








COUNSELLING CONTAINER

For the period January - Mid November 2023



AGE (15-91)	%	Gender:  
 Teenagers 15-17 years	1%	♀ Female: 64% ♂ Male: 35% ⚡ Non-binary: 1%
 Young adults 18-35 years	51%	Language: 
 Mature adults 36-64 years	42%	
 Retired adults 65+ years	6%	

Psychological struggles



TOTAL
89%

Stress: 24% Depression: 16%
Trauma: 18% Loss/Grief: 16%

Relational Problems

TOTAL
78%



– Problematic family relationships: 33%
– Romantic relationship struggles: 30%
– Gender-based-violence (GBV): 30%

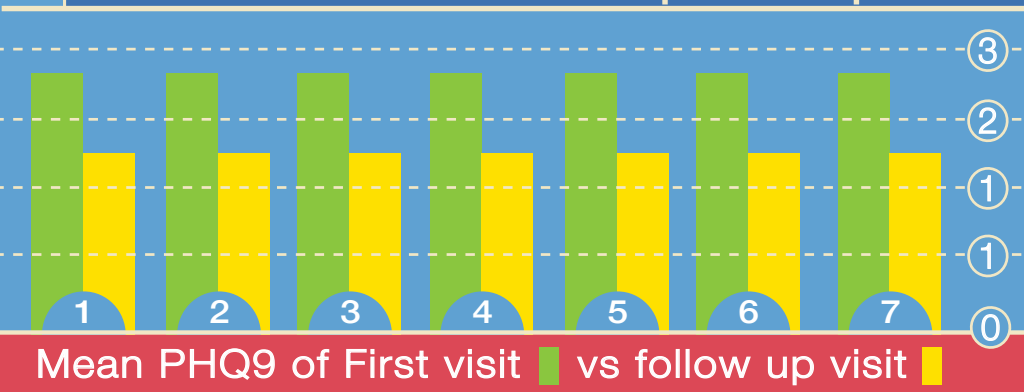
Patient Health Questionnaire (PHQ-9)	First visit	Follow-up
1. Little interest/pleasure in doing things	52%	8%
2. Feeling down, depressed, hopeless	54%	8%
3. Sleep difficulties	47%	7%
4. Feeling tired (low energy)	27%	3%
5. Poor appetite or overeating	24%	5%
6. Feeling like a failure	52%	8%
7. Thoughts of self-harm	15%	2%

Difficulty in Accessing Resources:



TOTAL
48%

– Accessing grants & documents: 28%
– Financial problems: 20%



Harmful Coping

TOTAL
27%



– Substance Abuse: 18%
– Suicide attempt (self or other): 9%



"[She] mentions that she feels much better, coming to the Container – always makes her to make better decisions ... thank you, SADAG".
(Client 150 - Diepsloot)



"The client came in for a follow up session & explained he recognised unhealthy behaviours, acknowledged his anger issues, & wants to improve his life & relationships, particularly with his parents (Client 124 – Ivory Park)."