



SADAG KZN NEWSLETTER

SEPTEMBER/OCTOBER 2021

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

SADAG KZN CONTACTS

Lynn Norton

E: kznsadag@anxiety.org.za

WA: +27 78 278 7047

Chantelle Booysen

E: kznprojects@sadag.org

SADAG NATIONAL HELPLINE

0800 456 789

www.sadag.org



In an unequal world, mental health must be redefined

by Suntosh Pillay

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!

"When it comes to mental health, all countries are actually developing countries ... none of them have got it right." This was the sage opinion of Professor Shekhar Saxena, a psychiatrist who spent many years as the director of the department of mental health and substance abuse at the World Health Organisation (WHO). He was speaking to me during an interview for the annual Durban Mental Health Symposium, a virtual event launched online on World Mental Health Day on October 10. Saxena was clear on one thing: the era of hefty psychiatric hospitals housing a handful of patients is over; mental health care must be integrated across the health system. He is right but this is easier said than done.

When I asked Saxena what he considered to be the most remarkable innovations in mental health, I was surprised – but encouraged – by his responses. **First, he praised the idea of task-shifting**, whereby less specialised teams offer some provision of care, lower down the service rung, to decrease the burden of care on specialised professionals, such as psychologists or psychiatrists. **Second, he cited the active involvement of people who are living with mental illnesses in decision-making**, because "mental health is too important a topic to be left to professionals and policymakers". I couldn't agree more.

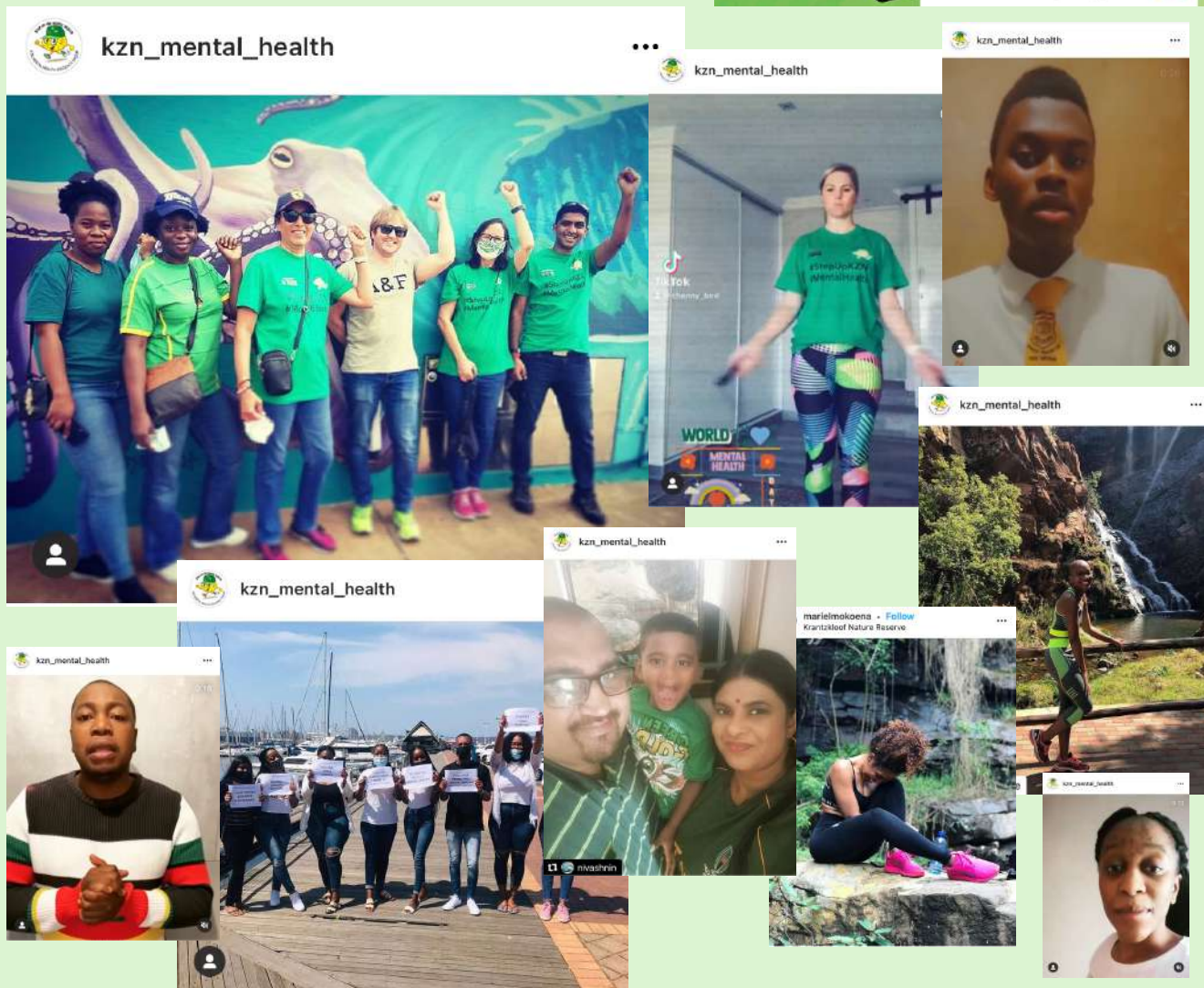
A lovely example is the **Mums Support Network** in Durban. This initiative started four years ago with three women meeting regularly to help each other cope with perinatal distress. Alexandra Wallis, one of the founders, realized that many mothers do not have a safe space in which to share their true feelings. Eventually, as word spread, the trio expanded into a regular peer-led support group, both in-person and on WhatsApp, with dozens of other mothers. Today, they are now a fully-fledged nonprofit organisation doing incredible work.

Psychology is therefore not only about "the mind" – it is about society. Ours is a society contoured by historical disparities that continue to oppress people in intersecting ways. Together we can do more, while also demanding better."

<https://mg.co.za/opinion/2021-10-15-in-an-unequal-world-mental-health-must-be-redefined/>

"The month of October has been declared Mental Health Awareness Month with the objective of not only educating the public about mental health but also to reduce the stigma and discrimination that people with mental illness are often subjected to."

This year we hosted our 6th annual Mental Health Advocacy Walk hosted by The KZN Mental Health Advocacy Group and SADAG KZN asking everyone to MOVE FOR MENTAL HEALTH! Leading up to World Mental Health Day on 10 October 2021, themed “Mental Health in an Unequal World” we not only asked for you to move for your personal and community health but also to move to raise our collective voices in advocating for better mental health care services in our province and in South Africa.



WE TALKED ABOUT MENTAL HEALTH AT OUR ANNUAL DURBAN MENTAL HEALTH SYMPOSIUM!

WATCH OUT FOR SYMPOSIUM VIDEOS RELEASING EVERY SUNDAY THIS OCTOBER 2021!

7th Annual Durban Mental Health Symposium
ORGANISED BY KZN MENTAL HEALTH ADVOCACY GROUP & SADAG KZN

HOW DO WE IMPROVE MENTAL HEALTH IN AN UNEQUAL WORLD?

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



Prof Shekhar Saxena
Practice of Global Mental Health, Harvard T.H. Chan School of Public Health



Dr Ruth Verhey
Clinical Psychologist, Friendship Bench Zimbabwe



Anjali Singla
Clinical Psychologist & Mental Health Activist



Dr Andrew Wooyoung Kim
Anthropologist, Harvard Medical School



Tanmoy Goswami
Independent Journalist & Mental Health Activist

Watch videos of these powerful discussions online anytime during the month of October!

Watch videos online: [YouTube](#) [Facebook](#) [Instagram](#) [LinkedIn](#)

Enquiries: Mhadvocacygroup@gmail.com

The KZN Mental Health Advocacy Group's annual symposium traditionally hosts at UKZN in Durban but we've had to redirect how we present this event and hosting it online again this year. The benefit is that this will broaden our audience and allow people outside of South Africa to also attend. This year we have decided to release a new video every Sunday morning in October, starting on World Mental Health Day.


October 10 - Prof Shekhar Saxena in conversation with Suntosh R. Pillay: Innovations in global mental health

October 17 - Dr Andrew Wooyoung Kim: PsyCOVID: Experiences of Covid-19 in psychiatric hospitals in Johannesburg


October 24 - Dr Ruth Verhey: The Friendship Bench in Zimbabwe

October 31 - Anjali Singla and Tanmoy Goswami in conversation with Chantelle Booyesen: Invisible spaces and invisible challenges

The full symposium will be released as a combined video on November 7.



[Website](#)
[Facebook](#)
[Twitter](#)



KZN Mental Health #StepUpKZN


35 subscribers

SUBSCRIBE


[HOME](#)
[VIDEOS](#)
[PLAYLISTS](#)
[CHANNELS](#)
[ABOUT](#)

Uploads [PLAY ALL](#)


SORT BY




PsyCOVID: Impact on psychiatric hospitals in...




Innovations in Global Mental Health - An interview with...



World Suicide Prevention Day 2021 SADAG



Light a candle World Suicide Prevention Day 2021



Suicide - A Psychological Perspective by Suntosh...



CREATING HOPE THROUGH ACTION

10 SEPTEMBER IS WORLD SUICIDE PREVENTION DAY

Every year, on 10 September, the world observes suicide prevention day and we are reminded of the devastating and profound impact suicide has on individuals, families and communities. The International Association of Suicide Prevention (IASP) theme this year "Creating Hope Through Action" is an "optimistic message that aims to inspire confidence in people to engage with this complex subject. It signifies the resolve to impart a new sense of purpose – empowering and equipping people with the skills and confidence to connect with someone they think may be struggling."

This year, let's take action and create hope by:

- 1 Learning more about the myths & stigma of suicide
- 2 Joining or supporting a mental health support group
- 3 Asking for help or giving help to those around you
- 4 Remembering those who have lost their lives

THERE IS HOPE!
You don't have to face this alone. Visit www.sadag.org or call **0800 567 567** for support for yourself or someone you know.

KNOW THE SIGNS

DON'T DISCOUNT THEIR FEELINGS

TREAT SUICIDE AS A CRY FOR HELP

BE A GOOD LISTENER

ENCOURAGE THEM TO ASK FOR HELP

ASK ABOUT THEIR SUICIDAL FEELINGS

DON'T LEAVE THEM ALONE

ENCOURAGE THEM TO SEE A PROFESSIONAL

World Suicide Prevention Day
Creating Hope Through Action
September 10 www.iasp.info

10 September 2021

Creating Hope Through Action World Suicide Prevention Awareness Day

The International Association of Suicide Prevention (IASP) theme this year "Creating Hope Through Action" is an "optimistic message that aims to inspire confidence in people to engage with this complex subject. It signifies the resolve to impart a new sense of purpose – empowering and equipping people with the skills and confidence to connect with someone they think may be struggling."

SADAG KZN compiled a resource toolkit with various supportive tools for our communities to access online and in person. Link to resource list below.



18 September 2021

Girl Talk at Durban Girls College

Girl.talk@dgc collaborated with SADAG on their 5th annual event under the theme Mental health Matters at the Durban Girls College on Musgrave Essenwood. 40 girls from different high schools in KZN attended. The SADAG team presented on various topics such as depression, anxiety, bullying self esteem and exam stress. SADAG KZN volunteers Bukelwa Khuzwayo Vuyisile Ngobeni and Amkela Makhanya attended as SADAG observers.

23 September 2021

Grief Counselling:

How to help those who are grieving

Grief Workshop comment from Support Group Leaders:

"I just want to thank every single one of the KZN people who coordinated, introduced, facilitate, spoke, answered questions at yesterday evening's Grief workshop. It was outstanding, very very special, and very very loving. Much gratefulness"

"Good morning leaders. I would like to take this opportunity and thank the organiser and the presenters of the workshop yesterday. It was so empowering and informative. Thank you"

ALL ABOUT GRIEF: Knowing what to do.
SADAG Mental Health Line - 0800 456 789
Suicide Crisis Line - 0800 567 567
www.sadag.org

What is Grief?
Grief is a normal reaction to any loss, and it is not just for death. Grief can become complicated if not dealt with, making it more difficult to heal.

Symptoms include:

- Sadness and/or crying.
- Guilt or regret.
- Anxiety and fear.
- Numbness
- Fatigue.
- Nausea
- Weight loss/gain
- Aches and pains.
- Trouble sleeping.
- Social withdrawal.

The 5 cyclical stages of Grief that may occur:

- Denial/Shock
- Bargaining
- Anger
- Depression
- Acceptance

Helping yourself & others:

- Face your emotions, through talking or journaling.
- Don't neglect self-care, hobbies and socialising.
- Don't be afraid of discussing grief and death.
- Plan ahead for grief triggers, such as birthdays.
- Scrapbook memories of the deceased.
- See a mental health professional, if you feel that you're not coping.
- Join a support group.
- Remind yourself that it is okay to laugh and have fun.

IT'S OK TO TAKE ALL THE TIME THAT YOU NEED

Varsity College

Semicolon Suicide Awareness

"A semicolon represents a sentence the author could have ended, but chose not to. The semicolon is your life and the author is you."

Come join us in the quad and commit to the movement by getting your semi-colon heena tattoo and chatting to the SADAG volunteers.

**WEDNESDAY, OCT 6
MERIDIAN HOUR 12-1PM
THE IIE VARSITY COLLEGE
WESTVILLE**

FOR MORE INFORMATION
CONTACT: ZANELE
STUDENT WELLNESS MANAGER
ZNTOMBELA@VARSITYCOLLEGE.CO.ZA



6 October 2021

Varsity College: Semicolon Suicide Prevention Awareness

Varsity College Westville Campus had a semicolon themed Suicide Awareness day. SADAG KZN representatives/ volunteers Bukelwa Khuzwayo and Syndeigh Sharpley were present to talk about the supportive resources that SADAG offer to those in need.

UNIVERSITY OF KWAZULU-NATAL
RECOVER YAKWAZULU-NATALI

HUMAN RESOURCES
cordially invites the University Community to commemorate
World Mental Health Day

Date: 20 October 2021
Time: 09h00 to 15h00 (SAST)

PLEASE CLICK [HERE](#) TO RSVP

**UKZN WORLD
MENTAL
HEALTH
CAMPAIGN**

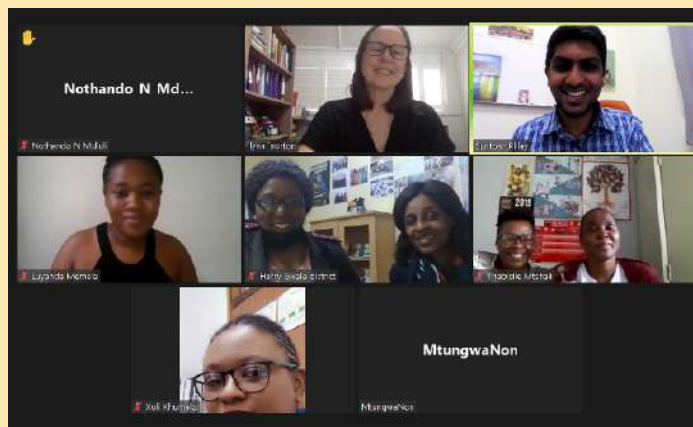
20 October 2021

UKZN World Mental Health Campaign 2021

SADAG KZN's

Prof Suvira Ramlall presented on *"Workplace Wellbeing: Time for a Paradigm Shift"*
and

Dr Lynn Norton presented on
"SADAG: Importance of community mental health champions / SADAG: Services and community support groups"



The **District Support Group** project involving our collaboration with the Department of Health has officially taken off and we held two support group leader training workshops on 17 and 28 September. This training follows in-depth interviews with participants to assess needs and challenges. We hope the groups will be up and running in all 11 districts of KZN soon.

The **Refugee Youth Project** has continued with Flatfoot Dance Company and we are pleased to report that the dancers seldom miss a session and that the end of the year concert will be coming up on 2 November.

The **Mums Support Network** has been especially busy this last month and held a very successful event on the 1st October to highlight the importance of mental health. This is to be followed by a free community forum talk in November and a CPD accredited workshop on **Mastering Maternal Mental Health** will be hosted on November 2 (see our notice board). It will be focused on health care workers who are often the first line of contact and support for women suffering from perinatal mental and emotional distress yet they often do not know how to help. Myths and misinformation are also prevalent and we are proud to partner with Mums Support Network to show that Maternal Mental Health Matters.

SADAG KZN Notice Board



Mums Support Network
SADAG KZN and MHAGI presents

Mastering Maternal Mental Health

Capacity building for perinatal mental health champions in KZN

FREE online CPD Accredited Workshop
for Health Care Professionals

Presenters:

Dr Laurel King (Specialist Psychiatrist)
Identifying and facilitating appropriate referral & treatment of PND

Hameeda Bassa-Suleman (Clinical Psychologist)
PND success stories: what criteria contribute to health outcomes?

Dr Vidette Juby (Psychiatrist)
Healthcare providers and PND: how to better understand and support patients through postnatal distress

Dr Lynn Norton (PhD, Health Promotion)
Relationship building between health care providers and support groups



Click here
to book your spot,
limited spaces
available!

Tuesday, 2 November 2021

18:30pm on Zoom

Free event

Email Lauren Shapiro for more info:
lauren@mumsupport.co.za

Resource Packs
&
Lucky Draw Prizes!

LEVEL 1
ACCREDITATION:
2 CPD POINTS

FREE FORUM

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

**A mother's mental
health: Why it matters
more than you think**

to be announced

Volunteers

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

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

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

NB Dates

3 NOV

World Kindness Day
Disability Awareness Month
(Begins)

25 NOV

16 Days of Activism against
gender-violence
(Begins)

5 DEC

International Volunteers
Day

Podcast

Professor Christopher Paul Szabo
the founder and editor in chief of
South African Psychiatry is
hosting a podcast series called

Modern Madness

Conversing on modern
psychiatry and mental wellness
Find podcast on Cliffcentral.com

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

Join our FREE

'Mind your Health' Support Group for Depression & Anxiety Launch

When Saturday, 13 November 2021

Where Nelson Mandela Community Youth Centre

RK Khan Circle, Chatsworth, Durban

Time 3pm – 5pm



For more Info & to RSVP Masoodah 081 419 8781

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
Azeeda azz_rawat@hotmail.com

A view on Global Mental Health

by Chantelle Booysen



WHO MENTAL HEALTH ATLAS REPORT highlights global shortfall in investment in mental health

World misses most 2020 mental health targets; extension of WHO Mental Health Action Plan to 2030 provides new opportunity for progress

The World Health Organization's new Mental Health Atlas paints a disappointing picture of a worldwide failure to provide people with the mental health services they need, at a time when the COVID-19 pandemic is highlighting a growing need for mental health support. The latest edition of the Atlas, which includes data from 171 countries, provides a clear indication that the increased attention given to mental health in recent years has yet to result in a scale-up of quality mental services that is aligned with needs. Issued every three years, the Atlas is a compilation of data provided by countries around the world and also the mechanism for monitoring progress towards meeting the targets in WHO's Comprehensive Mental Health Action Plan.

"It is extremely concerning that, despite the evident and increasing need for mental health services, which has become even more acute during the COVID-19 pandemic, good intentions are not being met with investment," said Dr Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization. "We must heed and act on this wake-up call and dramatically accelerate the scale-up of investment in mental health, because there is no health without mental health."

Lack of progress in leadership, governance and financing

None of the targets for effective leadership and governance for mental health, provision of mental health services in community-based settings, mental health promotion and prevention, and strengthening of information systems, were close to being achieved.

Transfer of care to the community is slow

While the systematic decentralization of mental health care to community settings has long been recommended by WHO, only 25% of responding countries met all the criteria for integration of mental health into primary care. While progress has been made in training and supervision in most countries, the supply of medicines for mental health conditions and psychosocial care in primary health-care services remains limited.

Increase in mental health promotion, but effectiveness questionable

More encouraging was the increase in countries reporting mental health promotion and prevention programmes, from 41% of Member States in 2014 to 52% in 2020. However, 31% of total reported programmes did not have dedicated human and financial resources, 27% did not have a defined plan, and 39% had no documented evidence of progress and/or impact.

Slight increase in the mental health workforce

The global median number of mental health workers per 100 000 population has increased slightly from nine workers in 2014 to 13 workers per 100 000 population in 2020. However, there was a very high variation between countries of different income levels, with the number of mental health workers in high-income countries more than 40 times higher than in low-income countries.

New targets for 2030

WHO's Comprehensive Mental Health Action Plan 2020 has now been extended to 2030 and includes new targets for the inclusion of mental health and psychosocial support in emergency preparedness plans, the integration of mental health into primary health care, and research on mental health.

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

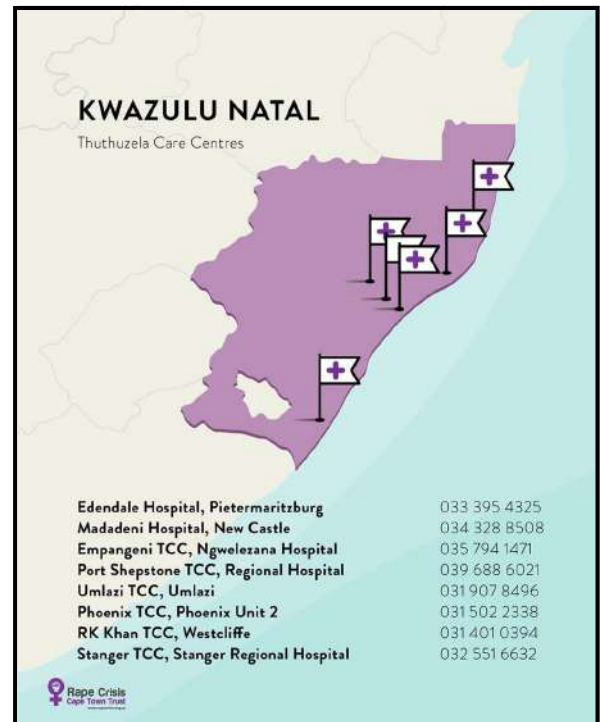
www.mobieg.co.za

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