

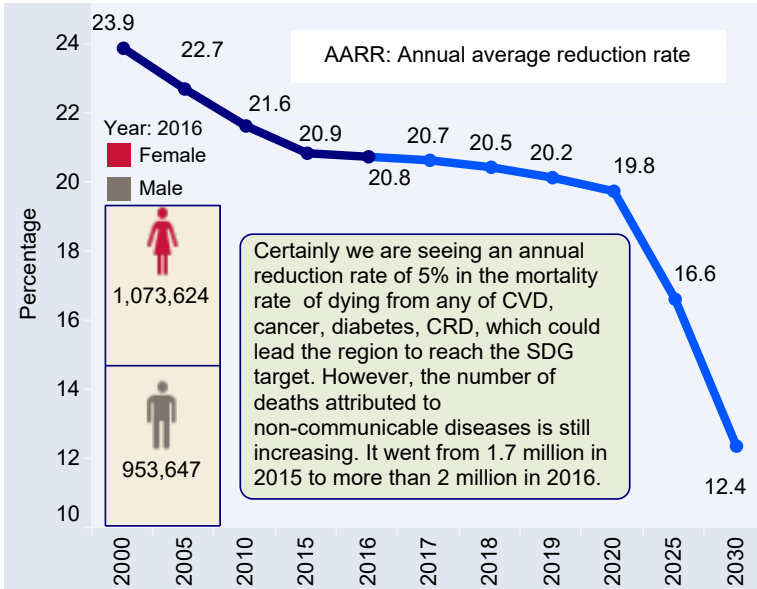
TARGET 3.4: By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being

INDICATOR 3.4.1: Mortality rate attributed to cardiovascular disease, cancer, diabetes or chronic respiratory disease

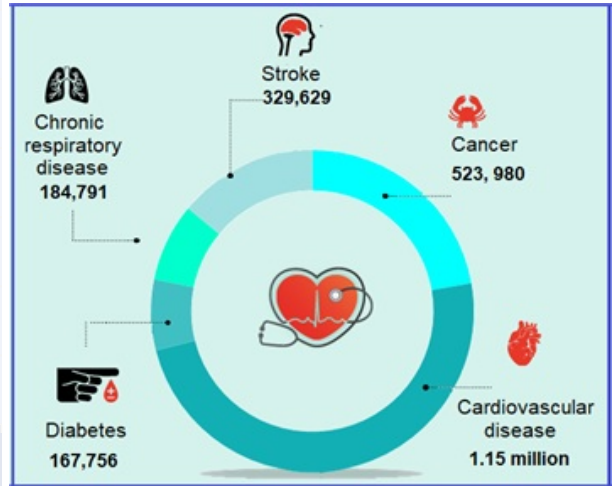
Data source: WHO, 2020



- Probability of dying from any of CVD, cancer, diabetes, CRD between age 30 and exact age 70 (%)
- Projections based on the current AARR of 0.5%

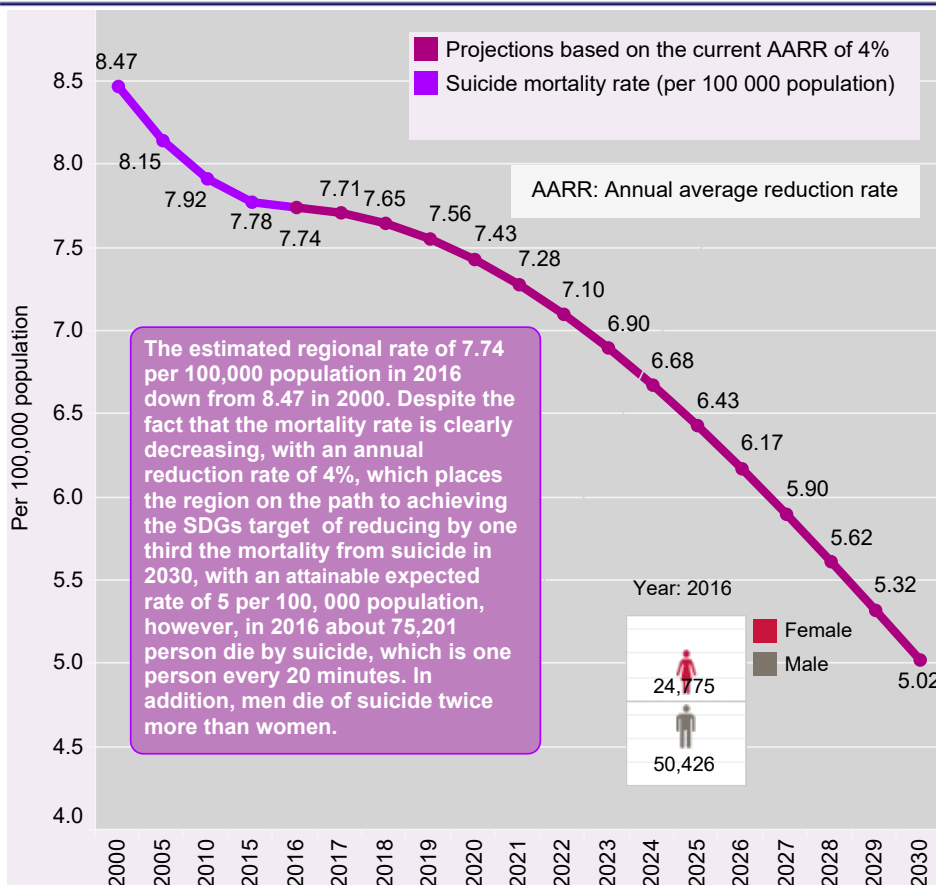


Deaths of Noncommunicable diseases in the African Region, 2016



INDICATOR 3.4.2: Suicide mortality rate

Data source: WHO, 2020



Know the Suicide WARNING SIGNS

- Feeling like a burden
- Being isolated
- Increased anxiety
- Feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger/rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide

5 STEPS TO HELP SOMEONE AT RISK

1. Ask
2. Keep them safe
3. Be there
4. Help them connect
5. Follow up