



# SADAG KZN NEWSLETTER

## MARCH 2019

A NEWSLETTER TO ALL  
SUPPORT GROUP  
LEADERS, VOLUNTEERS &  
SADAG SUPPORTERS

Welcome to our third  
newsletter for 2019!  
Please read, share and  
contact us for more  
information.



*"Everyone must take time to sit and watch the leaves"*  
- Elizabeth Lawrence

## MENTAL HEALTH MATTERS IN KZN

Monthly specialist and public  
Talks & Workshops

Support Group Training  
Workshops

Accredited Specialist  
Workshops

Youth outreach projects at  
schools and universities

Engaging mental health events  
and platforms

AND More...

## CHANGING SEASONS MIGHT AFFECT YOUR MENTAL HEALTH

The month of March brings about the autumn season, preparing us for the cold, insular winter.

Some research suggests that many mental disorders could have peaks during the colder seasons. One such disorder is Seasonal Affective Disorder (SAD) that is a mental disorder affected by the changing of seasons.

The reduced level of sunlight in autumn and winter months may affect an individual's serotonin, a neurotransmitter that affects one's mood. Some symptoms that are typically more common in seasonal depression than in other forms of depression, are carbohydrate craving, increased appetite, excessive sleepiness, and weight gain.

### SOME PREVENTION TOOLS TO HELP SEASONAL EFFECTS:

- >> LIGHT THERAPY
- >> EXERCISING MORE OFTEN
- >> MEDITATION
- >> STRESS MANAGEMENT TECHNIQUES
- >> SPENDING MORE TIME OUTSIDE
- >> BEDTIME RITUALS TO ENSURE RESTFUL SLEEP



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## WHAT HAPPENED IN MAR?



One year since our KwaZulu-Natal Office opened, our team reflects on the amazing support we received from the local community. Dr Suvira Ramlall and Suntosh Pillay humbly started the KZN Mental Health Advocacy Group 4 years ago, which formed a strong platform in the KZN region. Last year they initiated joint forces with SADAG, based in Johannesburg, to extend their mental health advocacy and interventions through on-the-ground programmes, workshops, talks and presentations.

We are passionate about creating healthy minds and we are hopeful that our programmes will create the support that our communities need to thrive. Thank you for your continued support, it is invaluable in promoting our collective vision!

### MYTH 1: People living with bipolar disorder spend most of their time in mania

People diagnosed with bipolar disorder experience depression exponentially more often than mania in their daily lives.

### MYTH 2: People living with bipolar disorder are often out of control or dangerous

People diagnosed with bipolar disorder, when receiving proper treatment, can and most often do avoid the extremes of either mania or depression.

### MYTH 3: People living with bipolar disorder don't want to give up the highs of mania

People diagnosed with bipolar disorder experience mania far more often as unpleasant agitation and irritability rather than pleasant euphoria.

### MYTH 4: People living with bipolar disorder are unreliable, untrustworthy & unemployable

People diagnosed with bipolar disorder can live extraordinary lives as contributors in many industries as well as in high-level professional roles. The reason why the public too rarely sees this reality is that people are often afraid to share that they live with bipolar disorder because of stigma and discrimination.

## MYTHS + FACTS ON BIPOLAR DISORDER

Bipolar disorder (once known as manic depression or manic-depressive disorder) causes serious shifts in mood, energy, thinking, and behavior—from the highs of mania on one extreme, to the lows of depression on the other.

[Click here to read more](#)

WORLD  
BIPOLAR  
DAY  
MARCH 30



30 MAR  
WORLD  
BIPOLAR  
DAY



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# MARCH IN PICTURES



16 MARCH  
VOLUNTEER +  
SUPPORT  
GROUP LEADER  
TRAINING

17 MARCH  
TEENAGE  
DEPRESSION +  
SUBSTANCE  
ABUSE  
PHOENIX



26 MARCH  
COMMUNITY  
FORUM:  
MENTAL  
HEALTH  
FIRST AID

Our community initiatives are made possible through the support of many individuals and organizations, we would like to thank all of you!



SOUTH AFRICAN SOCIETY OF PSYCHIATRISTS



# WHAT IS A SUPPORT GROUP?

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## SPECIAL FOCUS: SUPPORT GROUPS

A support group can be defined as:  
“a gathering of people with common experiences and concerns who meet together to provide emotional and moral support for one another. They encourage a sense of community, a source of empathetic understanding and provide an avenue for establishing social networks.”

Mental Health America’s Support Group Facilitation Guide (2016).

Mental health is a global health crisis. In South Africa, as in most places in the world, there are not enough psychologists for individual psychotherapy. Support groups offer a practical but effective solution for helping to fill the enormous treatment gap that exists in our country. For this reason, one of the core services that SADAG offers is the establishment of support groups for mental health.

Support Groups offer a place of understanding, care and support to anyone suffering from a mental illness, as well as their loved ones.

### **Some of the benefits of support groups:**

- + **Provide a safe space to share your stories in a non-judgemental and confidential atmosphere**
- + **Provide the opportunity to form connections with others experiencing similar experiences and to learn from one another**
- + **Help to develop a network of support**
- + **Help you to take control of your mental illness through sharing information and coping strategies**
- + **Create a culture of equality**
- + **Change attitudes and help reduce stigma**



**SADAG support groups are not run by specialists, but by people with a passion to support others. Running a support group is an incredibly rewarding experience and highlights the important role each of us can play in our community. Our new support group leaders are given a support group leaders “starter pack” and receive training on how to market their group, finding suitable venues, how to facilitate their group. SADAG will provide ongoing support to the leaders.**

**Our last SUPPORT GROUP LEADER TRAINING took place on Saturday, 16 March, 2019 and was attended by 44 participants. Thanks to all those who attended, we hope you will soon be starting your own groups!**



A NUMBER OF SUPPORT GROUPS OPERATE FROM SADAG KZN  
Life St. Joseph's Hospital,  
82 Mazisi Kunene Road, Glenwood, Durban

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# MONTHLY IN-OFFICE SUPPORT



## **SOLOS (Survivors of Loved One's of Suicide) and Depression group**

18.00pm - 19.00pm

Contact **Lori on [suicideprevent@gmail.com](mailto:suicideprevent@gmail.com)**  
or whatsapp **083 652 0117**

3rd  
Tues

## **Depression and Anxiety Support Group**

12.30pm - 14.00pm

Contact **Lynn on [kznsadag@anxiety.org.za](mailto:kznsadag@anxiety.org.za)**  
or whatsapp **078 278 7047**

1st  
Weds

## **Support Group Leaders Forum**

16.15pm - 17.00pm

Self care is important! Inviting all Support Group Leaders to join our monthly forum with Clinical Psychologist, Suntosh Pillay. This forum offers a space for personal support and debriefing. It also gives leaders the opportunity for supervisory and confidential support around issues arising in their groups.

For more info and to confirm attendance email

**Lynn on [kznsadag@anxiety.org.za](mailto:kznsadag@anxiety.org.za) or Whatsapp 078 278 7047**

3rd  
Thurs

## **Student Support Group - UKZN**

13.00 - 14.00pm - Howard College Campus

Support group for all students across facilities at Howard Campus. Address details on next page. For more information, contact **Anne on 081 206 3482**

5  
APR

### **NEW IN-OFFICE SUPPORT GROUPS**

Contact Lynne Richards on  
[mentalhealthmatters3@gmail.com](mailto:mentalhealthmatters3@gmail.com) for more information

**Support Group  
with Revania & Krisanya**  
11.00am - 12.00pm

1  
APR

5  
APR

**Support Group  
with Rivendri & Lynne**  
09.00am - 10.30am

**Support Group  
with Noor & Wandisa**  
14.00pm - 15.30pm

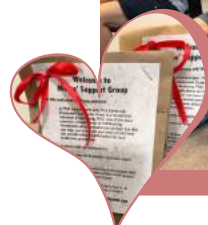
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**Support Group  
with Micaela & Lorelle**  
16.30pm - 18.00pm

### **YOU CAN BE A SUPPORT GROUP LEADER!**

KZN currently has various groups in and around the Ethekwini district, Empangeni, Estcourt, Ladysmith, Newcastle, Pietermaritzburg and Verulam. We would love to spread these groups more widely across our province.

To find out more information on  
**HOW TO START A SADAG SUPPORT GROUP,**  
please contact **Lynn at [kznsadag@anxiety.org.za](mailto:kznsadag@anxiety.org.za)**  
who will be able to answer all your questions and send you more information.



## **The Mum's Support Network**

*Thursdays & Saturdays - La Lucia Library*

The Mums Support Network has weekly meetings at the La Lucia Library. This group is aimed at mums-to-be and new mums who are suffering from any form of "perinatal distress"; which can include depression, anxiety, anger, self harm etc. The group welcomes ANY mother or mum-to-be who is going through a hard time and needs advice, love and support. For more information, contact **Alexandra on [Alexandra@mumsupport.co.za](mailto:Alexandra@mumsupport.co.za)**

Specialist  
Weekly

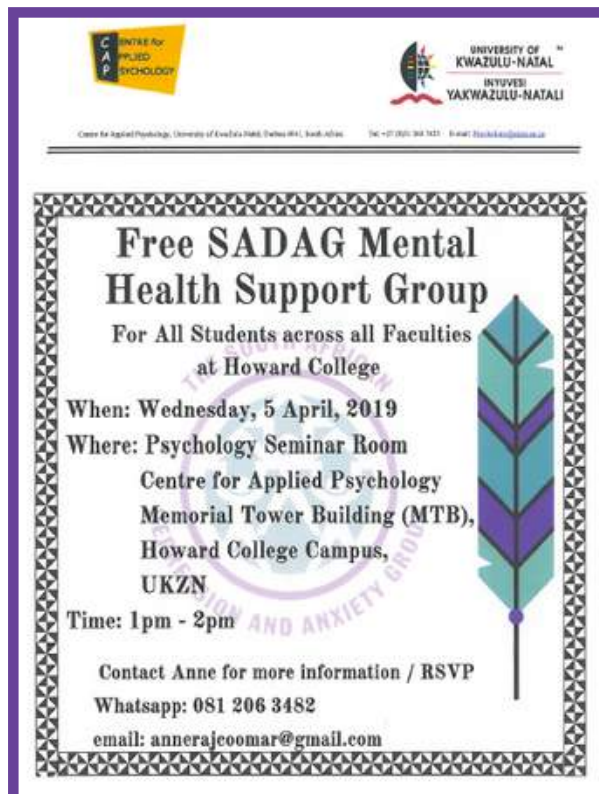


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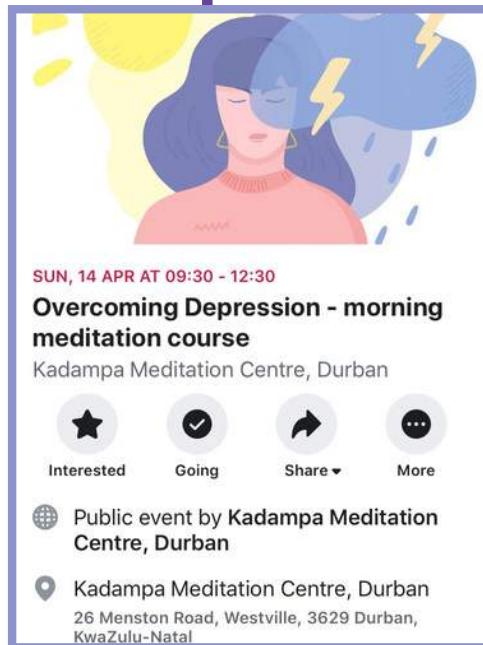
# NOTICE BOARD

SADAG KZN invites all to send us notice of their services & events for sharing on our monthly notice board.

**TOGETHER WE CAN DO MORE!**



**Free SADAG Mental Health Support Group**  
 For All Students across all Faculties at Howard College  
 When: Wednesday, 5 April, 2019  
 Where: Psychology Seminar Room  
 Centre for Applied Psychology  
 Memorial Tower Building (MTB),  
 Howard College Campus,  
 UKZN  
 Time: 1pm - 2pm  
 Contact Anne for more information / RSVP  
 Whatsapp: 081 206 3482  
 email: annerajcoomar@gmail.com



**SUN, 14 APR AT 09:30 - 12:30**  
**Overcoming Depression - morning meditation course**  
 Kadampa Meditation Centre, Durban

Interested    Going    Share    More

Public event by Kadampa Meditation Centre, Durban

Kadampa Meditation Centre, Durban  
 26 Menston Road, Westville, 3629 Durban, KwaZulu-Natal



**CENTRE for APPLIED PSYCHOLOGY**  
 UNIVERSITY OF KWAZULU-NATAL  
 INYUVESI YAKWAZULU-NATALI

**UKZN PSYCHOLOGY CLINIC**

The Clinic is run by registered psychologists and trainee psychologists under supervision.

**Operating hours:** Mondays to Fridays from 8:00am - 4:00pm (by appointment only)

**Cost:** Services are offered at a **low cost** to the community (please contact the clinic telephonically or via email for more information)

**Contact:** T: 031 2607425  
 E: [hattinghd@ukzn.ac.za](mailto:hattinghd@ukzn.ac.za)

**Address:** Psychology Clinic, Room B18, Lower Ground Floor, Memorial Tower Building, King George V Avenue, Durban.

**The Clinic offers short-term treatment for the following concerns:**

- o Depression
- o Interpersonal Conflict
- o Anxiety
- o Trauma
- o Behavioral Concerns
- o HIV/AIDS (pre, post and ongoing counselling)
- o Personality Disorders
- o Couple and marriage counselling

**Support groups are available for:**

- o Anxiety
- o Depression
- o HIV/AIDS

## VOLUNTEERS CORNER

First Friday

**Volunteers monthly meetings**  
**First Friday of the month, 2pm - 4pm**  
 Join us for tea and coffee and learn about our current projects and work in teams with other volunteers  
 >> **Next one on 5 April 2019**



**WE WELCOME VOLUNTEERS TO DONATE THEIR TIME AND OR SKILLS TO SUPPORT US IN VEHEMENTLY PROMOTING MENTAL HEALTH IN KWAZULU-NATAL!**



# A VIEW ON GLOBAL MENTAL HEALTH

BY CHANTELLE BOOYSEN

## NON-COMMUNICABLE DISEASES (NCD'S) AND MENTAL HEALTH

Non-communicable diseases (NCDs) are the leading cause of death worldwide and are responsible for a large proportion of premature mortality. Almost three quarters of all NCD deaths, and 82% of the 16 million people who died prematurely, or before reaching 70 years of age, occur in low- and middle-income countries. The main NCD categories are:

- \* **Cardiovascular diseases**
- \* **Cancer**
- \* **Chronic respiratory diseases**
- \* **Diabetes**

NCDs are largely preventable and global action plans have aimed to reduce the burden of NCDs through targeted action on seven risk factors ie tobacco use, harmful use of alcohol, physical inactivity, sodium intake, raised blood pressure, obesity, and diabetes.

**Mental health disorders**, such as depression, represent an important risk factor for premature mortality and are linked to associated physical health issues, such as cardiovascular disease and cancer. For example, depression is associated with behaviours that lead to increased risk of other NCDs (eg, alcohol consumption and tobacco smoking or dependence, poor diet, reduced physical exercise) and other underlying mechanisms (eg, abnormalities of the stress response system) are likely to be at play in linking depression with physical health. Moreover, depression negatively affects the treatment of other NCDs.

Mental health disorders are a serious and often debilitating form of NCD with far-reaching consequences on quality of life and socioeconomic attainment, for individuals and their families, and throughout generations. They represent the leading cause of years living with disability (YLDs) worldwide, with the greatest mental health-related burden being attributable to depression.

The World Health Organization (WHO) recognises that good mental health is related to mental and psychological well-being. WHO's work to improve the mental health of individuals and society at large, includes the promotion of mental well-being, the prevention of mental disorders, the protection of human rights and the care of people affected by mental disorders.

© The Lancet, Mental health and global strategies to reduce NCDs and premature mortality, August 2017

**Calling all registered health professionals to CLICK  
HERE TO JOIN US!**

In order to make a tangible difference to under-served communities, SADAG KZN relies on a wide network of health professionals who are willing to help us. If you can spare a minimum of an hour a month to assist us, we would highly appreciate it!

### Some of the ways you can help:

- Support our support group leaders
  - Do a talk or run a workshop
  - Supervise or train our volunteers
    - Engage with the media
- Help fundraise to keep our doors open
- Accept referrals from the community
  - Conduct research or evaluation

Email: [kznsadag@anxiety.org.za](mailto:kznsadag@anxiety.org.za) or  
Whatsapp: 078 278 7047



### Dr Suvira Ramlall

KZN Director, Specialist Psychiatrist

### Suntosh Pillay

KZN Director, Clinical Psychologist

### Dr Lynn Norton

KZN Project Coordinator

### Chantelle Booyesen

KZN Project Manager & Youth Ambassador

## SADAG KZN OFFICE CONTACT

Lynn Norton, Project Coordinator  
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+27 78 278 7047

## SADAG NATIONAL HELPLINE

0800 567 567  
[www.sadag.org](http://www.sadag.org)

Newsletter designed by: Chantelle Booyesen