



SADAG KZN

# Supportive resources in KZN during COVID-19

“ Around me markets tumble. The cupboard shelves are bare. But we still have the sky above. And breath its tender air. Its tender air. Antony Osler - Zen Dust ”

We have collated a few resources that you can access to enable to you, your family or your friends to cope. They are all available online or over the phone:

## SOCIAL MEDIA / ONLINE

Facebook: "Ask the expert" chat - follow @TheSADAG  
Online chats: [www.sadag.org](http://www.sadag.org)






## HELPLINES

Tel: 0800 21 22 23 or 0800 456 789 (24-hour)  
24-hour Suicide Tel: 0800 567 567  
Sms: 32312 or Whatsapp: 076 882 2775  
Support Groups: 087 278 7047

## COVID-19 CONTACTS

Toll-free helpline: 0800 029 999  
Website: [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)  
Whatsapp: 0600 123456

## RESOURCE DIRECTORY

-  - Online support groups
-  - Free counselling - General Public
-  - Free counselling - Healthcare Workers
-  - Social Support
-  - Substance Abuse and Violence

## SADAG KZN OFFICE CONTACT

Lynn Norton - [kznsadag@anxiety.org.za](mailto:kznsadag@anxiety.org.za)  
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+27 78 278 7047

# ONLINE SUPPORT GROUPS

Physical meetings of our support groups have been suspended during lock down until further notice for the safety of our leaders and their members. SG Leaders are helping their members in various ways through phone calls, Whatsapp support and some online meetings. Please contact **Krisanya on 0641394303** if you need more information on KZN support groups, stay in touch with your SG Leader if you are needing support during this time.

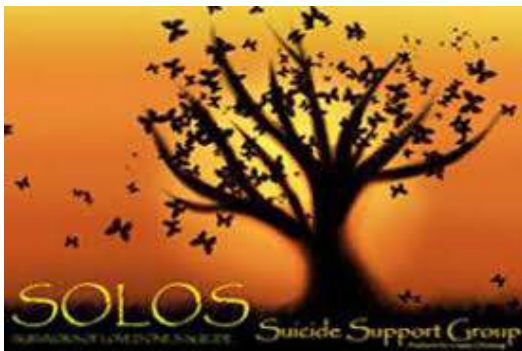


## LGBTQIA+ SUPPORT

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](mailto: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](mailto: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@mumssupport.co.za](mailto:alexandra@mumssupport.co.za).

### \*\*DISCLAIMER\*\*

SADAG is nonpartisan, respecting a diversity of practices and the right to informed choices. The views and opinions of organisations represented in this guide are those of the organisation concerned and do not necessarily mirror the views and the opinions of SADAG. We have tried as much as possible to ensure that the resources are valid and up to date, please consult with the organisation concerned for further details.

# FREE COUNSELLING



UNIVERSITY OF  
KWAZULU-NATAL  
INYUVESI  
YAKWAZULU-NATALI



**DPPPG**

DURBAN PRACTISING  
PSYCHOLOGISTS' GROUP

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:  
hattingle3@ukzn.ac.za

Whatsapp:  
078 512 1950

Google Sign Up 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



## 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](mailto: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](http://www.dppg.org.za)



For a national list of  
psychologists, email  
[Fatima@psyssa.com](mailto:Fatima@psyssa.com)

## COUNSELLING SERVICES

For survivors of rape and abuse  
Cape Town and KZN

NAME	E-MAIL	CONTACT NR.	AREA
Kayla-Tess Pattenden	<a href="mailto:kaylatesspattenden@theconnectgroup.co.za">kaylatesspattenden@theconnectgroup.co.za</a>	079 513 7015	Cape Town
Manguvhewa Mutshinye	<a href="mailto:mutshinyem@gmail.com">mutshinyem@gmail.com</a>	082 658 8189 / 063 601 1801 / 021 466 1588	Cape Town
Cindy-Lee Visagie	<a href="mailto:raphajhva@gmail.com">raphajhva@gmail.com</a>	082 469 3915	Cape Town - Kraaifontein/ Bellville/Bothasig, Brackenfell/Durbanville/ Edgemead/Kuils River/ Ioostenberg Vlake
Lisa Roese	<a href="mailto:lisaroesse@yahoo.com">lisaroesse@yahoo.com</a>	073 544 5372	Cape Town - Vredehoek
Ntokozi Msomi	<a href="mailto:ntkzmsomi@gmail.com">ntkzmsomi@gmail.com</a>	071 032 3260	KZN
Yolanda Shiers	<a href="mailto:yshiers@gmail.com">yshiers@gmail.com</a>	031 764 0492 / 083 564 7262	KZN
Nomcebyu Busisiwe Biyela	<a href="mailto:nomcebobusisiwe@gmail.com">nomcebobusisiwe@gmail.com</a>	063 221 1558	KZN - Richards Bay

082 940 6230  
[info@epicfoundation.org.za](mailto:info@epicfoundation.org.za)  
[www.epicfoundation.org.za](http://www.epicfoundation.org.za)  
[www.facebook.com/theepicfoundation](https://www.facebook.com/theepicfoundation)



**COVID-19 DOCTORS ON CALL** Healthcare supported by

**COVID-19  
DOCTORS ON CALL  
HELPLINE**

**If you have coronavirus queries  
Call: 087 0550 234**  
Monday to Friday 8am - 5pm  
Doctors advice is free  
Calls charged at local call rates

Assisted by

## Epic Foundation (KZN)

Ntokozi Msomi

Email: [ntkzmsomi@gmail.com](mailto:ntkzmsomi@gmail.com)

Tel: 071 032 3260

# FREE COUNSELLING - HEALTHCARE WORKERS



  
THE SOUTH AFRICAN  
DBT INSTITUTE  
**ONLINE**

## THE SOUTH AFRICAN DBT INSTITUTE'S Invitation to all Healthcare Professionals

We would like to recognise the courageous work all healthcare professionals are doing in the midst of all the mayhem. You are the modern day heroes at the frontline of the battle.

As The South African DBT Institute we wish to support healthcare professionals in the following ways:

**Free live online RENEW groups focused on healthcare professionals for the duration of the lockdown.**

### What will the content be?

The focus will be on helping you as a healthcare professional rejuvenate, feel supported and encouraged.

The teaching will be based on the Dialectical Behaviour Therapy (DBT) skills of mindfulness and distress tolerance as emotional and cognitive resources.

[www.dbtinstitute.co.za](http://www.dbtinstitute.co.za)

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## SECONDARY TRAUMA IS REAL

COUNSELLING  
WHATSAPP LINE  
FOR MEDICAL  
PERSONNEL

**079-513-7015**

MESSAGE US AND WE WILL CONTACT YOU!

\*\* COMPLIMENTARY SERVICE

**Free psychiatrists and  
psychologists for healthcare  
workers**

[careforkzn@gmail.com](mailto:careforkzn@gmail.com) or  
[fatima@psyssa.com](mailto:fatima@psyssa.com)

**Calling all health care workers! Are you taking strain?**

Be brave! Email [counselling@grace.org.za](mailto:counselling@grace.org.za) for mental health SUPPORT!

# #Care4CovidCarers

An initiative connecting health care workers with mental health professionals offering free counselling during the COVID-19 crisis.

**Grace** | COUNSELLING



# SOCIAL SUPPORT



## Solidarity Fund

Unity in action

### Solidarity Fund

[www.solidarityfund.co.za](http://www.solidarityfund.co.za)

Tel: 0860 001 001



## Meals on Wheels Community Services South Africa

Registered as a not-for profit since 1964

NPO Number 070-786 • PBO Number 930032581

### Meals on Wheels

Donate here:

[www.mow.org.za](http://www.mow.org.za)

Do you want to make a difference today?

Tafta and KindnessCan invite you to make someone's day...

All you need to do is send a short voice note or video saying thank you to the selfless emergency, health and support staff who continue to bravely serve the elderly and vulnerable.

0871537079

TAFTA.KZN Kindnesscan

NARRATIVE FOUNDATION



**Tumaini**, a project of the **Narrative Foundation NPC**, is doing a drive for funds urgently needed by members of the refugee community living in Durban during this time of social distancing and quarantine as a result of COVID-19.

## URGENT CALL: DONATIONS NEEDED

Funds are needed for essentials for daily living during lock down: Food, hygiene products, rental, sanitizers and medication.

*Caring during Covid-19*

### TO DONATE

Narrative Foundation NPC

FNB

Acc 62093076406

Branch code: 250655

Swift code: FIRNZAJJ

Ref: COVID-19 Tumaini

Email:

[admin@narrativefoundation.org](mailto:admin@narrativefoundation.org)



For more information call or message:  
Yvonne: 0824989343  
Lynn: 0837871477

Are your rights being violated during the 21-day lockdown?

## ACCESS TO JUSTICE AND SA LOCKDOWN

ACCESS TO JUSTICE CONTINUES!

Have you observed a rights violation during the lockdown?

CALL THE LEGAL SUPPORT HOTLINE:  
**+27 66 076 8845**

Logos: CALS, Centre for CHILD LAW, Centre for Environmental Rights, corruption watch, EELC, HUMAN RIGHTS, LIRC, INDIANAN LAW, Probono.Org, SECTION27, SERI, WOMEN'S RIGHTS CENTRE.

A public interest law organisation may be available to assist you, free of charge.

### COVID-19 PANDEMIC



### Call centres and Hotlines

National Institute for Communicable Diseases:  
0800 029 999

South African Police Service  
08600 10111

Department of Home Affairs:  
0800 601 190

Gender-based violence command centre  
0800 428 428 or \*120\*7867# (free)

National Crisis Line:  
0861 322 322

Department of Water Affairs:  
0800 200 200

Reporting undue price increases:  
0800 141 880

Department of Tourism:  
0860 868 747

Support to SMMEs in distress:  
0860 663 7867

WhatsApp:  
060 012 3456

Presidential Hotline  
17737

# SUBSTANCE ABUSE & VIOLENCE



## Department of Social Development Substance Abuse Line 24hr helpline

Tel: 0800 12 13 14  
SMS: 32312

## Narcotics Anonymous KZN

Helpline: 086 100 6962  
WhatsApp: 079 592 2294  
Online meetings: <http://na.org.za/online/>

## Alcoholics Anonymous South Africa

[www.aasouthafrica.org.za/](http://www.aasouthafrica.org.za/)  
Tel: (031) 301-4959 / 301 9830  
24/7 helpline: 0861435722  
24/7 online chat: <https://aachats.org/>  
Email: [kzn@aasouthafrica.org.za](mailto:kzn@aasouthafrica.org.za)



**Free Telephonic Counseling**  
24 hrs a day, 7 days a week  
Nationwide Referrals

## 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 071 906 3949

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

### GAUTENG

**Gauteng Province**  
food support  
0800 428 8364

**Lifeline Voal 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  
Rosaline 073 888 8738

### NATIONAL

**Childline**  
24 hr Crisis line & counseling  
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](http://www.mobieg.co.za)  
\*Sun from 18h00  
\*Mon-Thu from 19h00



**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#

*"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 Lockdown:**

**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.

## Report Xenophobia in Times of COVID-19

Have you experienced any form of discrimination in relation to COVID-19 because of where you come from, your nationality and/or ethnicity?

Have you been denied access to health care services because of where you come from, your nationality and/or ethnicity? This may include being denied access to testing for Covid-19, or to other services or opportunities for support.

Have you experienced discrimination/abuse by the police/army because of where you come from, your nationality and/or ethnicity?

If you have answered yes to any of the above, you can report your experiences to Xenowatch.

Send us a description of your experience, date of incident and location of any past, current and potential xenophobic incidents to:

Free SMS ☎ 44705  
E-mail ✉ [report@xenowatch.ac.za](mailto:report@xenowatch.ac.za)  
Website 🌐 [xenowatch.ac.za](http://xenowatch.ac.za)  
Mobile app 📱 Xenowatch  
WhatsApp/Call 📞 +27 (0)60 794 9882  
In case of emergency 📞 08600 10111 / 10111

Reports are verified, anonymised and passed on to authorities.

Xenowatch is based at the African Centre for Migration & Society at the University of the Witwatersrand  
PO Box 76, Wits 2058 | +27 (0)11 317 4017 | [info@xenowatch.ac.za](mailto:info@xenowatch.ac.za)

## SADAG KZN OFFICE CONTACT

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