



SADAG KZN NEWSLETTER

JUNE 2020

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



SUPPORTING OUR ELDERLY

By Rivendri Govender & Nemisha Hiranman

"To forget the Elderly is to ignore the wisdom of the years." David Laird

The golden years of life is a time of serenity, freedom from responsibility and indulgence of "down time". Sadly, for some, these "golden years" are filled with ill-treatment and neglect. Elder abuse often occurs at the hands of those nearest and dearest to the elderly. Signs of abuse are difficult to recognise, varying from physical, emotional, sexual, neglect or financial exploitation, easily mistaken for elders' frailty.

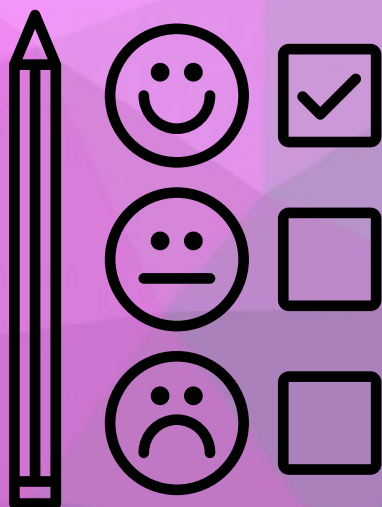
Communities are encouraged to take a stand against the abuse and become familiar with signs of abuse. In commemoration of World Elder Abuse Awareness Day, let us support our elders by:

- Making our elders feel warm and special, especially during Covid-19.
- Show the elderly love and affection by keeping them company.
- Give extra support to those who have lost family members
- Invite the elderly to take care of plants or pets to give them joy and a purpose.
- Keeping our elders physically active for an opportunity to release depressive feelings.
- Encourage the elderly to gain perspective by seeking professional help or connecting with others.
- Get involved in the C.A.R.E project: 'Caring about the Aged in Residential Environments' which aims to facilitate support for the elderly within their residential homes through decreasing feelings of anxiety and depression by sustaining continuous connecting. WhatsApp 078 278 7047 to volunteer.

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...





Hi friend, are you okay? **SADAG KZN SURVEY RESULTS**

Our team conducted a short survey with some volunteers and supporters to establish how to best support you and your communities. These are some of the responses that stood out.



Most challenging parts during lockdown?

- Financial implications
- No socialising with friends and family
- Remaining productive
- Working/studying from home
- Remaining positive

WhatsApp suggested as the most popular form of communication

What are some positive things you experienced during lockdown?

- Increased self-care
- Increased communication with family and friends
- Gaining new skills
- Reprioritising

How can SADAG KZN support you?

1. Provide volunteering experiences
2. Information on how to help communities & how to cope
3. Trainings and workshops
4. Zoom Webinars
5. Encouragement via links, messages, videos, zoom, emails
6. Referrals and referral guides
7. Information and updates

Suggested forms of engagement?

1. Online mental health training
2. Creative brainstorming sessions on how to support peer volunteers as well as the community
3. Short WhatsApp videos and/or voice notes of support and encouragement
4. Receiving links to content to support your mental and physical health
5. Text messages and images of support on WhatsApp

We offer specialised webinars on general and specific topics on mental health. Connect with us for more information.

INVITATION



SADAG KZN PRESENTS
Mental Health Community Forum Webinar

From Surviving to Thriving during Lockdown

Reflections on inner, outer & higher relationships.

Presented By
Dr Suvira Ramlall
Specialist Psychiatrist

Free Online Webinar

Friday, 15 May 2020
13:00-14:00

RSVP before 12 May 2020.
Webinar Link & Login details will be forwarded ahead of time.

Join in for a talk on how strengthening our various levels of "Relationships" can improve mental wellbeing.

or via email at mentalhealthmatters3@gmail.com

KZNSADAG@ANXIETY.ORG.ZA | 078 278 7047

15 May 2020

Community Forum Webinar: From Surviving to Thriving During Lockdown by Dr Suvira Ramlall

We had close to 60 attendees from around the country who consisted of students, academics, practitioners and general members of the public. We received some encouraging comments:

"One of the aspects I appreciated in the presentation was that it was strength and asset based and encouraged the utilisation of inner resources."

"I like the fact that it was accessible to a diverse audience. A lay counsellor as well as a psychologist could find useful tools to implement both personally and professionally."

"In the midst of adversity, emotional and academic growth can be achieved. Dr Ramlall clearly explained and normalised the feelings of anxiety we are all undoubtedly feeling due to COVID-19 and the lockdown. Dr Ramlall offered valuable insights on stress and what activities one can do daily to counter stress, especially if it advances beyond eustress to that which may be debilitating."



Creative COUCH

Host: Nongcebo Mckenzie

@ethekwini-prc

f t i y



**11 MAY
UP NEXT
11:00**

ART IN MENTAL
HEALTH: THE EMPATHY
AND HOPE PROJECT




Chantelle Booysen - Global Mental Health Advocate & Social Impact Entrepreneur

Ndabenhle Myeza - Behavioral Psychologist

11 May 2020

PRCtv live interview Art And Mental Health with Chantelle Booysen

Ethekwini PRC & Durban Art Gallery presented *Art in Mental Health: The Empathy and Hope Project* as part of their Creative Couch sessions in the Arts spaces facilitated by Ukhozi FM's Nongcebo McKenzie. Live interviews are broadcasted on their social networks every Monday at 11am with different topics on Facebook, Instagram and YouTube pages and remains available on the PRC TV YouTube page.

Link to Majesty Magazine article:

<https://majestymagazinesa.co.za/2020/05/16/art-and-mental-health-empathy-hope-project-by-durban-art-gallery-ethewini-prc/>

What's coming up in this month

Some key mental health events, projects, engagements and supportive resources to look forward to. Look out for them all over KwaZulu-Natal!

INVITATION



SADAG KZN PRESENTS
Mental Health Community Forum Talk

Free Online Webinar

Living Authentically with Bipolar Disorder

Presented By

Ms Chantelle Booysen

Global Mental Health Advocate & Youth Ambassador

Join us on

Friday, 12 June 2020

13:00 to 14:00

Click here to
RSVP before

11 June 2020

or confirm on email at
mentalhealthmatters3@gmail.com

All members of the public are
welcome - service users,
patients, family & friends.

Webinar link & details will be
sent to registered attendees
ahead of time.

KZNSADAG@ANXIETY.ORG.ZA | 078 278 7047

SADAG's weekly

Educators and Teachers Connect & Recharge Session

Mental Health and COVID-19

3 June 2020 at 5pm - 6pm

Educational Psychologist in Private Practice and
former teacher, Dr. Gloria Marsay, hosts a weekly
recharge session for Teachers and Educators.

Dr. Marsay helps educators
restore themselves personally in preparation for the
new challenges of the learning environment

RSVP to help@sadag.org
Once you have sent a RSVP,
a meeting link will be sent to you

Topic	Educators and Teachers Recharge Session
Description	Educational Psychologist in Private Practice and former teacher, Dr. Gloria Marsay hosts a weekly recharge session for teachers and educators
Time	Jun 10, 2020 05:00 PM Jun 17, 2020 05:00 PM Jun 24, 2020 05:00 PM Jul 1, 2020 05:00 PM Time shows in Johannesburg



SA Commemorates **Youth Month**
on **16 June 2020** and notes activities
planned by government:
<https://www.gov.za/speeches/south-africa-commemorates-youth-month-2020-2-jun-2020-0000>

JUNE

Men's Health Month

15 World Elder
Abuse Awareness Day

16 Youth Day

SUPPORT GROUPS

PEOPLE SUPPORTING PEOPLE

During the time of COVID-19, physical support groups have been suspended. Support Groups are now hosted online and through WhatsApp groups. Please contact your support group leader for more information.

HOW TO JOIN A SADAG SUPPORT GROUP?

- Contact **Krisanya** for general information on **064 139 4303** or email **mentalhealthmatters3@gmail.com**
- Contact our 24-hour free helpline on 0800 456 789

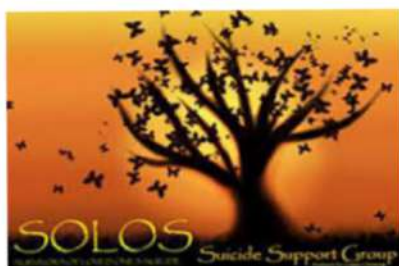


LGBTQIA+ SUPPORT

Connect through social media where this group provides a safe space to those who need support during this time. WhatsApp on 0845800489.

THE GAY AND LESBIAN MEMORY IN ACTION (GALA) ORGANIZATION

invites LGBTQIA+ people to submit their experiences of life during lockdown. Email queervoices20@gmail.com.



SURVIVORS OF LOVED ONES OF SUICIDE (SOLOS) SUPPORT

Join this Whatsapp support group for those wanting additional support and connection during this period. Contact Lynn on 0782787047 or Lori at suicideprevent@gmail.com



MUMS SUPPORT NETWORK

Online support for mothers and mothers-to-be. Online meeting every Monday and Thursday during Lockdown at 10AM on Zoom. Contact Alex on 0837880689 or email alexandra@mumsupport.co.za.

We  frontline health workers

Support Group

MENTAL HEALTH SUPPORT FOR FRONT LINE HEALTH WORKERS

For more info or to join this group please WhatsApp Lynn on 078 278 7047 or email Lori at suicideprevent@gmail.com.

REFUGEE WHATSAPP SUPPORT GROUP

With support group leader Peter Buhendwa for members of the refugee community living in and around Durban. For more information WhatsApp Peter on 076 662 9899.



Special notice

Launched

HEALTHCARE WORKERS
CARE NETWORK

Caring for the Carers by the Carers

The Healthcare Workers Care Network (HWCN) is a **nationwide healthcare worker support network** spearheaded by partners SA Society of Psychiatrists (SASOP), SA Medical Association (SAMA), Psychological Society of SA (PsySSA), SA Society of Anaesthesiologists (SASA), and the SA Depression and Anxiety Group (SADAG).

It offers all healthcare workers across the public and private sectors **free support, pro bono therapy, resources, training and psycho-education**. The HWCN already has over 500 volunteer mental health professionals, including psychiatrists, psychologists, GPs, registered counsellors, and social workers, who will provide help, intervention, and support to all healthcare workers. These include doctors, nurses, community healthcare workers, field workers, hospital or clinic personnel, including hospital laundry staff, and porters.

The HWCN has launched a **24-hour toll-free Helpline (0800 21 21 21), SMS 43003 and website (www.healthcareworkerscarenetwork.org.za)**

The world has changed but we will get through this... together

We are Offering Free Online Support (3 sessions):

- Individual counselling
- Group Support
- Support for Health Care Workers

Feeling anxious, uncertain or just want to connect?

Talk to us

Doreen Hattingle:
hattingle30@ukzn.ac.za

Whatsapp
078 512 1939

GoogleSheets Document
bit.ly/UKZNpsych

The UKZN Psychology Clinic is run by registered psychologists and trainees. The support groups will be run over three weeks over the Zoom Platform.

GBV Services open during national lockdown



WESTERN CAPE

Athlone House of Strength
telephonic counseling
021 862 9983

Badisa
telephonic counseling
021 957 7130

Mosaic
counseling, legal aid
021 761 7585

National Shelter Movement
Bernadine 082 903 8739
Joy 011 906 3949

Sex Workers Education & Advocacy Taskforce (SWEAT)
telephonic counseling
021-448 7875

GAUTENG

Gauteng Province
food support
0800 428 8364

Lifeline Vaal Triangle
telephonic counseling
016 428 1640

National Shelter Movement
Rudo 083 684 7737
Zubeda 083 289 9818

Teddy Bear Clinic
crisis support for children
011 660 3077

MPUMALANGA

National Shelter Movement
Fisani 079 310 9633

KWAZULU-NATAL

National Shelter Movement
Sabera 072 446 3337

FREE STATE

National Shelter Movement
Sarah Lekale 072 144 7171

EASTERN CAPE

National Shelter Movement
081 247 6056

NORTH WEST

National Shelter Movement
Rina 072 348 6526

NORTHERN CAPE

National Shelter Movement
Rose Clair 080 021 2321
Roseline 073 888 8738

NATIONAL

Childline
24 hr Crisis line & counselling
080 055 5555

Women Abuse Helpline
Toll-Free Helpline
0800 150 150

Gender Based Violence
Helpline Command Centre
24 hour helpline
0800 428 428
*120*7867# for call-back

Lifeline Crisis
24-hour crisis service
0861 322 322

Lifeline Counseling
WhatsApp call counselling
065 989 9238

MobieG
Live chat counseling for teens
www.mobieg.co.za
*Sun from 18h00
*Mon-Thu from 19h00

"During the Covid-19 lockdown, we cannot ignore the increased risks for victims of domestic violence and abuse. Victims and survivors can be assured that there are resources available to assist during this high-risk period."
- National Shelter Movement

You can help someone during the Lockdowns:

Call or text them. Checking in means you care about their safety and wellbeing. Let them bring up the violence, only if they want to. Help them think about ways to get to a safe place - and for kids to find safety - if violence erupts.

Help them find a place to stay in your own home or a shelter. Shelters are working in all provinces, even during the Covid crisis. Remember that moving out can be more dangerous - so let them decide what is best.

Phone the police 10111 if you hear a cry or scream. Emergency staffing at police stations will stay the same during the lockdown and social workers will be available.

NISAA
telephonic counseling
Batsi 083 303 1291
Yvonne 063 083 6061
Nokwethu 011 850 0637

South African Depression & Anxiety Group (SADAG)
24 hour helpline
0800 456789
SMS: 31393

SADAG Suicide crisis line
24 hour helpline
0800 567567

TEARS GBV SMS help line
*134*7355#



DURBAN PRACTISING
PSYCHOLOGISTS' GROUP

Private psychologists offer free support

Your mental health matters during the national lockdown and Covid-19 outbreak. If you are suffering from unmanageable anxiety, depression, loneliness, isolation, grief or trauma - make contact with us and we will find someone to assist you. This will not replace an in-depth, diagnostic consultation; and is only a brief intervention for immediate support and/or education.

Email: exec@dppg.org.za

If you can afford to pay for a consultation, a list of psychologists can be found on our website: www.dppg.org.za



For a national list of
psychologists, email
Fatima@psyssa.com

CRISIS OF CARE



#CrisisOfCare WhatsApp Helpline provides free accessible emotional and support services to service-users for the duration of the COVID-19 pandemic. Our team of counselors come from six provinces including Gauteng, North West, Free State, Northern Cape, Limpopo and Mpumalanga; who provide diverse psycho-social services on WhatsApp.

Our team comprises of academics from recognized institutions of higher learning, Social Workers, Psychologists, student Social Workers, Community Counselors and Community Healthcare Workers.



Helpline:
+27 68 013 7551
12h00-00:00 CAT

HERE'S TO THE NEXT FEW MONTHS
ENCOURAGING LOVE, SUPPORT AND
HEALING FOR THE WORLD.



a Black Womxn Caucus initiative
@BWC_ingwe
@blackwomxncaucus_ingwe



Do you need to speak
to a mental health
care professional?

A free service is available to anyone who works in a healthcare facility and needs psychological and emotional support during the Covid-19 pandemic. This is open to all clinical and support staff in KwaZulu-Natal.

Contact us on careforkzn@gmail.com and we will link you with a psychiatrist or psychologist.



This is a joint initiative of the South African Society of Psychiatrists (SASOP), Psychological Society of South Africa (PsySSA), South African Medical Association (SAMA), the South African Depression and Anxiety Group (SADAG), and the South African Society of Anaesthesiologists (SASA).

Siyayinqoba
CORONAVIRUS
COVID-19

**A CALL TO BE ON THE KZN
DEPARTMENT OF HEALTH
DATABASE OF VOLUNTEERS**

As we are intensifying the fight against Coronavirus, we are calling on various categories of professionals from the healthcare value chain to register their names on the KZN DEPARTMENT OF HEALTH DATABASE OF VOLUNTEERS.

This Covid-19 pandemic, along with the pre-existing burden of disease in the Province, might place our health resources under tremendous pressure.

That is why we are seeking assistance to fight Coronavirus, from nursing students from second year upwards, student doctors from the fifth year upwards, unemployed health professionals, retired health practitioners, and

emergency medical service personnel who are not employees of the Department.

We firmly believe that they can help mitigate the pressure that COVID-19 will be placing on health services, over the coming weeks and months. We appeal to these healthcare professionals to urgently get in touch with the department so that they can be registered on our department's database.

For more information, call
033 395 2279

You can also send your CV with the Z83 form to the following email address:
zamambo.mkhize3@kznhealth.gov.za.
Terms and conditions apply.

**GROWING
KWAZULU-NATAL
TOGETHER**



GAY & LESBIAN NETWORK
equality | respect | acceptance
challenge | tolerance | understanding



**Feeling unsafe and vulnerable?
Experiencing intimate partner violence and hate crimes?**

**The Gay and Lesbian Network is here to support you
during the lock down...**

**You can Call us or sms " HELP " to these numbers
083 793 4016 or 073 051 1575
or 083 734 1337**



A view on Global Mental Health

by Chantelle Booysen



Racism and Mental Health: A spotlight on the affects of racism on young people

["We work to help leaders change their world—and the world needs changing. While now is a time for grief and anger, it is also a time for resolve and learn what you can do to create a more just and equitable world."](#)

[Former US President, Barack Obama](#)

An article by Psychology Today writes: "We've written previously about how racism affects the health and well-being of millions of Americans. The evidence demonstrates that people who experience racial discrimination are more likely to have a range of health problems, including poorer mental health and a lower quality of life. Now the American Academy of Pediatrics has issued a [policy statement](#) describing how racism affects the well-being of young people. The statement summarizes all of the evidence available on the role that discrimination plays in the health outcomes of children and adolescents. The **problem comes down to stress**, the policy document explains.

When the mind senses a potentially harmful situation, it tells the body to prepare by **increasing its heart rate, breathing, blood pressure and releasing stress hormones**. This response helped earlier humans outrun or fight predators and enemies. Today, people have the same response when they encounter stressful situations, such as discrimination. When **people of color experience this response frequently, it causes inflammatory reactions** in their bodies that can ultimately lead to **immediate health problem and, in the long run, chronic diseases**.

Researchers now believe that racial disparities have far-reaching effects as children develop, including infant mortality rates, **mental health problems (e.g., depression and anxiety), and behavioural issues (e.g. attention deficit hyperactivity disorder)** as well as the health effects extend beyond the children who experience discrimination. When children observe racism, it can **erode their self-confidence and mental health enough** to affect developmental milestones and achievement in school. This is especially true when the discrimination is affecting the children's parents. For example, in one study, parents and caregivers who reported they had been treated unfairly were more likely to have children with behavioural issues.

Beyond describing the problem, the policy statement gives specific directions about how paediatricians can address this issue. It starts by building a medical practice where everyone feels welcome. That means having **racially-diverse toys and pictures on the walls** in waiting rooms, and training the reception staff to welcome all patients. And it extends to **advocating in the community for quality education for all, access to mental health services, a diverse school staff, fair housing, alternatives to youth incarceration and more**.

Cornell psychologist Anthony Ong's work focuses on the complex interplay of social, emotional, cognitive and cultural resources that people draw upon to adapt to stressful life circumstances as they age, and the ways these factors have an effect on health and well-being. **Addressing the systemic problems in our society is likely the most effective ways to improve the health and well-being of youth**. "As a psychologist, I study the ways in which interpersonal racism can have harmful consequences for people's life chances, including their psychological and physical health," he said. "However, it's important to keep in mind that perhaps the most profound effects of racism occur via **macro-level systems or public policies that shape access to social and economic resources. These are the systems that produce and reproduce everyday racism and its ill effects through time.**"

[More resources here on how to dismantle white supremacy and promote anti-racism:](#)

https://docs.google.com/document/d/1BRIF2_zhNe86SGgHa6-VIB0-QgirITwCTugSfKie5Fs/mobilebasic

<https://www.psychologytoday.com/za/blog/evidence-based-living/201908/how-racism-affects-youth-health-and-well-being>

"One cannot effectively advocate for mental health if you actively practice racism or participate in racist activities. Mental well-being, inclusion, equity and empathy all intersects as basic needs for any human being to survive and thrive in this world." Chantelle Booysen