



SADAG KZN NEWSLETTER

JULY/AUGUST 2021

Welcome to our monthly newsletter. Please read and share widely. Mental Health is everybody's business!

SADAG KZN CONTACTS

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SADAG NATIONAL HELPLINE

0800 456 789

www.sadag.org



Women's Mental Health this Women's Month

MENTAL HEALTH MATTERS IN KZN

- Free public talks & forums
- Community support groups
- CPD-accredited specialist workshops
- Youth outreach at schools and universities
- Engaging mental health events and training
- AND More...

Click here to
show your
ACT OF KINDNESS
by donating to
our community
projects!

"On national women's day, we celebrate the brave women of South Africa who took charge and stood up for their rights to be equal in our society. In a country faced with numerous gender-based challenges, it has become evident that the women of this country have had to face and endure hardship over and over again. All of which had a major impact on everyone's mental health throughout the years.

Women in South Africa are still facing obstacles in their daily lives. As we all know, gender-based violence against women in this country is significantly higher than those of other countries. In a study conducted by a Cape Town University, it was found that at least three women are killed every day, by their partners, and roughly 220 000 women apply for protection orders every year.

In this country, mental health is very much (still) a neglected topic. Women develop mental health conditions while in a constant state of abuse or the fear. People tend to shy away from the conversation when it is brought up, and it is swept under the carpet due to certain stigmas of mental health in general. Seeking help only when you're in a crisis can be dangerous mentally. The certain stigmas placed upon mental health must be fought so the people who are struggling to cope can get the help they need, without feeling judged."

<https://zwavelstreamclinic.co.za/women-of-south-africa/>

Some things you can do to protect your own mental health:

- **Meditation and nourishing your spirit is essential**
- **Eating a nutritious diet**
- **Keep your body healthy and healing**
- **Connecting with family and friends**
- **Find the best treatment options that works for you**

<https://www.stepupformentalhealth.org/5-of-the-best-ways-black-women-can-protect-their-mental-health/>

RUN HENRY RUN!

24 July 2021

The SADAG KZN team joined and supported Henry Cock in his running journey through our province that started on 8 July. His commitment to raising "aweh-ness" and financial support through donations, for mental health in SA, is incredibly inspiring and we urge anyone to support this mammoth undertaking. In his own words on why he is 133 half marathons in 133 days:

"I was in a bad space last year – my businesses had suffered because of COVID. I lost the person I wanted to spend the rest of my life with. I had illness-related family issues. It all really took its toll on me. My experience opened my eyes to how prevalent mental health problems are, how few people understand them, and the obstacles people have to face when getting help. Stigma, fear, affordability. They're all very real. This is the purpose of my run – to raise awareness to the fact that support is out there. To make us talk about it. And of course, to raise upwards of 4 million Rand for The South African Depression and Anxiety Group (SADAG) who are at the forefront of patient advocacy, education and destigmatisation of mental illness in our country."

Special thank you to **Sylvia Panico** and **Vijay Ramballie** for their amazing support while taking photos and videos! As well as our **SADAG KZN Volunteers** who came out to support Henry and the team.

SADAG KWAZULU-NATAL SUPPORTS
RUN HENRY RUN!

Henry Cock is running **2800km** over **133 days** to raise **4 Million Rand** for **The SA Depression and Anxiety Group** and **Mental Health "Aweh-Ness"** aiming to break a **Guinness World Record!**

End Vloetsdrift 17 Nov 2021
West Coast
Western Cape
Eastern Cape
Scottburgh
Umkomaas
Amanzimtoti
Umhlanga
Ballito
Mtunzini
Richards Bay
Start Kosi Bay 8 July 2021

SCAN ME
DONATE R30 to show your support for SADAG on www.backabuddy.co.za/mentally-aweh
www.sadag.org

@thesadag @henrycock
@kzn_mental_health @sadag_official @cockhenry
#mentallyaweh #StepUpKZN #SADACKZN #SADAG



SADAG KWAZULU-NATAL SUPPORTS
RUN HENRY RUN!
2800KM - 133 DAYS - R4 MILLION

BE #MENTALLYAWEH AND
MAKE A CALL
PAUSE HERE & FOCUS ON YOUR MENTAL HEALTH. CALL A TRUSTED FRIEND OR OUR SADAG COUNSELLING LINE ON 0800 567 567.

DONATE R30
www.backabuddy.co.za/mentally-aweh
@kzn_mental_health @sadag_official @cockhenry

BE #MENTALLYAWEH AND
BE GENTLE
PAUSE HERE & FOCUS ON YOUR MENTAL HEALTH. CLOSE YOUR EYES, FIND A QUIET SPACE & BE GENTLE WITH YOUR MIND FOR 10 MINS.

DONATE R30
www.backabuddy.co.za/mentally-aweh
@kzn_mental_health @sadag_official @cockhenry

BE #MENTALLYAWEH AND
BREATHE
PAUSE HERE, FOCUS ON YOUR MENTAL HEALTH & DO DEEP BREATHING FOR 2 MINS.

DONATE R30
www.backabuddy.co.za/mentally-aweh
@kzn_mental_health @sadag_official @cockhenry

SADAG KWAZULU-NATAL SUPPORTS
RUN HENRY RUN!
2800KM - 133 DAYS - R4 MILLION

BE #MENTALLYAWEH WITH
MOVEMENT
PAUSE HERE, FOCUS ON YOUR MENTAL HEALTH & MOVE YOUR BODY FOR 10 MINS.

DONATE R30
www.backabuddy.co.za/mentally-aweh
@kzn_mental_health @sadag_official @cockhenry

BE #MENTALLYAWEH AND
HUG YOURSELF
PAUSE HERE, FOCUS ON YOUR MENTAL HEALTH & GIVE YOURSELF A LONG WARM, LOVING HUG.

DONATE R30
www.backabuddy.co.za/mentally-aweh
@kzn_mental_health @sadag_official @cockhenry

BE #MENTALLYAWEH AND
STRETCH
PAUSE HERE, FOCUS ON YOUR MENTAL HEALTH & GENTLY STRETCH YOUR BODY FOR 2 MINS.

DONATE R30
www.backabuddy.co.za/mentally-aweh
@kzn_mental_health @sadag_official @cockhenry



30 June 2021

Community Forum:
Speaking up against bullying

A BIG THANK YOU to Sandhir Sewmungal and Cayley Jorgensen for hosting an engaging and inspiring session on bullying. You can follow their social media pages for more information:

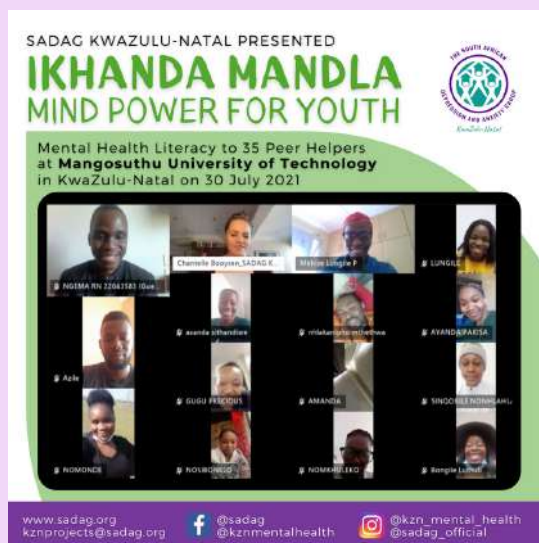
FB: @TheUnknownJourney
FB: @Chauncey'sEpicAnti-BullyingClub

FB: @CayleyJorgensen
www.ingagecounsellors.com

30 July 2021

Ikhanda Mandla: Mind Power for Youth
presented to
Mangosuthu University of Technology

SADAG KZN Project Manager, Chantelle Booysen, presented a mental health literacy session to 35 Student Peer Helpers. This session is one of three sessions that SADAG KZN is hosting as an investment by MUT into their student peer helpers' mental health.



August 2021

Phase 2 Mental Health and Gender Initiative

In August MHaGI, together with SADAG KZN and Women's Voice and Leadership South Africa, launched a storytelling project to create advocates for mental health who can help end the stigma through sharing their experiences.

Do you want to share your story with us?
We are looking for women to join Phase 2 of the Mental Health and Gender Initiative!

The purpose of this project is to create advocates for mental health to help end the stigma against mental illnesses and psychosocial problems, by putting a face to stories of struggle, recovery, and bravery.

Criteria:

- Adult women only (aged 18+)
- Have personal experiences with mental health struggles
- Must be willing to share their story using their real name
- Must be willing to be photographed for a media article
- Can speak English (even if not first language)
- Can attend 2 online sessions:
 - 14 August 2021: 9 - 10:30: Introductory meeting
 - 21 August 2021: 9 - 13:00: Creative Storytelling workshop

Contact
Dr Lynn Norton
0782787047
(WhatsApp/Call/SMS)
kznnsadag@anxiety.org.za

Deadline: 5/8/2021

The MHaGI is a partnership with SADAG KZN and Women's Voice and Leadership South Africa



Despite many challenges with lockdown and protests the **Refugee youth project** is well underway with the Flatfoot Dance Company at UKZN. The young dancers are loving this project and we are grateful to all the dance teachers at Flatfoot for giving of their time and creativity to this project. We have now held three workshops with the **Refugee Peer Mentors, a project run by Clinical Psychologist Sandy Kalyan**. Although facing the same challenges the youth have managed to make connections with their peers, and we are looking at new ways for taking this project forward.



Our **"Share Your Story" project** was launched in June by project leader Masoodah Mohamed. The purpose of this project is to create advocates for mental health to end the stigma against mental illness and psychosocial problems, putting a face to stories of struggle, recovery, and bravery. We are so grateful to all our wonderful participants who are willing to share their struggles and triumphs to help others along their journeys. Phase one of the project took place in June and phase 2 started this month.

The **District Support Groups project** involves setting up support groups across all 11 districts of KZN, to help further our reach and support for mental health across the province. This project is run in collaboration with the Department of Health and the UKZN Psychology master's students who will be mentoring and supporting district leaders. Many thanks to Karolyne Williams (Head of Strategic Innovation at SACAP) for a wonderful mentorship training workshop. Thanks also to our newly appointed project manager, Luyanda Memela, who is organising support group leader training and helping set up the groups.

INVITATION



SADAG KZN PRESENTS
A Training for KZN Support Group Leaders.

GRIEF COUNSELLING:

HOW TO HELP THOSE WHO ARE GRIEVING.

Presented by
Lori Barausse - SOLOS KZN Support Group Leader
& **Dr Lynn Norton** - SADAG KZN Manager

**Thursday, 23rd September
2021.**

16.00PM - 18.00PM

This training session will be held via
Zoom.

The details will be sent closer to the
date.



All KZN Support
group leaders are
welcome.

Attendance is **FREE!**

WWW.SADAG.ORG | KZNSADAG@ANXIETY.ORG.ZA

FREE FORUM

Make a note in your diary for
our upcoming Community
Forum this month:

**Schizophrenia:
Don't call me crazy**
by Wendy Robinson

**26 Aug 2021
12.30 to 13.30pm**

Meeting ID: 854 7862 5682
Passcode: 213279

Volunteers

Volunteering Fridays are
running again this year.
JOIN US for our next
"lunch time" session on:

**Friday, 3 September 2021
13.00 to 14.00pm**

RSVP details to follow
Email
mentalhealthmatters3@gmail.com
for more info

NB Dates

10 Sept
World Suicide Prevention
Day

21 Sept
World Alzheimer's Day

10 Oct
World Mental Health Day

17 Oct
World Trauma Day

World Mental Health Day Theme:
**"Mental Health in an
Unequal World"**

"This theme, chosen for 2021, will highlight that access to mental health services remains unequal. 75% to 95% of people with mental disorders in low- and middle-income countries are unable to access mental health services, with access in high income countries not being much better. The lack of investment in mental health is disproportionate to overall health budgets and this contributes to mental health treatment gaps experienced."

<https://wfmh.global/2021-world-mental-health-global-awareness-campaign-world-mental-health-day-theme/>

VOLUNTEERS FOCUS

SADAG KZN has launched a **6-month Mental Health Literacy Programme for our Active Volunteers**. Every month a group of nominated volunteers will work together to research, write, project manage and present, a group-chosen mental health topic. Here are the topics with dates planned:

Unresolved trauma

Friday, 2 July 2021
13.00 to 14.00pm

Panic and Anxiety

Friday, 6 Aug 2021
13.00 to 14.00pm

NEXT SESSION: Depression

Friday, 3 Sept 2021
13.00 to 14.00pm



Bullying and Cyberbullying

Friday, 1 Oct 2021
13.00 to 14.00pm

Gender-based Violence

Friday, 5 Nov 2021
13.00 to 14.00pm

Cultural influences and approaches

Friday, 3 Dec 2021
13.00 to 14.00pm

Volunteers who sign up to be present at **ALL** sessions, and complete relevant survey forms, will be eligible for a "Mental Health Literacy Token of Participation" at the end of 2021. **Details of Zoom links will be distributed on the "Active Volunteers Whatsapp Group"**. Keep an eye out. Email mentalhealthmatters3@gmail.com for more info.

SUPPORT GROUPS

PEOPLE SUPPORTING PEOPLE

During the time of Covid-19, some support groups are inactive with many Support Groups now hosted online and through WhatsApp groups.

Contact our **24-hour free helpline on 0800 456 789** for more info on Support Groups in your area.



SUPPORT GROUPS

People supporting people

SADAG Mental Health Line - 0800 456 789
Suicide Crisis Line - 0800 567 567
www.sadag.org

What is it about?

In-person or online safe spaces or meetings, organised and hosted by non-professionals, for members to provide mental and emotional health support for each other.

How does it work?

- Helps to **alleviate isolation** by bringing people together.
- Can be a source of **motivation** and encouragement.
- Can also provide a space to create **awareness** of mental health support.

GROUPS FOCUS ON:

- Depression
- Anxiety
- Bipolar Mood Disorder
- Suicide Support
- Grief
- Chronic illness
- Mums Support
- LGBTQ+

Where to find SGs in KZN?

- Berea
- Central Durban
- Durban North
- Estcourt
- Pietermaritzburg
- Scottburgh
- Chatsworth
- Online via WhatsApp or Zoom platforms
- Other

How to sign up?

Do you want to **JOIN** or **START** a support group? Email supportgroups@anxiety.org.za or call **0800 70 80 90**



Join us at a FREE

Mental Health Support Group for Panic & Anxiety

When
Every 1st and 3rd
Wednesday of the month
Where
Online using Skype
Time
7pm – 8:15pm



For more Info & to RSVP Melissa 079 698 6141

NOTE: THIS GROUP IS FACILITATED BY NON-PROFESSIONALS. THIS IS NOT A THERAPY GROUP, BUT A SAFE SPACE FOR SHARING AND CONNECTING.

STRONGER THAN SIZE
SUPPORT GROUP

JOIN US FOR OUR FREE BODY POSITIVITY SUPPORT GROUP!

DATE? STARTING THURSDAY, THE 11TH OF MARCH, 2021. *EVERY SECOND THURSDAY.
TIME? 6PM-7PM GMT +2
WHERE? DISCORD APP/WEBSITE.
Text based chat is available as well.

PLEASE EMAIL AZZ_RAWAT@HOTMAIL.COM OR NAZZ_RAWAT@HOTMAIL.COM FOR MORE INFORMATION/IF YOU WANT TO JOIN, PLEASE SEND THROUGH THE ANSWERS TO THE BELOW QUESTIONS.

- 1) Why do you want to join this group?
- 2) Why do you think body positivity and self-love is important?

Dr. Sherone Rawat
CLINICAL PSYCHOLOGIST

Join us at a FREE

Mental Health for Writers Support Group

For writers or aspiring writers who struggle with Depression & Anxiety, writers block & low motivation

When
Wednesday 7 April 2021 & every second Wednesday thereafter
Where
Online using Discord
Time
6pm – 7pm



MENTAL HEALTH FOR WRITERS Support Group

For more Info & to RSVP
Nazeera_nazz_rawat@hotmail.com
Azeera_azz_rawat@hotmail.com

SUPPORT GROUPS

PEOPLE SUPPORTING PEOPLE

Questions for Support Group Leader Farnaaz Hamid



Tell us about your support group?

I have been a Support Group Leader for 2 years. In 2018, Dan Pillay, a school guidance counselor from Arena Park Secondary, in Durban, a school that I attended, tragically took his own life. As a way to honor his memory and keep his legacy of humanitarianism alive, I became a support group leader in 2019. I started The Dan Pillay Memorial Support Group for depression and anxiety in Chatsworth, Durban. I am also a survivor of depression and so experiencing it first-hand encouraged me to reach out to others.

What is the biggest success you've had with your group?

I think that the little things we do to help others on their journey to recovery from mental health issues is a success in its own right. It's the simple things like allowing a member the opportunity to speak and be heard, helping the members find healthy ways to cope with stress and adversity or even helping them develop social relationships with one another so that they feel less isolated and alone.

What are the common challenges you experience with your group?

I think one of the biggest challenges is getting people to attend these meetings. Mental health is not something that is spoken about openly. The conversation about mental illness is avoided because of fear and stigmatization. So I have created a Facebook page in which I post updates regarding mental health, depression and anxiety because it has the potential to reach a larger audience and will make it easier to start a conversation about the topic and let people know that they are never alone. Also, due to Covid-19, we had to temporarily stop the group as most members who attended were in the age group that was categorized as high-risk. The transition from face-to-face meetings to a digital platform is a difficult one. We lost members as some members are not computer literate and due to the cost of data.

What are the main benefits to you, personally, for running a support group?

It has brought me a sense of fulfillment and purpose. As a person, it has aided in my personal growth as I have improved my communication skills. The opportunity to meet new people and engage with them has been amazing. Their stories of bravery and courage have inspired me to continue my fight with depression and have given me hope.

Any advice for future support group leaders?

A support group is a wonderful initiative to get involved in. There is a lot to be learnt from running one. However, over time I've begun to understand the concept of 'quality over quantity'. Each life is a precious gift and the chance to help even a single one, is the most priceless reward there is. No matter the number of members you have in your support group, whether 2 or 20, the quality of content, enthusiasm, and passion should remain the same.

YEBO, KUYINTO EKHONA FUTHI AWUGAGAMELI!

by Dr Nokuthula Mncube-Gasa



Kulenyanga ka Ncwaba (inyanga yabantu Besifazane) siyakhunjuzwa ngokubaluleka kokuzi nakekela kanje nokuzihlola. Lokhu kuletha emqondweni nokubaluleka kokufundisa nokwexwayisa umphakathi ngezinye izimo zezempilo ezithinta isimo somqondo ezihlobene nokuya esikhathini kwabantu besifazane, kanye nezimpawu zokuya esikhathini ezaziwa nge-PMS kanye ne-PMDD.

Kuyinto eyaziwayo ukuthi cishe inyanga nenyanga abantu baseifazane babhekana nezimo eziletha imizwa yokungakhululeki kanye nokukhathazeka, imvamisa esikhathini esingangeviki noma ngaphansi ngaphambi kokuba bangene ezinsukwini zabo (esikhathini). Lezi zimo azithinti bona kuphela, kodwa zichaphazela nalabo abasondelene nabo. Lezi zinguquko ziyenzeka emoyeni womuntu wesifazane, azizwe engekho esimweni esikahle ngokomoya, ziphinde zenzeke emzimbeni zibonakale, kanye nasekuziphatheni kwakhe kwansuku zonke. Izinguquko lezi zifika sekusele izinsuku ezimbalwa ukuba owesifazane aye esikhathini, noma ezinsukwini ezimbalwa ephumile esikhathini. Ngokujwayelekile kuyaye kuthiwe owesifazane unyukunyuku/uyazitshela/akazazi ukuthi ufunani ngesikhathi se-PMS.

I-PMS (Isimo/Izimpawu ezandulela ukungena esikhathini) iyisimo sezempilo esiyinxube yezimpawu ezifaka phakathi ukungabi sesimweni esigculisayo emoyeni, emzimbeni, kanye nasendleleni yokuziphatha. Lezi zimpawu zivamise ukuvela ngesikhathi esingangeviki noma amabili ngaphambi kokungena esikhathini. Kubantu besifazane abaningi, lezi zimpawu zivamise ukubekezeleleka nokulawuleka. Ukucikeka kalula, ukuba nyukunyuku, ukukhathazeka/ukwesaba, ukudideka, ukukhathala, ukuphazamiseka mawulele/ukungalali ngokwanele, ukungafuni ukudla, ukuhalela izinto ezingajwayelekile, ukuvuvuka kwamabele, ukuphathwa ikhanda, ubuhlungu bamajoyinti namamasela, ukuqumba okungajwayelekile; zonke lezi zimpawu zingadala umonakalo omkhulu empilweni yomuntu wesifazane. Uma umonakalo umkhulu ziyaye zinhlonzwe kabusha zibizwe ngokuthi i-PMDD.

I-PMDD (Isimo/izimpawu zokuya esikhathini ezingalawuleki/ezingabekezeleleki), yona ihlonzwa njengesimo sokuba nyukunyuku esingalawuleki uma iqhathaniswa ne-PMS, futhi isimo esithinta izigidi ngezidigi zabantu besifazane emhlabeni wonke. Noma imbangela yalesi-simo ingakaziwa kahle, kodwa kukholelwa ukuthi sidalwa ukuphendula komzimba okungekhele kumazinga okukhiqiza ahlukene avela endingilizeni yokungena esikhathini kowesifazane, nokuthinta imizwa ekhiqizwa ukugijima kwegazi – bese kudaleka isimo sokuba nyukunyuku nokudideka kwemizwa.

Umehluko ngalesi-simo ukuthi sithinta kabi impilo yalowo wesifazane kanye nabo bonke abasondelene naye, umnden, abangani/izihlobo, ezemfundo/umsebenzi, konke kuyathinteka. Izimpawu ze-PMDD zibuhlungu futhi azibekezeleleki, kanti ziqhamuka njalo ngaphambi kwendilinga ngayinye yokungena esikhathini Izimpawu zemizwa, ukuba nyukunyuku; Ukuguquguquka kwemizwa (Ukuzizwa udangele, ungenathemba, ukushesha ukuzwela), ukucikeka kalula, ukukhala njalo, ukuxabana nabantu, ukuba nomunyu, imicabango engemihle ngawe, ukucabanga ukuzibulala (kwabanye), uzizwa usongelene, ukulangazelela into ongayazi, ukungabi nantshisekelo ebudlelaneni nasezintweni okumele uzenze. Inkinga yokucabanga/ukugxila entweni oyenzayo, uzizwa ungenawo umndlandla, ukuhlezi ukhathele, ukungalali ngokwanele, ukushintha indlela yokudla (ukudla ngokweqile), ukuhalela izidlo ezingajwayelekile, Izimpawu zomzimba/ezibonakalayo kanye nezimpawu zoakushintsha kwendlela yokuziphatha: Ukuvuvuka kwamabele, kube buhlungu amajoyinti namamasela, ikhanda elibuhlungu, ukuqumba, ukuzibona sengathi uyakhuluphala, ukuzizwa sengathi ngeke ukwazi ukumelana nezimo/ukuzizwa uhluleka.

Ungesabi! Usizo selufikile! Yebo, usizo lukhona. Kubalulekile ukuthola usizo olusemthethweni kwizazi zezempilo. Zihlola ukuze uthole ukwelapheka uma sikhona isidingo. Kubalulekile futhi nokulandelelisa izimpawu zakho ngokwekhalenda. Bhala phansi izimpawu zakho ngokwezindilinga zakho zokuya esikhathi, lokho kuzolekelela udokotela wakho ukuba ahlonze ngokufanele, akwazi nokukala ukujula kwezimpawu zakho kanye nomonakalo ezingawenza.

Amakhambi: amakhambi ohlobo lwe-antidepressants asehloliwe kwaqinisekiswa ukuthi ayasiza kulesisimo, ikakhulukazi lawa ohlobo lwe-SSRI's. Ukwalulekwa ngokomqondo (psychotherapy), ukwalulekwa ngokuziphatha (Cognitive Behavioural Therapy CBT) nakho sekuqinisekisiwe ukuthi kuyalekelela kulse-simo. Noma zikhona ezinye izinto okholelwa ukuthi zingakusiza, kodwa uyelulekwa ukuba uthole usizo olusemthethweni kongoti bezempilo. KHUMBULA: CHABO!

Angigagameli, angianawo umunyu ongenasidingo, lento angizenzeli yona ekhanda lami ngoba into ekhona, futhi iyisimo sempilo yami! I-PMDD ikhona futhi iyelapheka!

MANAGING MENTAL HEALTH DURING SOCIAL MOVEMENTS AND CIVIL UNREST



In the aftermath of civil unrest experienced in South Africa recently, we take a look at the impact of these events on our mental health through similar experiences expressed by April Cox, a writer from the USA. "Civil unrest is defined legally as "acts of violence and disorder detrimental to the public law and order. It includes acts such as riots, acts of violence, insurrections, unlawful obstructions or assemblages." These acts often arise from social movements, and it is no surprise that, in the midst of a public health pandemic and a modern civil rights movement, civil unrest has been commonplace in our country. It is impossible to turn on the television, open a newspaper or go online without seeing the uprisings that have happened around the world. Seeing images of violence and destruction can cause fear and anxiety, causing individuals to feel unsafe. Feelings of anger and despair may also arise. Whether you are actively participating in actions to create social change or observing the civil unrest via television or the internet, civil unrest can take a toll on mental health. It is important to find ways to manage your emotional and mental health during these times.

As we navigate the waters of civil unrest, how do we make sure we are swimming instead of sinking? If I can be honest, I have felt at times that I am sinking fast when it comes to my mental wellness during civil unrest. As a Black woman in the United States, trying to manage ways to show up for a cause I believe in, be present at work every day, stay informed through media broadcasts and engage in day-to-day interactions with the people I love has been daunting. There have been days that I've felt both hopeful and hopeless within the same hour. I've spent a lot of time talking to friends about the state of our country and how it has affected my mental health. During a conversation with one of my friends, I admitted to them, "I know I have to practice self-care in the midst of all of this, but I honestly don't know how." It wasn't that I didn't know effective coping skills; I was so emotionally and mentally stimulated that I didn't know where to start.

I shared my experience of feeling lost during this civil unrest to let you know that you are not alone. Don't feel guilty if you are struggling to stay positive during such a tumultuous time. American political activist, Angela Davis, said during an interview, "Anyone who's interested in making change in the world also has to learn how to take care of herself, himself, their selves." It's important to incorporate healthy mental health practices during social movements and civil unrest. Here are a few tips to start you on your way."

1. **Breathe:** We often practice the art of breathing as a tool for self-regulation without even noticing it. The gentle sigh you relieve when you finish a task; the breath you take when you're suddenly surprised; these are just two ways that our respiratory system shows up for us without us consciously thinking about it.
2. **Listen to Your Body:** It takes a certain amount of selflessness to fight for a cause. When we are consumed with helping others, it's easy to neglect our own wellbeing. Our bodies are a lot smarter than we sometimes give them credit for. Our bodies send us signals when it's time to rest, replenish, or seek physical and emotional shelter.
3. **Listen and Talk to Others:** A crisis should not be navigated alone. Talk to your loved ones about your fears and frustrations over the current state of our country. Be willing to listen to those who are hurting.
4. **Unplug:** I encourage taking screen breaks. Taking a few moments out of the day to mindfully turn away from our phones, computers and televisions. Screen breaks can range from a few minutes to a few hours. I use this time to take a walk, check on a loved one or simply do some deep breathing.
5. **It's OK to Seek Help:** No matter how much we try to manage our emotions during times of civil unrest, sometimes we can't manage on our own. Seeing such pain and injustice every day can be traumatizing, especially if you identify as an individual who is directly affected by the pain and injustice. It is OK to seek professional help to process your emotions.

Helplines to remember

SADAG Social media + Helplines

Facebook: "Ask the expert" chat @TheSADAG

Online chats: www.sadag.org

Tel: 0800 21 22 23

24/7 helpline: 0800 456 789

24/7 Suicide Line: 0800 567 567

Sms: 32312

COVID-19 National Contacts

Toll-free helpline: 0800 029 999

Website: www.sacoronavirus.co.za

Whatsapp: 0600 123456

Gender Based Violence Helplines

24/7 helpline: 0800 428 428 / 0800 150 150

Call back: *120*7867#

Tears GBV SMS: *134*7355#

MobieG Counseling for Teens

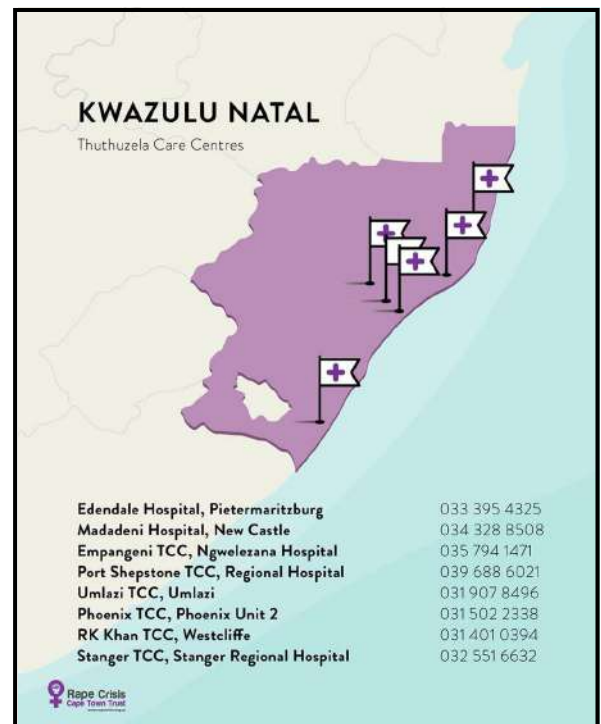
www.mobieg.co.za

Childline

24/7 crisis line: 0800 555 555

Quality Mental Health Care

www.lifeesidimeni.org.za/get-help



Life Esidimeni

Lives Remembered ▼ What Happened? ▼ What Now? ▼ Mental Health ▼ Get Help ▼

Act Get Help

Never Again

We are concerned that all people who need quality mental health care get it. Many people don't know where to get help if they have a mental health issue. Or perhaps you have tried to get help and the system has failed you. The phone just rang. Or no-one replied to your sms or email. Tell us what you are worried about. Is it the a doctor, health care professional, facility, access or the mental health of your loved on?

Follow the buttons below to guide you further. You can also SMS 43304 or fill in the online form below. SADAG will contact you to help you.



SMS
43304

SADAG (The South African Depression & Anxiety Group)



Contacts

Useful numbers that may help you



Report

Report a Public or Private Healthcare Facility; a Healthcare Professional or Mental Health Rights Violations



Helpful Resources

Useful Website Links