



SADAG KZN NEWSLETTER

MAY/JUNE 2021

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

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SADAG NATIONAL HELPLINE

0800 456 789

www.sadag.org

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!



Image courtesy
The Empathy & Hope Project

Youth, Politics and Mental Health

by Chantelle Booysen

"Youth Day commemorates the Soweto youth uprising of 16 June 1976. In 1975 protests started in African schools after a directive, from the then Bantu Education Department, that Afrikaans had to be used on an equal basis with English as a language of instruction in secondary schools. The uprising that began in Soweto and spread countrywide, profoundly changed the socio-political landscape in South Africa. Events that triggered the uprising can be traced back to policies of the Apartheid government that resulted in the introduction of the Bantu Education Act in 1953. The rise of the Black Consciousness Movement (BCM) and the formation of South African Students Organisation (SASO) raised the political consciousness of many students while others joined the wave of anti-Apartheid sentiment within the student community." -www.gov.za

With the backdrop of what we know today as Youth Day, we acknowledge the power and influence of young voices coming together, to promote a fair and just society. It is however, with burdensome thought, that young people still don't enjoy a fair and just society, almost 40 years after their active opposition to an oppressive system.

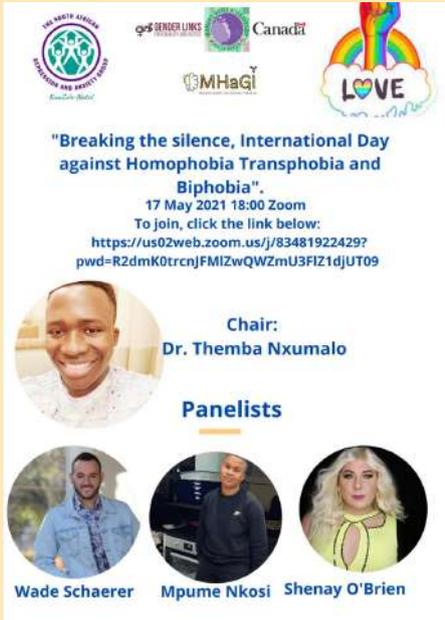
Like it or not, mental health is political and youth mental health should be at the top of the political priority list. Young people's mental health is under immense pressure in 2021, with a plethora of online and offline issues that plague their every day existence. These issues would ideally be tabled, fairly, to the leaders of our constitutionally-bound country, to collectively provide solutions, enabling our young people to become skilled, empowered and empathetic in their collective futures. Instead, young people are having to navigate a journey to an unheard and uncertain future.

We are faced with a diminishing national mental health budget, which results in even less funds towards adolescent and youth mental health services and treatments. Additionally our National Mental Health Policy Framework and Strategic Action Plan lapsed in 2020, with little urgency from government to reinstate a mental health plan for our future. Young people are the ones who's adult lives will be affected by these plans (and non-plans) and it is imperative that they be included and involved in what these plans should look like.

Young people are the yesterdays, todays and the tomorrows, and we need a stronger youth collective to change mental health systems and services in this country. Today.



17 May 2021
Panel Discussion

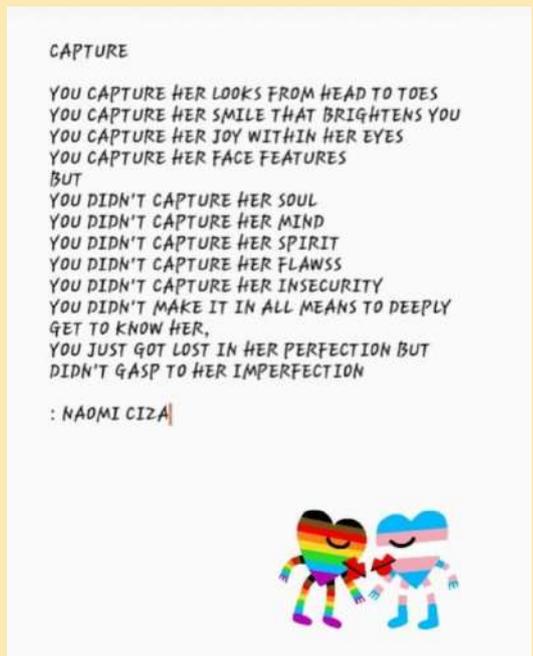


27 May 2021
3rd MHaGI Task Team Meeting



The **third MHaGI Task Team** meeting was held on 27 May, and we are grateful for such an inspiring team of people who are working with us to make this initiative a reality. Peter Buhendwa of the Tumaini Refugee Community Project has been actively involved in working with the **Flat Foot Dance Company at UKZN to support a group of young dancers**; as well as with Clinical Psychologist Sandy Kalyan on a **peer mentoring project for young refugees**. Yanga Mdleleni and Dr Themba Nxumalo have recently launched their new support group, **LGBTQI+ Depression and Anxiety Community Support Group**, and celebrated International Day against Homophobia, Transphobia and Biphobia on 17 May with a **webinar entitled "Breaking the Silence"**. Many thanks to speakers Wade Schaerer, Mpume Nkosi and Shenay O'Brien for a meaningful conversation. There are a number of important projects in the pipeline: the start of district support groups across KZN, **Share Your Story with Masoodah Mahomed**, and the upcoming collaboration with the **Mums Support Network** around maternal mental health. Watch this space for news of events.

Poem by Naomi Ciza
MHaGI Refugee Peer Support





29 April 2021

Community Forum:
Managing Bipolar Mood Disorder during COVID-19

A BIG THANK YOU to Chantelle Booyesen and John Hunter for hosting an engaging and inspiring session

29 April 2021

Support Group Leader Forum

Thank you to all the Support Group Leaders who attended



29 April 2021

Grief Counselling Training:
Grief: A normal response but how do I deal with it?

A BIG THANK YOU to Alison Hadfield who presented this important topic and trained 10 SADAG KZN staff and volunteers

7 May 2021

Volunteers Literacy Planning 1

Thank you to the 21 Active Volunteers who attended and made a commitment to this programme.



27 May 2021

Volunteers Literacy Planning 2

Thank you to the 15 Active Volunteers who attended and made a commitment to this programme.

MAVERICK CITIZEN OP-ED
Stigma: A silent threat to the mental wellbeing of healthcare workers during Covid-19

By Suntosh R Pillay • 19 May 2021



© (Photo: vmsstreetnews.com / Wikipedia)

Daily Maverick Article
by Suntosh Pillay
(Link below)

9 May 2021

Women Ready to Lead 2030
SADAG KZN Project Manager,
Chantelle Booyesen in conversation with
Prof Thuli Madonsela on Women's Mental Health.





CENTRE for APPLIED PSYCHOLOGY



**UNIVERSITY OF KWAZULU-NATAL
INYUVESI YAKWAZULU-NATALI**

During COVID-19 we are offering Online or Face-to-face Counselling



Psychotherapy, Counselling and Assessment Services for Adults and Children (Affordable rates for Non-Students)

- * Depression
- * Anxiety
- * Trauma, Behavioral Concerns
- * HIV/AIDS (Pre and post and ongoing Counselling)
- * Personality disorders, Interpersonal Conflict
- * Couple and Marriage Counselling

The Centre for Applied Psychology Presents
A Proven and Effective Therapy Program for Relationship Improvement, Stress/Anxiety and Depression Relief
--For 2021 rates please contact the Psychology Clinic--

Contact Email: Psychclinic@ukzn.ac.za - WhatsApp-078 512 1959

FREE FORUM

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

The Unknown Journey
by Sandhir Sewmungal
on School Bullying

30 June 2021
13.00 to 14.00pm

RSVP details to follow

Volunteers

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

Friday, 2 July 2021
13.00 to 14.00pm

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

NB Dates

16
Youth Day

20
World Refugee Day

16th JUNE YOUTH DAY: INSPIRATION REQUEST

Submit your answers to 1, 2 or all of the following questions to kznprojects@sadag.org by **Tuesday, 15 June 2021** and feature on social media, our stakeholder message boards, newsletters and SADAG KZN communication.

1. **"What can be done to help young people's mental health?"**
2. **"Why is young people's mental health important?"**
3. **"In my community I would like to see young people..."** (finish the sentence)

You can submit either:

1. 3-sentence written quote with a picture or
2. 30-sec video or
3. Expressive image that depicts your answer



SADAG KZN has launched a **6-month Mental Health Literacy Programme for our Active Volunteers**. Every month a group of nominated volunteers will work together to research, write, project manage and present, a group-chosen mental health topic. Here are the topics with dates planned:

Unresolved trauma

Friday, 2 July 2021
13.00 to 14.00pm

Panic and Anxiety

Friday, 6 Aug 2021
13.00 to 14.00pm

Depression

Friday, 3 Sept 2021
13.00 to 14.00pm



Bullying and Cyberbullying

Friday, 1 Oct 2021
13.00 to 14.00pm

Gender-based Violence

Friday, 5 Nov 2021
13.00 to 14.00pm

Cultural influences and approaches

Friday, 3 Dec 2021
13.00 to 14.00pm

Volunteers who sign up to be present at **ALL** sessions, and complete relevant survey forms, will be eligible for a "Mental Health Literacy Token of Participation" at the end of 2021. **Details of Zoom links will be distributed on the "Active Volunteers Whatsapp Group"**. Keep an eye out. Email mentalhealthmatters3@gmail.com for more info.

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.

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
Azeeza azz_rawat@hotmail.com




Join us at a FREE

LGBTQ+ Depression & Anxiety Community Support Group

When Thursday 13 June 2021
Where Online, using Zoom
For those in and around Durban
Time 6pm



For more Info & to RSVP contact Yanga 061 431 9327

***NOTE: THIS GROUP IS FACILITATED BY NON-PROFESSIONALS. THIS IS NOT A THERAPY GROUP, BUT A SAFE SPACE FOR SHARING AND CONNECTING.**




STRONGER THAN SIZE SUPPORT GROUP

JOIN US FOR OUR FREE BODY POSITIVITY SUPPORT GROUP!

DATE? STARTING THURSDAY, THE 11TH OF MARCH, 2021. *EVERY SECOND THURSDAY.

TIME? 6PM-7PM GMT +2

WHERE? DISCORD APP/WEBSITE.
Text based chat is available as well.

PLEASE EMAIL azz_rawat@hotmail.com OR nazz_rawat@hotmail.com FOR MORE INFORMATION/IF YOU WANT TO JOIN, PLEASE SEND THROUGH THE ANSWERS TO THE BELOW QUESTIONS.

- 1) Why do you want to join this group?
- 2) Why do you think body positivity and self-love is important?



Schizophrenia Support Group

Every 3rd Saturday of the month, commencing 15 May 2021
14H00 - 16h00
Westville Methodist Church
38 Jan Hofmeyr Road, Westville



Inviting all family members, friends, carers of persons living with Schizophrenia to join others facing similar challenges for a time of support and empowerment

FREE ENTRY

Contact Wendy Robinson for more information
071 413 9334
psycare@telkomsa.net

All COVID precautions will be taken

Phrenaid
Registered Non-profit Organisation
Registration Number D17-886-NPO

“We are more than our size; we are more than this body of water and clay. Our size does not determine our worth or strength. Stay stronger than size.”

During this month of mental health awareness, it is impossible to over-stress the importance of taking care of our mental health, and by being aware of all the factors that may play a part in affecting us negatively. This includes weight stigma, media that promote body dissatisfaction and unrealistic beauty standards. Join our online Body Positivity support group to share your experiences and struggles. Plus, you can follow us on Instagram @strongerthansize.

**Questions for
Support Group
Leaders
Azeeza Rawat and
Nazeera Rawat**



Tell us about your support group?

We run the Mental Health for Writers Support Group. It's run online since April 2021, using Discord, which is a free platform that allows group chats, video, and voice calls.

Practically, how do you run the group?

We wanted to have a combination of a writers' group and a support group so we set up themed activity days, such as "Wing It Wednesdays", where we post writing and mental health prompts. We also have "Fact Check Friday", where we post a writing tip that we evaluate individually and as a group. We also have a resources page to post links to writing webinars, videos, organizations, and inspirational pictures. There are currently 23 of us, and we have our meetings every two weeks. There is a wonderful variety of talented writers, which I love.

What motivated you to become a support group leader (SGL)?

Azeeza attended her first support group training with SADAG KZN in 2019, and in November of that year she co-facilitated a 6-week Social Anxiety Support Group. She learnt a lot from this experience and wanted to repeat the endeavour. So, in March this year, she started planning a group for writers. Azeeza started writing herself last year, and realised how lonely or difficult it can be at times. We are both passionate about educating ourselves regarding mental health. We have honours degrees in Psychology, so we thought we might be able to assist people, even in any small capacity, by starting this support group.

What is the biggest success you've had with your group?

The initial response was extremely encouraging. People were reaching out and keen to share their stories, before they had even joined the group. Group participation and encouragement is great. People are quick to compliment each other's writing and to offer any advice they can. We believe the first step of tackling stigma surrounding mental health is by opening up about your own struggles. Our members are very brave in that they share their vulnerabilities, and their writing, which is challenging.

What are the common challenges?

Getting consistent engagement can be challenging. You have your busy weeks and your quiet weeks. Sometimes as the co-facilitators, we may take on too much of a "teacher" or "advisor" role, when we are in fact all on this same journey together. It is okay to not have the answers or any advice in the moment. Often not all members can make meeting times. It is difficult to find times that work for everybody. That is why we keep the text chats open from 8am to 8pm.

What are the main benefits to you, personally, for running a support group?

We love meeting new people, especially writers. It is wonderful to share what we know and to also learn and get support from my members. We also find it therapeutic to share our stories and feelings. Support groups are there for the co-facilitators as well.



UMTHELELA WENGCINDEZI KUMASOSHA OMZIMBA

by Dr Sithembisile Mngadi

Ingcindezi (stress) iyingxenyane yempilo yansuku zonke, futhi ngeke siqiniseke ngokuthi ngeke sichaphazeleke yiyo. Impilo yanamhlanje isinamazinga aphezulu engcindezi ngenxa yokuguquka kwempilo. Ukuhlukana kwemindeni emikhulu lapho uxhaso belubakhona ngezindlela eziningi, impilo ematasatasa, ukusuka kwabantu ezindaweni zasemakhaya beya emadolobheni ngenxa yamathuba angcono kungezinye zezibonelo ezingaba nomthelela ekunyukeni kwezinga lengcindezi kubantu.

Imzimba yethu idalelwe ukumelana nengcindezi yesikhathi esifushane ukuze sikwazi ukuzivikela uma sibhekene nobungozi. Lokhu kuye kubonakale uma umuntu ebhekana nesimo esinobungozi ngokushesha esiyaye sidinge ukuthi alwe noma abaleke (fight or flight response). Lesisimo sengcindezi yesikhashana siyaye sihambisane nokunyuka kwamazinga ama-hormones athile emzimbeni njenge cortisol kanye nezinye izicubu zomzimba ezilekelela amasosha omzimba ukuthi alwisane nezifo ezihlaselayo. Lezizicubu kanye nama-hormones kuye kuphinde kubuyeke ezingeni lakho elijwayelekile uma ubungozi sebudlulile.

Ingcindezi engapheli neqhubekayo iba nobungozi emzimbeni yenze namasosha omzimba abe buthakathaka, ngenxa yezinga eliqhubekayo neliphezulu lecortisol nezinye izicubu ezikhuthaza ukulimala kwezakhamzimba (pro-inflammatory cytokines). Lokhu kuholela kweminye imithelela eminingi engemihle njengokutholwa izifo kalula, ukuvumbuka kwezifo ebezicindezelwe ngamasosha ngaphambili zingenabungozi, ukuqala kwezifo ezingamahlalakhona njengesifo somfutho wegazi ophezulu (high blood pressure), isifo sikashukela kanye nesifo senhliziyo.

Isimo esizithole sikuso ngalonyaka ka-2020 sokubhekana ne COVID-19 silethe ingcindezi enkulu phezu kwethu sonke emhlabeni jikelele. Kuye kwaba nokunyuka kwengcindezi lapho kufika khona ukuvalwangci kwezwe ukuze kunqandwe ukubhehetheka kwalesisifo. Impilo yokuzivalela endlini, singakwazi ukuvakashela izihlobo nabangani, ukungakazwi ukuzithokozisa ngendlela ebesiyazi siyijwayele, ukungakwazi ukusekana ngokwaneleyo lapho abanye bedlulelwa emhlabeni abathandiweyo babo ngezinye nje zezimo esingazibala kweziningi okuye kwamele sibhekane nazo ngesikhathi esifushane, ngaphandle kokuthola ithuba lokuzilungiselela.

Lemithelela engemihle ayigcini emzimbeni kuphela kodwa iyakhula nasemoyeni, lapho ingacina idala isifo sokhwantalala (depression), uvalo nexhala elingapheli (anxiety disorders), nesifo se Post Traumatic Stress Disorder kwezinye. Kwabanye lokhu kungahololela ekusebenziseni izidakamizwa ezinhlobonhlobo ukuzama ukumelana nalengcindezi, noma ukungakwazi ukuqhubeka nohlelo akade sebeluqalile lokulwisana nokuthembela kwizidakamizwa (drug/substance rehabilitation program) ngenxa yokulwa kwezindawo zosizo kanye nalezo zokuhlanganyela nabanye (support groups).

Kubalulekile-ke ukuthi sihlale siziqaphile thina kanye nalabo abaseduzane nathi ukuthi simelane nemithelela engemihle engenziwa ingcindezi eqhubekayo emoyeni kanye nasemzimbeni.

Kumele sifake izindlela zokubhekana nengcindezi kusikompilo lwethu lwansukuzonke njengokuzivocavoca - kungaba ukuhamba ngokukhaphuzela (brisk walking), ukujahana (tag), ukugijima, ukushova ibhayisikili, ukudansa, ukubhukuda ukudlala imidlalo yaphandle njengoshumpu, u3-tin nokunye. Ukuba nesikhathi somndeni esikhethekile-kudingidwe izigameko zosuku, ukudlalwa kwemidlalo yasendlini njengamakhadi, umlabalaba, ukuxoxwa kwezinganekwane, snakes and ladders, puzzles nokunye. Ukwesekana ngokuxhumana ezinkundleni zokuxhumana nangocingo nabathandiweyo bethu abakude kakhulukazi labo abahlala ngabodwana. Ukudla kahle ukudla okunomsoco okunezithelo nemifino eminingi, ukuphuza amanzi ngokwaneleyo. Ukuba nomngani noma isihlobo osithembayo ngezimfihlo zakho, ongakwazi ukukhuluma naso uma ubhekene nobunzima obuthile.

Uma ingcindezi izezingeni eliphezulu, ungasakwazi nokwenza imisebenzi yakho yansuku-zonke, noma usunemicabango yokuzilimaza noma labo osendelene nabo, kumele uthole usizo ngokushesha. Ungaya esikhungweni sezempilo esiseduzane nawe, noma uthinte ngocingo isikhungo se-SADAG ukuze uthole usizo.

Ithemba likhona, nosizo kanjalo lukhona, ungadikibali, ungaliphonsi ithawula.

YOUNG PEOPLE CHAMPIONING POST-PANDEMIC FUTURES



"COVID-19 has disproportionately affected millions of children and young people worldwide, with public health restrictions and socio-economic disruptions having a devastating impact on their education, mental health, career prospects, safety and personal development. For many, uncertainty and fear for the future is the 'new normal'. During these unprecedented times, it is more important than ever that governments, policymakers, academics, business leaders and civil society come together to find innovative ways of supporting communities and providing hope to younger generations. The pandemic has further highlighted and exacerbated the existing inequalities in our societies, with respect to access to resources, information and power dynamics.

Children and young people are among the hardest hit; girls and young women in particular have been disproportionately impacted. Due to lockdowns, millions are missing out on education, and those without digital access and a suitable home learning environment are particularly disadvantaged. Many young people are in temporary or informal jobs, and in sectors worst affected by the pandemic, resulting in high levels of unemployment and job insecurity. This, along with the disruption to their education, has left many facing an uncertain future.

The mental health of many children and young people has been adversely affected by isolation, disruption to their normal routines, and worries about the future. Lockdowns have seen an increase in gender-based and interpersonal violence and more children are living in unsafe homes with reduced access to support. More time spent online means that many are at increased risk of cyberbullying and abuse. With work, education and other activities shifting online, the digital divide has become ever more apparent. Millions of children and young people do not have access to digital technology or adequate internet connectivity at home, severely affecting their life chances and participation. Despite all these challenges, young people all over the world are and have been working towards providing support to one another and their communities in need.

KEY CALLS TO ACTION FOR POLICYMAKERS

1. Ensure that children and young people from diverse backgrounds play a **direct, active and powerful role in making decisions** and developing policies that affect them and their future.
2. Ensure **equal access to healthcare for children and young people**, regardless of background or employment status, with mental health as a key priority.
3. Invest in more **user-friendly, low-cost/high-efficiency systems** to ensure children and young people have inclusive access to education, as well as in promoting digital inclusion and online safety.
4. Promote **digital safety and privacy as a fundamental human right**, ensuring and maintaining a safe space for everyone irrespective of race, region, gender, sexual orientation, age, economic background and any other attributes.
5. Prioritise **upskilling and reskilling educational paths which promote skill development and vocational learning** that will help future-proof careers. This includes competences around financial education, digital skills and civic skills.
6. Promote **active investment in building strong and resilient communities** as a core element of public policies and programmes, with meaningful engagement of young people in this process.
7. Ensure that **children and young people are at the forefront of COVID-19 recovery programmes and policies**, and that they are not disproportionately affected by budget cuts.
8. Support **youth serving organisations at all levels** (including grassroots organisations) during and after the COVID-19 crisis with increased funding or alternative funding schemes (including potential institutional support), ensuring the survival of the youth work sector.
9. **Adapt national and local youth policy to the new realities of digital and blended youth work."**

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

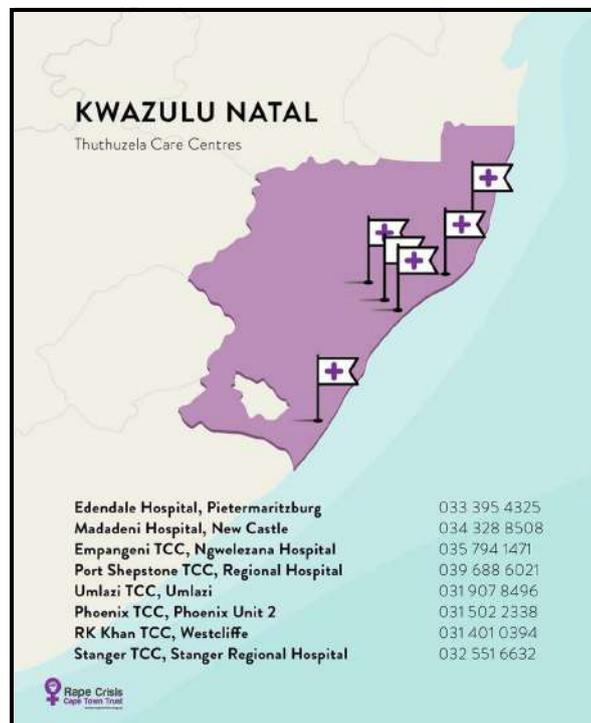
www.mobieg.co.za

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