



PRESS RELEASE



In the name of Allah, most Gracious most Merciful

MJC MESSAGE ON WORLD SUICIDE PREVENTION DAY 2021

September 10th marks World Suicide Prevention Day. It is estimated that in South Africa there are 23 recorded suicides a day and for every suicide, there are a further 20 attempted suicides.

The Muslim Judicial Council (SA) notes with concern the escalation in suicidal tendencies in our community. World Suicide Prevention Day sheds light on this global phenomenon and sends a strong message that much more needs to be done on various levels and sectors in our society to address this serious problem.

Islam places great emphasis on the preservation of life and the protection thereof. Our bodies and our souls belong to Almighty Allah and as human beings it is our duty to respect and protect it. Almighty Allah says in the Holy Quran: "...And do not kill yourselves. Surely Allah is ever Merciful to you". [Qur'an 4:29]. The Prophet (may Allah bless him and give him peace) said: "Whoever commits suicide with a piece of iron, will be punished with the same iron in the Hell-Fire." and the Prophet (may Allah bless him and give him peace) said, "A man inflicted with wounds committed suicide, and so Allah said: My slave has caused death on himself hurriedly, so I forbid Paradise for him." [Sahih Al-Bukhari – Book 23 Hadith 445]

Suicide is one of the greatest sins and is prohibited in Islam. When we see the increase in the amount of people committing suicide and developing suicidal tendencies then it means we need to push back even harder and do our best to help. The best of human beings is the most beneficial of them to others, this is the words of our beloved Nabi Muhammad SAW and it serves as a motivation to the believers to identify problems, and to provide solutions to them for the benefit of others.

We acknowledge the fact that people in society face tremendous challenges and often time those challenges seem insurmountable. In certain instances, this leads to suicide. Increasing one's consciousness and remembrance of Allah and performing good deeds whilst beseeching Almighty Allah for relief will allow one to access the relief that accompanies every difficulty. Allah most high says: "Verily with difficulty comes ease [Qur'an 94:5]

Mental health and mental illness are important considerations when addressing the issue of suicide and suicidal tendencies. The Sharia places great emphasis on the mental state of a believer as a necessary criterion when determining issues of responsibility. It is therefore paramount that care and consideration be given when dealing with patients with mental illness and more importantly, that there are adequate infrastructure and support available to assist such patients. The negative stigma attached to mental illness in our society is something we must overcome for our own personal growth as human beings and for the benefit of those who are suffering from mental illness.

The MJC calls for increased consciousness around suicide and suicidal tendencies. It is important for parents, guardians, Imams, Madrassah teachers, life coaches and influencers to be more vigilant in identifying potential suicide cases and to provide the necessary support and help required.

We call upon our community to draw closer to Almighty Allah through intensifying their remembrance and consciousness of Allah. When we remember Allah in times of ease, Allah will remember us in times of difficulty. **End**

