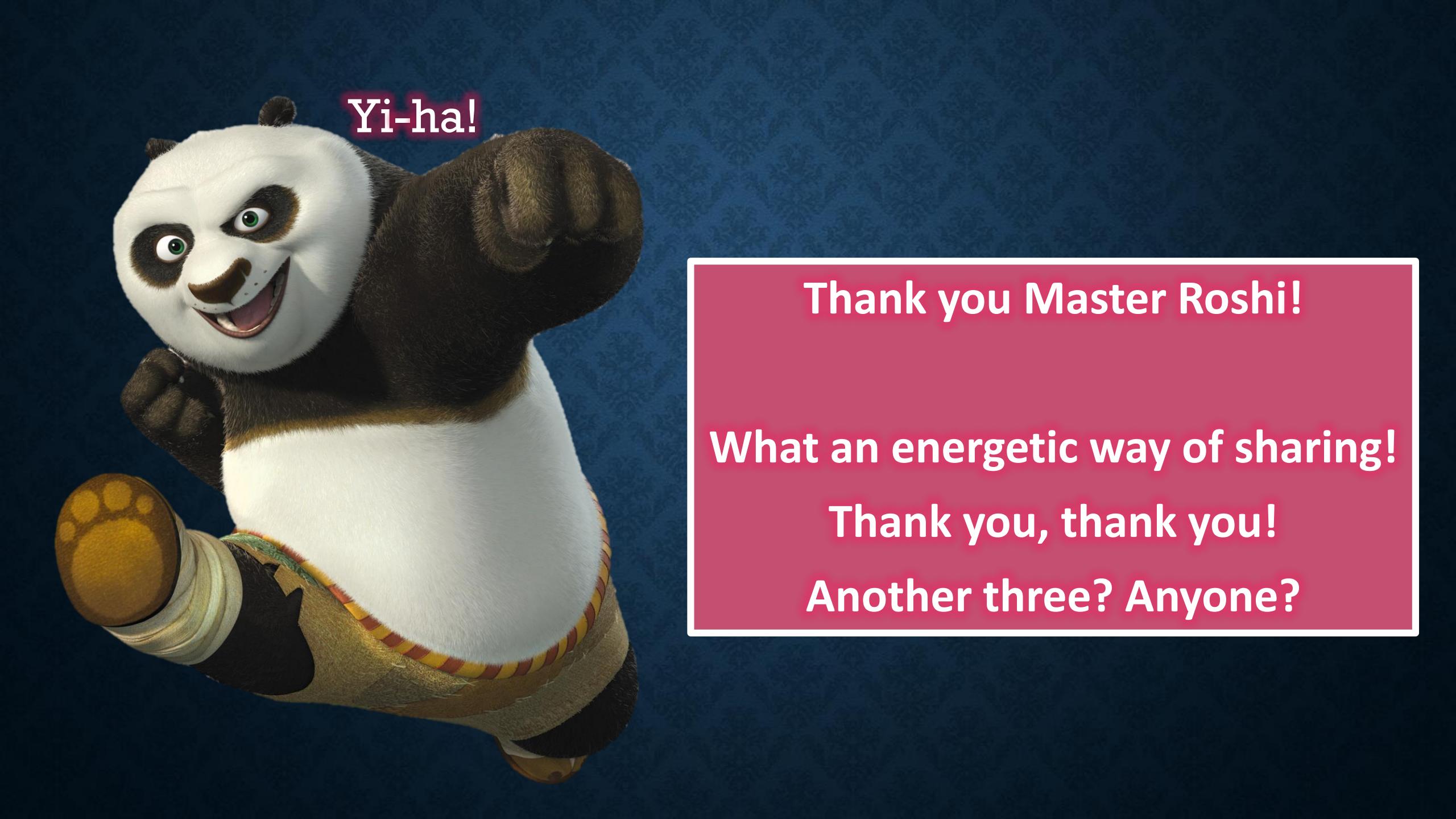


Master Roshi  
The Dragon Ball

Please check out with this website for further understanding and reading  
[\(<https://www.take5tosavelives.org/knowhowtohelp>\).](https://www.take5tosavelives.org/knowhowtohelp)

Thank you, Panda!



A 3D animated panda named Po, wearing a brown belt, is shown from the waist up. He has a wide, energetic smile and is pointing his right index finger upwards. His left arm is bent, with his hand near his chest. The background is a dark blue textured surface.

Yi-ha!

Thank you Master Roshi!

What an energetic way of sharing!

Thank you, thank you!

Another three? Anyone?

ME!  
WE!



POCAHONTAS

I'M **POCAHONTAS**, WHO KNOWS THAT EVERY ROCK AND  
TREE AND CREATURE HAS A LIFE, HAS A SPIRIT, HAS A NAME.



For me, the third points is  
practise self-care.

Pocahontas

# What is Self-Care?



A dark blue background featuring two instances of the Disney character Pocahontas. On the left, a smaller version of her looks towards the right. On the right, a larger version of her is shown from the chest up, looking slightly upwards and to the left. Both versions have long black hair and are wearing traditional Native American-style clothing with orange and yellow patterns and blue necklaces.

Self-care refers to activities that can be done to ensure physical and mental fitness.

Pocahontas

Self-care is necessary and important part of every individual's overall health.

Pocahontas

Let's take a look at some of the main activities you can try. Make it a priority! I can say it out ten main points here but the elaboration of each points can be found here at

<https://www.take5tosavelives.org/practiceselfcare>.

Take a look at it since everyone having mobile data and Wi-Fi for surfing the internet!  
From point number one to ten:-

## Practice good emotional hygiene

Make time for yourself

## Nourish your body with healthy food

Move your body

## Ask for help!

## Make time for friends and family

Get enough sleep

## Help others

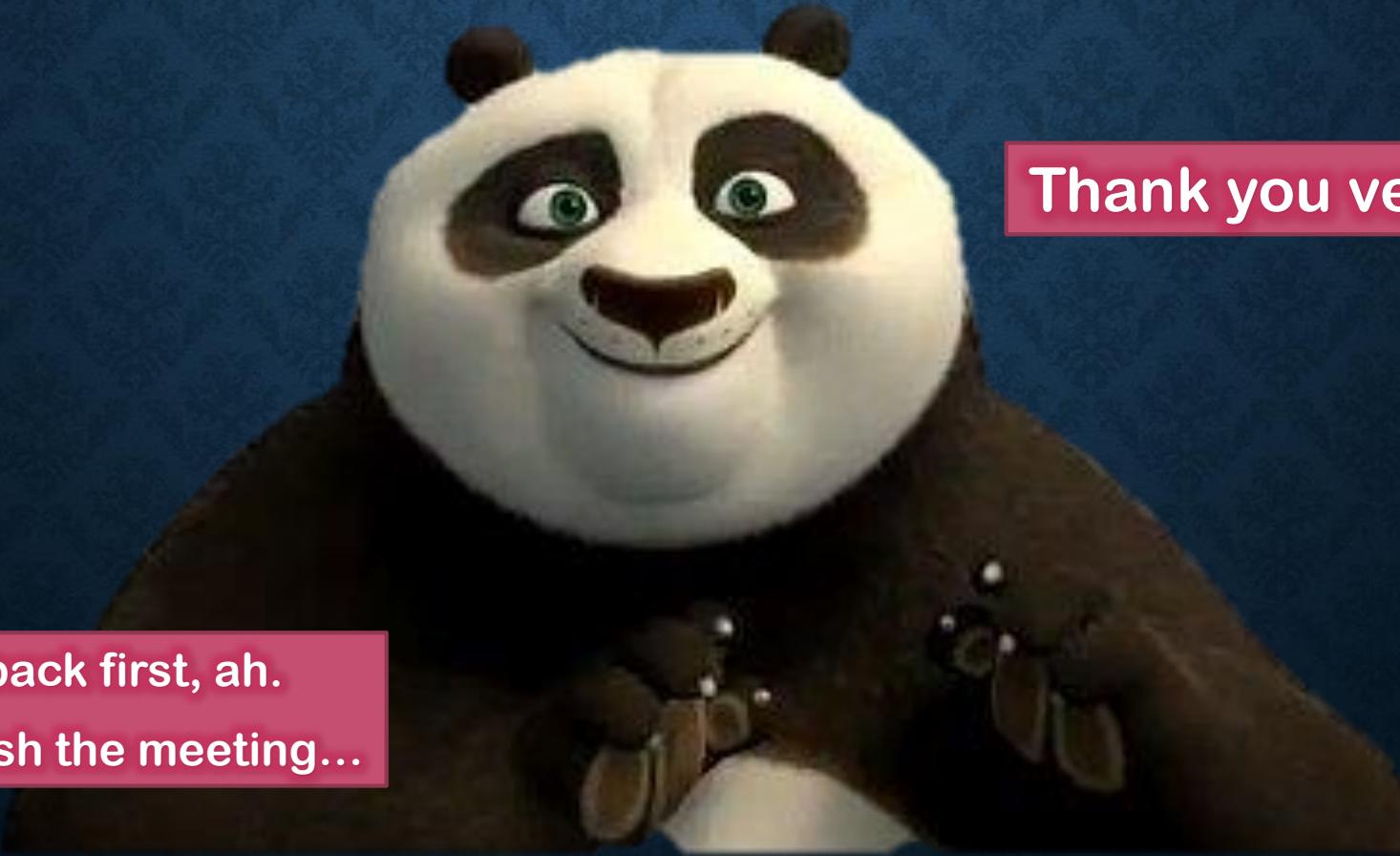
Manage your stress

Manage other medical or physical problems

I think this is more than enough from me, Panda.  
Thank you.



Wow, Pocahontas!  
That's very inspiring of you!

A close-up of Po, the giant panda from Kung Fu Panda, looking slightly to the right with a thoughtful expression.

Thank you very much too!!!

But don't go back first, ah.  
Wait until we finish the meeting...



Ya, hi guys.  
I'm Blue Hippo!  
Let me give point number four!



(Cheering from the crowd)

“Steady Blue-Hippo”

Hi guys... my point is Reach Out guys! Reach Out!



Because help is available and recovery is possible.





If you or someone you know is in emotional distress you must reach out for help.

You are not alone.

Learn about different help options and how to take that first step in seeking help and care.

Check it out here at this link <https://www.take5tosavelives.org/reachout>



Don't forget to call **Befrienders**  
That's all Panda.  
Thank you.



That's strong point Blue-Hippo! Yea, Reach Out!

Okay, one last point, since time is running out.

Anyone?



Me!



Naruto, here!

Naruto

My point is let's spread the word!





Naruto

Let's get people talking!  
Share the campaign on.



By sharing the  
Take 5 campaign  
with 5 other  
people we can raise  
awareness of  
problem of suicide  
and equip people  
with easy tools to  
help themselves  
and others.



Suddenly,  
toothless

Naruto

Together we can all make a difference! Check out the link,  
<https://www.take5tosavelives.org/spreadtheword>.

# Thank you Naruto !



Wo-ho! We are done!

**Thank you so much guys to all of you  
who are taking time to come over for  
this important meeting!**



**We hope that we are able to spread this awareness to others!**

**Before we end this meeting just to give you guys some information from  
The Depression Project about this suicide information:**

**We loses 800,000 people per year to suicide.**

**Having mental health issues doesn't make you "weak".**

**Speaking up when suicidal isn't "attention seeking".**

**It is the 10<sup>th</sup> biggest cause of death worldwide.**

**Two of the leading factors that contribute to  
suicide is isolation and feeling like a burden.**

**It is the leading cause of death for men under 50.**

**This month (September) – check in on those around you and listen without judgement. Alright?**

Yeah! (Cheering from the crowds)



Some information, before I end...

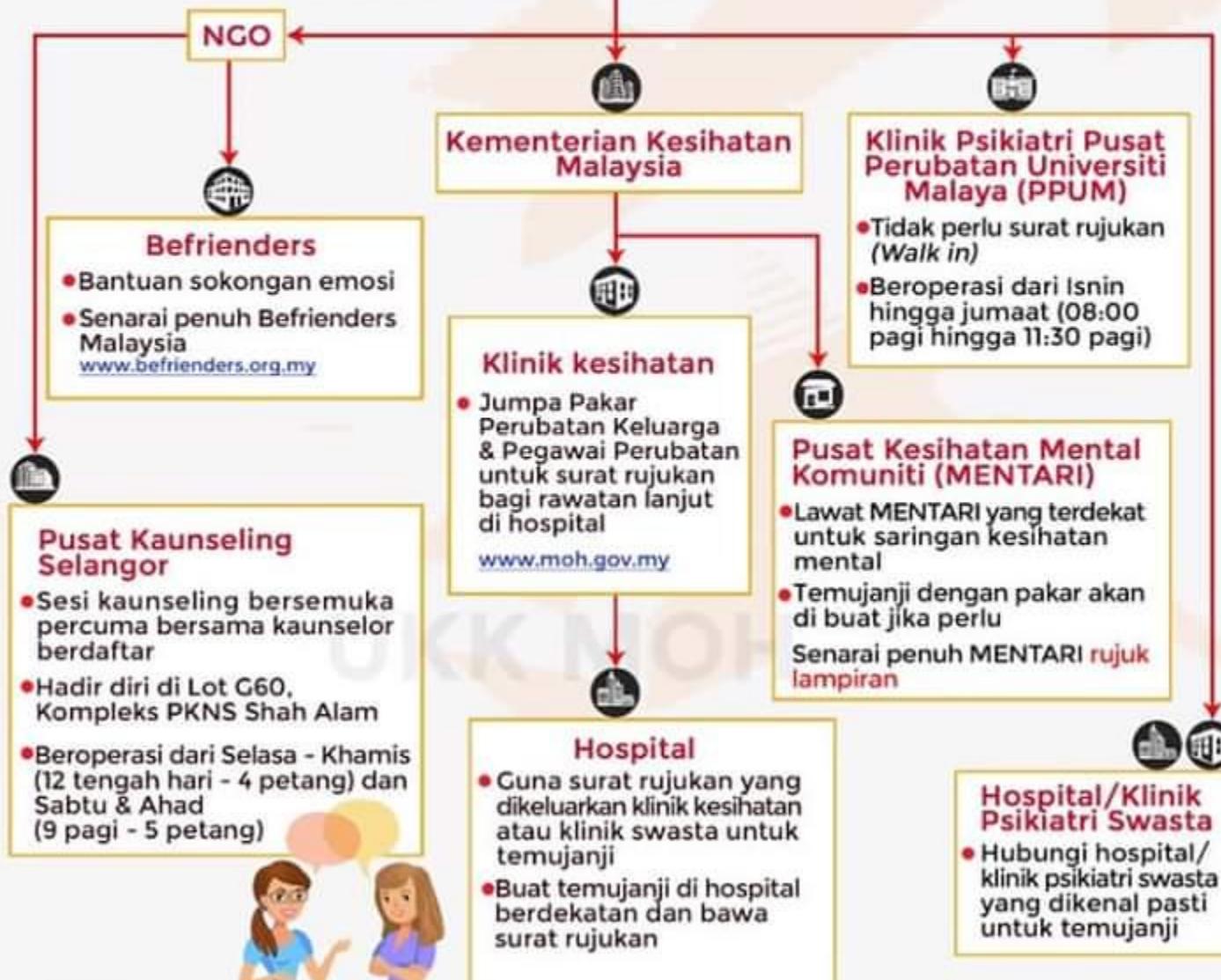
If you need someone to talk to...

Here are the some places you can go...



KEMENTERIAN KESIHATAN MALAYSIA

## PANDUAN BAGI BANTUAN MASALAH KESIHATAN MENTAL





## Senarai 22 MENTARI di seluruh negara

**KEDAH**

MENTARI Pendang +604-7596413  
MENTARI Hospital Sultan Abdul Halim +604-4761729

**PULAU PINANG**

MENTARI Butterworth +604-3231908

**PERAK**

MENTARI Simee +605-5439467  
MENTARI Selama +605-8394233

**SELANGOR**

MENTARI Sungai Buloh +603-61454333 ext 1214  
MENTARI Selayang +603-61270946

**PUTRAJAYA**

MENTARI Putrajaya +603-8881132

**NEGERI SEMBILAN**

MENTARI Kuala Pilah +606-4812158

**MELAKA**

MENTARI Melaka +606-2892307

**JOHOR**

MENTARI Pekan Nenas +607-6991926  
MENTARI Masai +607-2518758

**PAHANG**

MENTARI Balok +609-5834533  
MENTARI Mentakab +609-2772521

**TERENGGANU**

MENTARI Wakaf Tapai +609-6801376  
MENTARI Hospital Sultanah Nur Zahirah +609-6212121

**KELANTAN**

MENTARI Ketereh +609-7885055

**SARAWAK**

MENTARI Petrajaya +6082-228228  
MENTARI Jalan Oya +6084-323355  
MENTARI Bintulu +6086-255899

**SABAH**

MENTARI Kota Kinabalu +6088-240984



# For those who are in Kuching, Sarawak:

- **Mental Health Association Sarawak (MHAS)**
  - Check out their facebook, for any update and also they give counselling service.
  - For more information on MHAS kindly contact them at:
  - Call them at 082 – 231 459
  - [www.mhasarawak.com](http://www.mhasarawak.com)
  - <https://www.facebook.com/mhasarawak>
- **Befrienders Kuching**
  - For people who are lonely, in distress, in despair or having suicidal thoughts. Emotional support from 6.30pm – 9.30pm EVERYDAY!
  - Admin phone 014-9528460
  - Call them at 082-242800

Or email them at [sam@befrienderskch.org.my](mailto:sam@befrienderskch.org.my)

*That's all folks!*

#SupportSavesLives

#StopTheStigma