



SADAG KZN NEWSLETTER

MAY/JUNE 2022

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

SADAG KZN CONTACTS

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WA: +27 78 278 7047
OR
E: kznprojects@sadag.org

SADAG NATIONAL HELPLINE

0800 456 789
www.sadag.org



YOUTH DAY: 65% of young people with mental health related issues did not seek help - UNICEF

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...



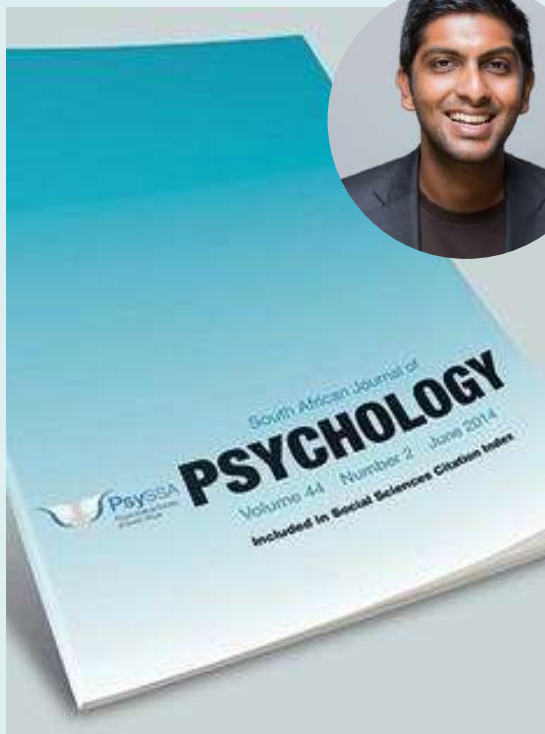
"Some 65% of young people stated that they had some form of a mental health issue but did not seek help, according to findings from the latest UNICEF South Africa U-Report poll. More than a quarter of respondents didn't think their mental health problem was serious enough to seek support, while 20% did not know where to get help and 18% were afraid of what people would think. Increased poverty and a lack of hope for the future, top the reasons given for children and young people's anxiety, showing a shift from violence as the lead reason in a similar poll six months ago.

"Mental health impacts on every part of a child's life, including their physical health, which is why it's so important that we provide the support they need now. There is still a stigma around mental health issues that can prevent young people from seeking help," said Christine Muhigana, UNICEF SA.

UNICEF South Africa calls for all partners to:

- Strengthen the **child rights governance system**, with clear roles and responsibilities for everyone involved in a child's life, to create a nurturing care environment.
- **Support and empower parents, caregivers**, children and young people to be able to seek advice and access quality mental health and psychosocial support services needed to improve mental health.
- Integrate and scale up **evidence-based interventions** across sectors, including positive parenting programmes, safe parks and schools support to mental health.
- **Break the silence, address stigma** and promote better understanding of mental health and the experiences of children and young people.
- **Improve collaboration** between government, private sector, civil society and academia to accelerate investments in psychosocial support, to create hope through youth empowerment and employment.

<https://www.unicef.org/southafrica/press-releases/65-cent-young-people-mental-health-related-issues-did-not-seek-help-unicef>



NEW PUBLICATION

The South African Journal of Psychology by **Suntosh Pillay**

An exploratory survey of the lived experiences of lesbian, gay, and bisexual South Africans of Indian descent: towards intersectional insights

Despite growing research on the lives of lesbian, gay, bisexual, and transgender people in South Africa, there are few studies exploring its intersection with local Indian sub-groups. This article presents the results of the first national exploratory survey of the psychosocial experiences of lesbian, gay, bisexual, and transgender South Africans of Indian descent.

International
Journal of
Child and
Adolescent
Health



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WVA

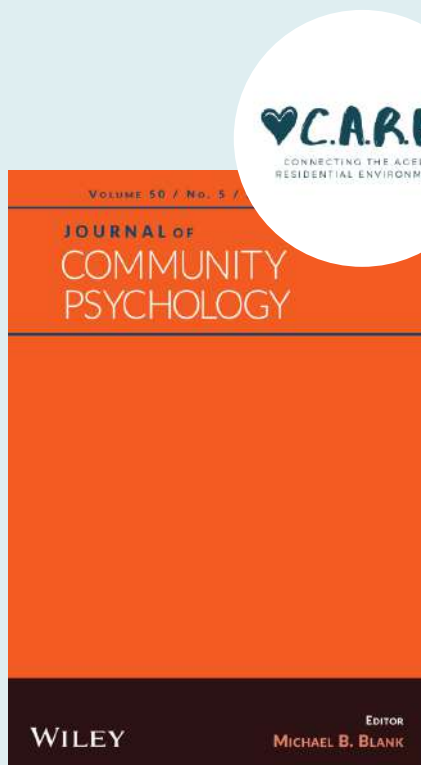


NEW PUBLICATION

The Journal of Adolescent Health by **Gabriela Pavarini, Chantelle Booysen et al.**

Agents of Change for Mental Health: A Survey of Young People's Aspirations for Participation Across Five Countries

In many countries, Mental Health and Well-being is not taught or discussed in schools and youth-led mental health interventions are rare. Findings from this study reveal clear aspirations for participatory engagement to promote Mental Health and Well-being among young people in Low- and Middle Income Countries. To support meaningful participation, policymakers and youth service providers must ensure that young people have access to mental health literacy training and opportunities to raise awareness in schools or community settings.



NEW PUBLICATION

Journal of Community Psychology
by Mary Ann Jarvis, Suntosh Pillay,
Lynn Norton, Nemisha Hiranman,
Olivia B Baloyi

Delivering a psychosocial program for older people living in retirement homes during the Covid-19 pandemic: A process evaluation and recommendations for community interventions

The Covid-19 pandemic lockdown regulations caused retirement homes to temporarily ban in-person visitation potentially increasing the mental health risks of older people. An opportunity arose for a multistakeholder community collaboration to design a mental health program for older people. The article evaluates the process of delivering a 12-week psychosocial program aimed at preventing loneliness, countering boredom, and providing older people in restricted settings with education about Covid-19 during the lockdown, in Durban, South Africa.

17 May 2022

COMMUNITY TALK

TAFTA talk on the impact of, and supportive resources, for Grief

Thank you to SADAG KZN representatives, Lynn Norton and Lori Barausse, who spoke on the impact and supportive resources on grief at TAFTA (The Association for the Aged) in Durban.





23 May 2022
COMMUNITY TALK
 SouthSide FM Mental Health Mondays

DJ Lloyd Paul, a well-known advocate for mental health, has joined a new community radio station in Durban called SouthSide FM. Suntosh Pillay featured as his first guest speaker on his mental health slot on May 23. Tune in on 107.2 FM or livestream on www.southsidefm.com every Monday at 15h30 for Lloyd's #MentalHealthMondays!

25 May 2022
COMMUNITY TALK
 Chatsworth Mental Health Talk

Junade Majid, Masoodah Mohamed, and their team at the Chatsworth Depression and Anxiety Support Group hosted Suntosh Pillay to speak about "Lifestyle Changes to Help Cope with Depression". The well-attended event was held at the Nelson Mandela Youth Centre. Suntosh spoke about the importance of healthy eating and the relationship between the gut and our brain; the benefits of regular exercise, especially daily walking; the centrality of social support and support groups; speaking openly about one's problems and reaching out to trusted friends and family; and untapping inner creativity so that one can channel their energy into productive pursuits.



4 June 2022

COMMUNITY EVENT

Denis Hurley Centre Street Store

Thank you to SADAG KZN representatives, Siwe Ndlovu and Lynn Norton, who attended Denis Hurley Centre's Street Store event in Durban, providing mental health information and support to their beneficiaries.



22 + 23 JUNE 2022

COMMUNITY EVENT

Motivational Interview Training by UKZN DRILL



Thank you to SADAG KZN volunteer, Desiree Govender, The South Africa International Technology Transfer Centre and Postgraduate Diploma in Addictions Care UCT and the UKZN DRILL Team, who hosted a 2-day course that gave us insight into the "Motivational Interviewing" concept which is a counselling technique that is aimed at facilitating behavioural change. With guidance from the facilitators together with practical exercises, we learned the principles, processes, stages and tools of the technique.

30 June 2022

COMMUNITY EVENT

Supporting the Mental Health of South African NPO's through the NPower Mental Health Support Programme

SADAG invited KZN Non-Profit Organisations to a mental health workshop to highlight the support that SADAG's NPower Programme provides to all NPOs, as well as a networking opportunity for various NPOs in KZN. The workshop was hosted at The South African College of Applied Psychology (SACAP) campus in Durban and facilitated in collaboration with the KZN Mental Health Advocacy Group. Speakers included Prof Suvira Ramlall, Suntosh Pillay and Senzekile Shongwe from the SADAG Johannesburg Office. Senzekile spoke on the importance of NPOs looking after their own mental health, and highlighted some of the free support services provided to NPO's by the NPower programme.



NPower
Supporting the mental health of South African NPOs
Tshikululu SADAG NPO Support Helpline:
0800 515 515
SMS number 43010

THE SOUTH AFRICAN COLLEGE OF APPLIED PSYCHOLOGY

TSHIKULULU SOCIAL INVESTMENTS

@Npowersa | @npowersa
www.npowersa.org

Over 55 NPO's attended





SADAG KZN & MHaGI PRESENTS
FREE COMMUNITY WEBINAR

Our bodies, Our lives, Our rights
LGBT+ identities in a 'free' South Africa

International Day Against Homophobia, Biphobia and Transphobia (IDAHOBIT) was created in 2004 to draw the attention to the violence and discrimination experienced by lesbian, gay, bisexual, transgender, and intersex (LGBTI+) people and all other people with diverse sexual orientations, gender identities or expressions, and sex characteristics. The date of **May 17th** marks the World Health Organization's decision in 1990 to declassify homosexuality as a mental disorder. In South Africa, despite impressive legal protections, growing affirmative healthcare practices, and some progressive changes in attitudes, LGBTI+ people still struggle to enjoy the so-called freedoms of our post-1994 country. The struggle continues - but where to from here?

Panel:
Suntosh R.
Angeline S.
Nonhlanhla
Mpume Nkosi

Tuesday,
17 MAY 2022
12h00 to 13h00
Online via Zoom

kznsadag@anxiety.org.za



The MHaGI had a busy two months. We held our quarterly WVL Task Team meeting on **11 May** to catch up with all project leaders and plan for the next quarter.

On **17 May**, SADAG KZN and MHaGI presented *“Our Bodies, Our lives, Our rights – LGBT+ identities in a ‘free’ South Africa”* – a webinar to celebrate and highlight ongoing issues facing the community on *International Day Against Homophobia, Biphobia and Transphobia*. Many thanks to our wonderful panel of speakers Suntosh Pillay (Clinical Psychologist), Angeline Stephens (Psychologist at UKZN) and community activists Nonhlanhla Mkhize and Mpume Nkosi for joining us.

On **6 June**, we held an interactive workshop at UKZN to train support group leaders across KZN to start mental health support groups with facilitators Suntosh Pillay and Lynn Norton from SADAG KZN. Lori Barausse of SOLOS also shared her experiences as a long-time support group leader in KZN. The training was done in collaboration with UKZN psychology master's students. Thank you to our participants who travelled many distances from across the province to be with us.

Support groups are still mostly online with a few starting in-person groups this year. Contact our **24-hour free helpline on 0800 456 789** for more info on Support Groups in your area.



SADAG KZN PRESENTS

**Free Online Support Group Series:
Anxiety and Stress Management**

HOSTED BY
Counselling Psychologist, Maxine Grimett
from Psych Grow



**SESSION 3:
Focus on questioning
your thought patterns**

Join this FREE online support group series where we discuss topical issues and provide wellbeing supportive tools to help you, your family and your community during difficult times.

**Tuesday,
12 JULY 2022
13h00 to 14h00
Online via Zoom**

USE LINK TO REGISTER OR
EMAIL: Siwe.Ndlovu@outlook.com

JOIN VIA ZOOM
Meeting ID: 847 3029 9303
Passcode: 653 889

kznsadag@anxiety.org.za | +27 78 278 7047 | www.sadag.org

SADAG KZN and Counselling Psychologist, Maxine Grimett from Psych Grow, will be running a series of webinars to help you manage your anxiety and stress during these difficult times.

These webinars will involve forming a **supportive group of people coming together to focus on learning healthy coping skills** that are proven to work. When you join the group, you can connect with other people who understand what you're going through. You will receive the most benefit from joining in all the sessions but you can also attend sessions that may be of particular interest to you.

8 MONTHLY SESSIONS INCLUDE:

- ✓ 10/05 - Am I experiencing anxiety or stress? Practice deep breathing
- ✓ 07/06 - Identify and learn to manage your triggers
- 12/07 - **Questioning your thought patterns**
- 16/08 - **Do a daily or routine meditation**
- 13/09 - **Change your diet**
- 11/10 - **Build your self-esteem**
- 08/11 - **The myths around anxiety and setting the record straight**
- 06/12 - **Reflection and Summary**

Participants must register for each of the sessions in advance. See the link below to register for the upcoming sessions.

"The webinars were very informative. It helped me develop my personal coping strategies for reducing and managing stress. I can undoubtedly say my resilience has been enhanced."

A **SADAG KZN Volunteers Meet and Greet** was hosted on 1 July 2022 and had some great insight from SADAG JHB Volunteer Coordinator, Senzekile Shongwe, on getting involved and organising our volunteers in KZN. If you are interested in volunteering opportunities and keen to explore the options, **kindly contact Siwe on siwe.ndlovu@outlook.com** for more information.



Phrenaid
invites all persons living with, and affected by,
Schizophrenia to join a casual and fun get-together





Bring and Braai
at Paradise Valley Nature Reserve
10 Oxford Road, Pinetown, KZN
Saturday, 16 July 2022
11.00am onwards

<p>Entry fees at the reserve gate: Adults: R17.00 pp Children up to age 15: R 15.00 pp Pensioners: R 11.00 pp – bring your SASSA card as proof</p>	<p>Provided: Tea, coffee, rolls, cakes, cutlery, crockery, serviettes, ice and braai fires will be provided</p>
<p>To bring: Bring your own meat (and deck chair if you have) Salads and cold drinks to share welcome</p>	

**Prices Subject To Slight Annual Increase

Call Wendy on 071 413 9334 for more details

JUL

10
Panic Awareness Day

18
Nelson Mandela International Day

AUG

9
National Women's Day

12
International Youth Day



World Mental Health Report: Transforming mental health for all

"Mental health conditions are very common in all countries of the world. Most societies and most health and social systems neglect mental health and do not provide the care and support people need and deserve. The result is that millions of people around the world suffer in silence, experience human rights violations or are negatively affected in their daily lives. This should not be the story of mental health, globally or in your country. And it does not have to be. This report argues for a transformation in mental health and shows that it is possible. Using findings from research and practice, it explores diverse options to deepen the value and commitment we give to mental health, to reshape environments that influence mental health, and to develop and strengthen community-based mental health services. Using examples of positive change from across the globe, this report shows that every country, no matter its situation, has many opportunities to significantly improve mental health for its adults and children. Throughout this report you will find narratives from people around the world with lived experience of mental health conditions. Their accounts show what effective health and social support looks like, how it can lead to recovery, and how this means different things to different people. And they tell of the suffering, stigma and social exclusion that happens in the absence of environments and services that protect and support mental health and that offer affordable, quality care. Ultimately, these stories are a reminder that investing in and transforming mental health means investing in people. Everyone has a right to mental health. Everyone deserves the chance to thrive." - Dévora Kestel, Director, Department of Mental Health and Substance Use World Health Organization

Three transformative paths towards better mental health



DEEPEN VALUE AND COMMITMENT

- Understand and appreciate intrinsic value
- Promote social inclusion of people with mental health conditions
- Give mental and physical health equal priority
- Intensify engagement across sectors
- Step up investment in mental health



RESHAPE ENVIRONMENTS

- Reshape physical, social and economic characteristics of different environments for mental health, including
 - homes
 - schools
 - workplaces
 - health care services
 - communities
 - natural environments



STRENGTHEN MENTAL HEALTH CARE

- Build community-based networks of services
- Move away from custodial care in psychiatric hospitals
- Diversify and scale up care options
- Make mental health affordable and accessible for all
- Promote person-centred, human rights-based care
- Engage and empower people with lived experience

CASE STUDY

BOX 7.1B

Kenya: USP-K peer support groups

The Users and Survivors of Psychiatry in Kenya (USP-K) is a peer-led national membership organization that works to promote the rights of people with psychosocial disabilities. As part of its activities, USP-K runs community-based peer support groups where people with lived experience can come together to share their stories, give each other psychosocial support and discuss specific issues, for example, crisis response strategies or local livelihoods.

20–35 people attending each meeting. Each group also has two-way links to local health facilities through a community health or social worker that forms part of the group and through a strong referral system in which mental health professionals can refer individuals to the peer support groups.

USP-K estimates that in total its peer support groups have given more than 200 people access to mental health services within their community. The organization further reports that the peer support groups have reduced stigma and discrimination, empowered members to self-advocate and enhanced overall well-being and independent living.

Sources: WHO, 2012 (430); USP Kenya, 2011 (526).

