



SADAG KZN NEWSLETTER OCTOBER 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

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www.sadag.org



ON 10 OCTOBER WE MOVE FOR MENTAL HEALTH

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...



The **MENTAL HEALTH & WELLNESS FAIR KZN** is going virtual this year! For the past 4 years we've been walking together on the promenade in Durban in solidarity, advocating for better mental health services and creating awareness to de-stigmatise mental illness. This year, our 5th year, we will see you all over social media walking wherever you are!

On **Saturday, 10 October 2020 (World Mental Health Day)** we will host an introductory session on the walk and other activities at 9 a.m. where we will give you an overview on how you can get involved. We will also explain the other movement events we are hosting over the course of October.

FOLLOW THE STEPS:

1. Please **register** (on link on page 2) for Saturday, 10 Oct
2. Follow the social media **posting instructions** on this poster
3. Support us in **promoting mental well-being** for everyone!
4. Take pictures / videos / Boomerang / TikTok videos - any medium to show how you **move for mental health** this year
5. **Post your movements** on social media
6. TAG: **@KZNMentalHealth** using
7. HASHTAGS: **#StepUpKZN + #SpeakYourMind + #MoveForMentalHealth**

Can't wait to see you move!

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!

OCT

SADAG Mental Health Awareness Month

- 1 International Older Persons' Day
- 2 International Day of Non-Violence

10 World Mental Health Day

- 17 World Trauma Day
- 20 National Down Syndrome Day

KZN MENTAL HEALTH ADVOCACY GROUP & SADAG KZN PRESENTS OUR 5TH ANNUAL

VIRTUAL MENTAL HEALTH WALK & WELLNESS FAIR

Complete One Active Kilometre for Mental Health!

SATURDAY, 10 OCTOBER 2020
JOIN US, VIRTUALLY, ANYWHERE!

This year, on World Mental Health Day, we are inviting you to join us from virtually anywhere. Our annual walk goes virtual this year and we'd like you to complete ONE ACTIVE KILOMETRE wherever you are!



- On **10 Oct 2020** record your 1km activity on video or photos while wearing a **GREEN SHIRT** + your best **HAT** + show us how you **MOVE FOR MENTAL HEALTH!**
- At **9am** we will open a **live Zoom session** where we'll have our own team walking & talking about mental health!
- Remember to **post your photos + videos to social media** with **"I MOVED FOR MENTAL HEALTH"** + hashtags **#StepUpKZN** **#SpeakYourMind** + tag **@KZNmentalhealth @theSADAG**

JOIN US FOR VIRTUAL WELLNESS EVENTS THROUGHOUT OCTOBER

- 10 Oct @ 9am - **WALK** for Mental Health
- 17 Oct @ 9am - **YOGA** for Mental Health
- 24 Oct @ 9am - **ZUMBA** for Mental Health
- 31 Oct @ 9am - **MINDFULNESS** for Mental Health

PARTICIPATION IS FREE!

[Click here to register](#) or contact

MHadvocacygroup@gmail.com or contact 078 278 7047

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**INTERVIEWS FREE TO WATCH FROM
10 - 17 OCTOBER 2020**



6th Annual Durban Mental Health Symposium

ORGANISED BY KZN MENTAL HEALTH ADVOCACY GROUP & SADAG KZN

SURVIVING AND THRIVING: MENTAL HEALTH STRATEGIES FOR A NEW DECADE

Watch our FREE online panel discussions, as we unpack the future of global- and community mental health.



Wenzile Madonsela
Social Entrepreneur &
Mental Health Activist



Grace Gatera
Global Mental Health
Activist, Rwanda



Prof Vikram Patel
Psychiatrist, Harvard
University



Prof Miranda Wolpert
Head: Mental Health Priority
Area, Wellcome Trust



Dr Rochelle Burgess
Psychologist, University
College London

Watch the Symposium online on:



@kznmentalhealth



@kznmentalhealth

Co-sponsored by:



September Activities

We look back on the many mental health events we hosted in last month. Thank you to everyone who joined us and participated!

10 September 2020

Virtual Pebble ceremony:
We remembered loved ones lost to suicide

Hosted by **Survivors of Loved Ones of Suicide (SOLOS)**. Link to Pebble Ceremony video below.



Pic credit: Kirsty Wiggill-Kaptures co



18 September 2020

Community Forum: *Suicide*
A fierce goodbye. Let's talk about it!

BIG THANK YOU to **Dr Sarojini Naidoo** for her presentation and to **Michelle and Joanne** for sharing their experiences after losing loved ones to suicide and giving us a glimpse of their difficult journey <3



Suicide Prevention and Awareness.

BIG THANK YOU **Nancy and Co of Truelife** for co-producing & filming this important video depicting the challenges of mental ill-health with a spotlight on suicide prevention. Link to *Suicide Prevention and Awareness* video below.



SADAG KZN & My Mind Our Humanity
invites **YOUNG PEOPLE** to a **FREE WHATSAPP 'WHABinar'**

Youth Mental Health + NCDs Accountability: Pushing for Progress

Friday, 11 Sept 2020 @ 14.00pm - 15.00pm SAT

Join us on our **FIRST WHATSAPP WHABinar** in South Africa, discussing 2020's theme for Global Week of Action on NCDs. We want to hear youth experiences, ideas & solutions on promoting & securing accountability of Local and National Government - to ensure young people's health & wellbeing is prioritised & actioned.

11 September 2020 FIRST WHABinar hosted on Youth Mental Health & Non-Communicable Diseases

14
Speakers

130
Participants

Cross-country
learning

Engaging &
Responsive

Awareness &
Connection

9
Countries
Represented

- Civil Society
- Youth
- Public Sector
- NGOs
- Private Sector

This was our first WHABinar hosted as part of the **"NCD Week of Action"** collaboration with My Mind Our Humanity. Facilitated by Chantelle Booysen, this first of its kind WhatsApp Webinar was used as a more accessible platform for young people to engage & view content that they would rarely have access to. We heard insightful experiences & ideas on promoting accountability of Local & National Government - to ensure young people's health & wellbeing is prioritised & actioned.

"Being part of this webinar was so insightful, eye-opening and inspiring. This taught me that a small step in the right direction can make the biggest difference regarding NCD's and creating a positive change as a young individual."



Chantelle Booysen
Mental Health & Youth Advocate
SOUTH AFRICA



Prof Thuli Madonsela
Social Justice Activist
SOUTH AFRICA



Omnia El Omrani
NCD Youth Advocate
EGYPT



Margianta Surahman
NCD Youth Advocate
INDONESIA



Dr George Msengi
African NCDs Network
TANZANIA



Dr Shakira Choonara
NCD Youth Advocate
SOUTH AFRICA



Suntosh Pillay
Clinical Psychologist
SOUTH AFRICA



Dr Mychelle Farmer
NCD Child
USA



Alejandro Daly
NCD Youth Advocate
BOTSWANA



Damian Juma
Mental Health & Youth Advocate
KENYA



Boitumelo Masipa
SECTION 27
SOUTH AFRICA



Dr Vicki Pinkney-Atkinson
Activist living with NCDs
SOUTH AFRICA



Anjali Singla
Psychologist & Advocate
INDIA



Matthew Jackman
Lived Experience Activist
AUSTRALIA

****LIMITED SPACES AVAILABLE ON WHATSAPP GROUP, REGISTER NOW!****
Click link to register your number, Whatsapp link will be shared with those who registered by 10 September 2020. Email kznprojects@sadag.org for info.

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

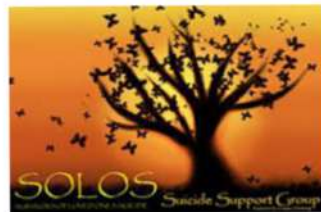


LGBTQIA+ SUPPORT

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) ORGANISATION

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.

INVITATION


SADAG KZN PRESENTS

A Virtual Support Group Leaders Forum & Upskilling Session
Resolving Conflicts within a Support Group.

Facilitated by
Suntosh Pillay
Clinical Psychologist

Wednesday, 21 October 2020
16:30 - 17:30

RSVP before
20 October 2020

All login details will be sent to registered attendees ahead of time.

KZNSADAG@ANXIETY.ORG.ZA | 078 278 7047

We  frontline health workers

Support Group

MENTAL HEALTH SUPPORT FOR FRONTLINE HEALTH WORKERS

For more info or to join this group please WhatsApp Lynn on 078 278 7047 or 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 info WhatsApp Peter on 076 662 9899.




Westville Support Group

Most Wednesday Evenings
A group support with an emphasis on Buddhist Mindfulness techniques. Email Shawn on skc@telkomsa.net for info

CONNECTING THE AGED IN RESIDENTIAL ENVIRONMENTS

Welcome to the our Project, we hope you enjoy receiving your Weekly Brown Paper Bags of information, messages and activities

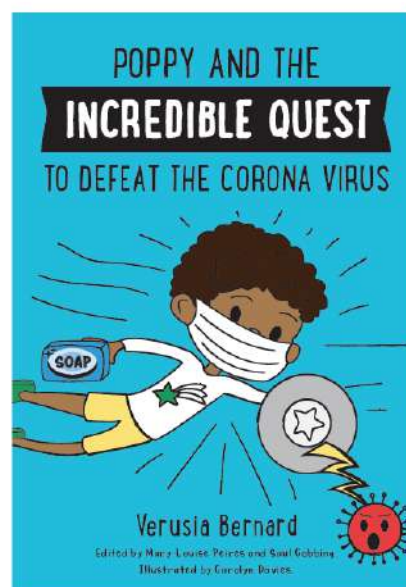


Keeping Mentally & Physically Healthy throughout COVID-19

Contact SADAG KZN for assistance:
078 278 7047 | kznsadag@anxiety.org.za

A book for children that will help them to understand and deal with COVID-19 has been written.

"We need to prioritise children and provide them with the correct information in order to keep them safe."



A new book series as a platform where children can learn about COVID-19



Towards Research Leadership

 @CherryVerusia

Developing Research Innovation, Localisation and Leadership (DRILL) is a health sciences training programme producing research excellence in South Africa. DRILL creates a triad of support for emerging researchers.



Research poster developed
in collaboration with
Jive Media Africa,
research communication
specialists
www.jivemedia.co.za



FREE

provides FREE online COUNSELLING sessions to anyone needing help with mental health issues. Contact Hattighd@ukzn.ac.za / 078 512 1959



UKUSINGATHA ISIKHATHI SENGUQUKO (EMBRACING CHANGE)

By Dr SJ Tshabalala, University of KwaZulu-Natal

Inguquko isikhathi esifikayo kuwo wonke umuntu, kungabakhona inguquko engasuka ngaphakathi kuthina, ngoba siphokophelela ukuba ngabantu abangcono. Kubekhona ukushintsha kwezimo ezisisingethe, okungaba ngokwezimo ezehlukahlukene. Okungaba esempilo, esomsebenzi, esomndeni, esomnotho nezimali, nokunye nokunye.

Inguquko ingenzeka ngenxa yokuzikhethelela ngokwethu. Ngokwejoyalekile sisuke siphokophelela ukuba sizame ukuthi siguqule indlela esiphila ngayo. Sibe ngabantu abangcono. Lokhu kusho ukuthi siyavuma ukuthi besingenzi kahle. Ngokwejoyalekile kuba yinselelo ukuvuma iphutha ebantwini abaningi. Kudinga sikhule ngokomqondo ukuze sifunde ukwamukela nokuvuma amaphutha.

Kwezinye izikhathi sizithola siphokeleka ukuthi kube noshintsho. Kungaba ngenxa yezimo ebesingazange sizicabange, noma sizihlelele ukuthi ziyokwenzeka ezimpilweni zethu. Njengaso Isikhathi sobhubhane lolu I Covid 19. Lokhu okungenza kubenzima kakhulu ukwamukela inguquko. Kanti uma inguquko iphokeleliwe kithina, kungenzeka sesabe futhi sibe nengcindezi enkulu yomqondo.

Indlela esisingatha ngayo lenguquko ibalulekile kakhulu. Ingaba nomthelela omkhulu ngendlela esingenza futhi sibhekane ngayo nenguquko. Ukuze kubelula ukuthi samukele ushintsho, kumele ukuthi sikhule emqondweni futhi sikhule nasemoyeni. Ngaleyo ndlela besesivuma ukubheka impilo ngamanye amehlo. Sazi futhi ukuthi empilweni iyohlale ikhona inguquko. Siyokwazi ukuthi siyithathe noma iyiphi inselelo esiyiphonselwe, samukele, bese sidlondlobala empilweni.

Ngenkathi sisabhekene ngqo ezinhlamvini zamehlo nalesisimo kusuke kunzima. Kungenzeka sigcine sigxile kwezinye zalezizimo ezilandelayo, singakhungatheka, sibe nokwesaba okwedlulele, inzondo, ukuzisola, ingcindezi yomqondo, ukuphelelwa yithemba noma sigxeke abanye abantu.

Lesisimo somqondo singaba nomthelela ongemuhle. Singagcina singakwazi nokuhlaziya isimo ngendlela ephusile. Singafinyeleli esimweni sokubuka impilo ngelinye iso, elingase liveze amanye amathuba okuthi sidlulelangcono kulesisikhathi.

Singabantu kumele sizifundise ukwamukela, ukuze sikhule ngokomqondo nasempilweni yonkana. Sizibekele imigomo kanye nezifezo esizosebenza ngaphansi kwazo. Ngesinye isikhathi kuba khona izikhathi ezisiphokayo ukuthi, sisebenze ngokusengcupheni (take risk) ukuze sisingathe inselelo. Imigomo le kanye nengcuphe, iphinde isincedise ukuthi singagidi ndawonye, sigcine singakwazanga ukufinyelela kulenguquko ebesiyisophile. Kubaluleke kakhulu futhi ukuthi sicwaningisise ngokunzulu emqondweni, zonke izindlela ezahlukeneyo esingakwazi ukuzisebenzisa. Kumele siziqhathanise bese sikhetha leyo ndlela ephusile ngokwedlulele.

Umqondo kanye nomoya wokwamukela lezozimo esingekile sikwazi ukuzishitsha ubalulekile kakhulu. Lokhu kwenza ukuthi sikwazi ukubhekana nokwesaba futhi sizibophezele ekuphileni okusha okulethwe yinguquko. Inguquko isimo sempilo esiyohlale senzeka ezimpilweni zethu sonke, nangasosonke isikhathi. Kusemqoka kakhulu ukuthi sithole izindlela yokusingatha inguquko. Sikwazi ukudlondlobala bese siphokophelela phambili nempilo yethu.

Zikhona nezindlela ezehlukahlukene ezingakwazi ukusisiza ukubhekana nalesimo senguquko. Ezinye zazo kungaba yilezi, ukuba nomuntu omethembayo ongakwazi ukuxoxa naye ngezinkinga nokwesaba kwakho. Ukuzifunela umuntu ophumelele ozoba yisibonelo empilweni yakho, ufunde ngobunzima, nezinkinga zakhe kanye nezindlela akwazi ukunqoba ngazo izingqinamba zakhe. Lokhu kungakusiza ukuthi nawe uthole ubuciko ongabusebenzisa ukubhekana nezakho izingqinamba. Singaphinda sikwazi ukucela usizo nokwalulekwa abaholi emabandleni, abaholi bendabuko, ngodokotela bomqondo, kanye nezinye izigcawu ezehlukahlukene. Iminyango ivulekile engakwazi ukubambisana nathi, ukuze sikwazi ukunakekela izimpilo zethu nemindeni yethu, kanye nesimo somqondo wethu ngesikhathi senguquko.

Asingavumi ukukhutshazwa ukukhungatheka nokwesaba. Kulesisikhathi esikuso, luningi ushintsho olwenzekayo. Lenselelo ngeyethu sonke ngezindlela ezahlukeneyo. Asingapheli amandla, asihlome sibhekane ngqo nenguquko, noma kunzima ngoba singanqoba.

A view on Global Mental Health

by Chantelle Booysen



World Mental Health Day: An opportunity to kick-start a massive scale-up in investment in mental health

Joint release by the World Health Organization, United for Global Mental Health and the World Federation for Mental Health

"Mental health is one of the most neglected areas of public health. Close to 1 billion people are living with a mental disorder, 3 million people die every year from the harmful use of alcohol and one person dies every 40 seconds by suicide. And now, billions of people around the world have been affected by the COVID-19 pandemic, which is having a further impact on people's mental health.

Yet, relatively few people around the world have access to quality mental health services. **In low- and middle-income countries, more than 75% of people with mental, neurological and substance use disorders receive no treatment for their condition at all.** Furthermore, stigma, discrimination, punitive legislation and human rights abuses are still widespread.

Move for mental health: let's invest! That's why, for this year's World Mental Health Day, WHO, together with partner organizations, is calling for a massive scale-up in investment in mental health. To **encourage public action around the world**, a World Mental Health Day campaign, Move for mental health: let's invest will kick off in September.

"World Mental Health Day is an opportunity for the world to come together and begin redressing the historic neglect of mental health," said Dr Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization. "We are already seeing the consequences of the COVID-19 pandemic on people's mental well-being, and this is just the beginning. **Unless we make serious commitments to scale up investment in mental health right now, the health, social and economic consequences will be far-reaching.**"

World Mental Health Day is an opportunity to commit. The campaign will offer opportunities, primarily online given the continuing pandemic, for all of us to do something life-affirming: as individuals, to **take concrete actions in support of our own mental health, and to support friends and family who are struggling; as employers, to take steps towards putting in place employee wellness programmes; as governments, to commit to establishing or scaling-up mental health services; and as journalists, to explain what more can and must be done to make mental health care a reality for everyone.**

Dr Ingrid Daniels, President of the World Federation for Mental Health says "We have seen an increasing openness to talk about mental health in many countries of the world. But now we must **turn words into actions.** We need to see concerted efforts being made to build mental health systems that are appropriate and relevant for today's – and tomorrow's – world." The link (below) to the complete article is accessible on the WHO page.

Key events on 10 October 2020

- SADAG KZN Annual Mental Health Walk and Wellness Fair
- United for Global Mental Health: The 24-hour March for Mental Health
- WHO: The Big Event for Mental Health
- World Federation for Mental Health: Education and awareness raising