Quote:3200+
994MHz 512MB of RAM.

First off, could you explain what the 944MHz is too? Secondly, it can be a few things. Here are some troubleshooting hints:

Your video card is overheating
When a video card overheats it can cause a variety of problems which can include on-screen artifacts, screen freezing, frame spikes and system failure. Some video cards and motherboards have built in temperature control that will shutdown your computer (sometimes in a crashing manner) if it reaches a high enough temperature. If you have overclocked your video card, it is possible you are burning out the GPU. A video card can only do so much and when you overclock a GPU, you are shortening its life span.

Sound Card problems
Doubt it.

Processor overheating
A processor that overheats will most likely cause similar problems as described if a video card were overheating. Usually motherboards have built in temperature control that will not allow your computer to run if your CPU reaches a certain temperature.

Low Memory
If you run out of Random Access Memory programs will crash to free up memory. All you can do is buy more or run less programs. Lowering your graphics will also free more memory as lower graphics don't require more memory to store such as high quality renders, textures, and so on.

Overclocking
Don't. Its not worth it.