



SADAG KZN NEWSLETTER

NOVEMBER/DECEMBER 2020

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

SADAG KZN CONTACTS

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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!

On **13 November** we celebrated **World Kindness Day**, a movement celebrated in over **28 countries**. While everyday should be World Kindness Day, this day highlights the importance of being kind and spreading kindness through small gestures, creating a positive environment.

According to research from Emory University, when you are kind to another person, **your brain's pleasure and reward centre lights up**, as if you were the recipient of the good deed not the giver. This phenomenon is called the **"helper's high"**. A feeling, following **selfless service to others, of elation, exhilaration and increased energy**, then a period of calm and serenity. This "high" was said to be **similar to that following intense physical exercise**.

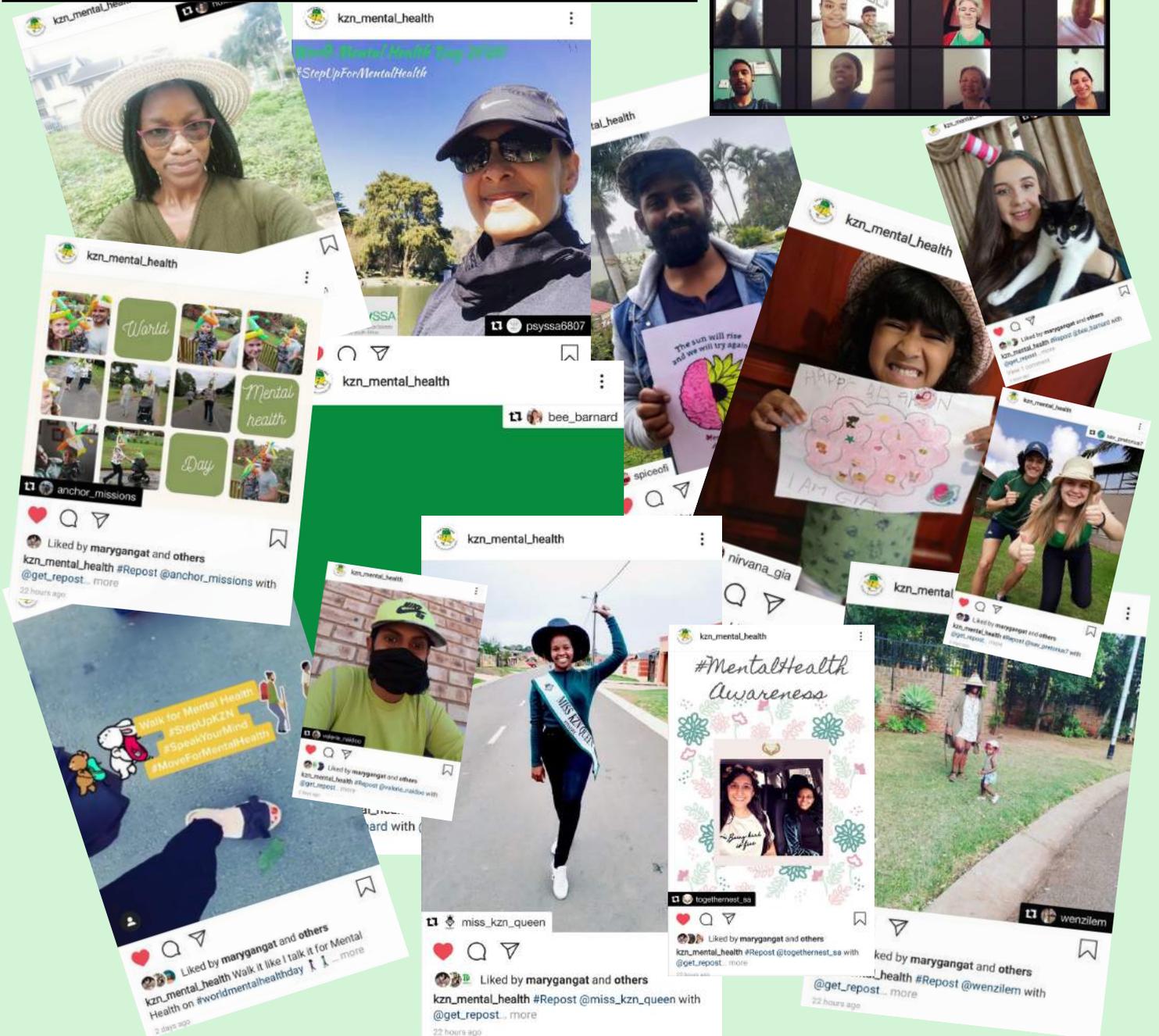
Celebrate kindness this December with these **fun and easy ideas!**

- **Be kind to others:** Tell a friend exactly what makes them great - just because! You don't need an excuse to remind someone why they're awesome.
- **Be kind to the environment:** Litter makes our beautiful planet look ugly. Invite some friends to help clean up your neighbourhood, local park or beach.
- **Be kind to yourself:** A daily dose of sunshine and natural light is just as important as brushing your teeth. Vitamin D makes our bones strong and some people even say that sunlight makes us happier.

How will you show kindness this festive season? Share your small and big acts of kindness on social media. Hashtags **#StepUpKZN** **#WorldKindnessDay** and tag **@kznmentalhealth @sadag**.

WE MOVED FOR MENTAL HEALTH!

Thank you to everyone who showed up by supporting the movement for mental wellbeing this past October. While we physically moved we also joined the **global movement towards greater investment** in adequate mental health care. **It does not end in October! It is an all-year-round push to ensure mental wellbeing for all!**
Subscribe to our Youtube account for recordings of events @KZNMentalHealth



WE ALSO TALKED MENTAL HEALTH!

Due to the Covid-19 pandemic our 6th annual Durban Mental Health Symposium was hosted online this year. The event included 3 x panel interviews with internationally renowned mental health activists from around the world. We had some incredible conversations with incredible minds.

Panel 1: The future of global mental health

Panel 2: The voices of lived experience advocates

Panel 3: Transforming community engagement and research

The event is free to watch online - click here:
https://www.youtube.com/watch?v=9A_Xd3HCC48&t=77s

Interview - Rochelle Burgess - Durban Mental Health...

Interview - Wenzile Madonsela & Grace Gatera - ...

Interview - Miranda Wolpert & Vikram Patel: Durban Menta...

19 November 2020

Community Forum
Depression: The Invisible Pain

6 November 2020

Free Volunteer Training
Tools for Practicing MHA



The **Mental Health and Gender Initiative (MHaGI)**, which took off in August, has been steadily making progress towards achieving its outcomes for 2020. Dr Ruwayda Petrus, an industrial psychologist from the University of KwaZulu-Natal, has come on board to set up the academic component of our project, and our proposal to conduct a situational analysis of gender-related mental health activities in KZN is currently awaiting research ethics approval. In addition, Sandy Kalyan, a clinical psychologist, has been facilitating workshops with **youth and women** from the **Congolese refugee community** in the Durban CBD, as part our youth support group, and women's sewing group. Three sewing machines have already been purchased and sewing lessons are underway to help women start generating an income – especially during these difficult Covid-19 times. From 2021, our project will expand to include activities for both **LGBTI people and mums with postnatal depression**. If you would like to get involved, please contact **Lynn Norton** at kznsadag@anxiety.org.za.



thank
you



TO EVERY SINGLE PERSON WHO HELPED OUR
SADAG KZN TEAM THIS YEAR.

YOU ARE ALL INCREDIBLE! WE CANNOT DO ANY OF THE WORK WE DO,
WITHOUT YOUR DEDICATION, PASSION AND KINDNESS.

WE SALUTE YOU FOR GETTING US THROUGH 2020, WHICH TURNED OUT
TO BE ONE OF THE TOUGHEST YEARS IN RECENT HISTORY.

WE SALUTE YOU FOR YOUR COURAGE, STRENGTH AND EMPATHY
YOU HAVE SHOWN TO YOURSELF, AND THOSE AROUND YOU.

THANK YOU FOR MAKING MENTAL HEALTH A PRIORITY IN
OUR KWAZULU-NATAL COMMUNITY AND BEYOND.

PLEASE BE SAFE THIS FESTIVE SEASON, WE ARE LOOKING
FORWARD TO MORE INSPIRING WORK IN 2021.

OUR VERY BEST,
*Dr Suvira Ramlall, Surtosh Pillay, Lynn Norton,
Chantelle Booysen, Lori Barausse and Rivendri Govender*

PS. KINDLY NOTE THAT OUR OFFICE WILL BE CLOSED FROM
11 DECEMBER 2020 TO 11 JANUARY 2021.

SUPPORT GROUPS PEOPLE SUPPORTING PEOPLE

Contact our 24-hour free helpline on 0800 456 789 for more info on Support Groups in your area

During the time of COVID-19, physical support groups have been suspended. Support Groups are now hosted online and through WhatsApp groups. Please contact your support group leader for more information.



Mums Support Network

Join this online support for mothers and mothers-to-be. Zoom sessions every Monday and Thursday at 10am. Contact Alex on 0837880689 or alexandra@mumsupport.co.za.



SOLOS: Survivors of Loved Ones of Suicide

Join this WhatsApp support group if you need mental health support during the festive season. Contact Lori at suicideprevent@gmail.com for more info.

Refugee Whatsapp Support Group

Led by Peter Buhendwa for members of the refugee community living in and around Durban. For more info WhatsApp Peter on 076 662 9899.

Westville Support Group

Most Wednesday Evenings
A support group with an emphasis on Buddhist Mindfulness techniques. Email Shawn on skc@telkomsa.net for info.



The C.A.R.E. Team



thank you ♥

Thank you to all our SADAG C.A.R.E volunteers and the Social Workers from TAFTA for their commitment to our C.A.R.E project supporting the elderly during the difficult period of lockdown.

Helplines for the holidays

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

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

Alcoholics Anonymous South Africa

www.aasouthafrica.org.za
 Tel: 031 301 4959 / 301 9830
 24/7 helpline: 0861 435 722

Safer Spaces National Safety Services

www.saferspaces.org.za/safety-services

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

KWAZULU NATAL
 Thuthuzela Care Centres

Edendale Hospital, Pietermaritzburg	033 395 4325
Madadeni Hospital, New Castle	034 328 8508
Empangeni TCC, Ngwelezana Hospital	035 794 1471
Port Shepstone TCC, Regional Hospital	039 688 6021
Umlazi TCC, Umlazi	031 907 8496
Phoenix TCC, Phoenix Unit 2	031 502 2338
RK Khan TCC, Westcliffe	031 401 0394
Stanger TCC, Stanger Regional Hospital	032 551 6632

Rape Crisis
 Cape Town Trust

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

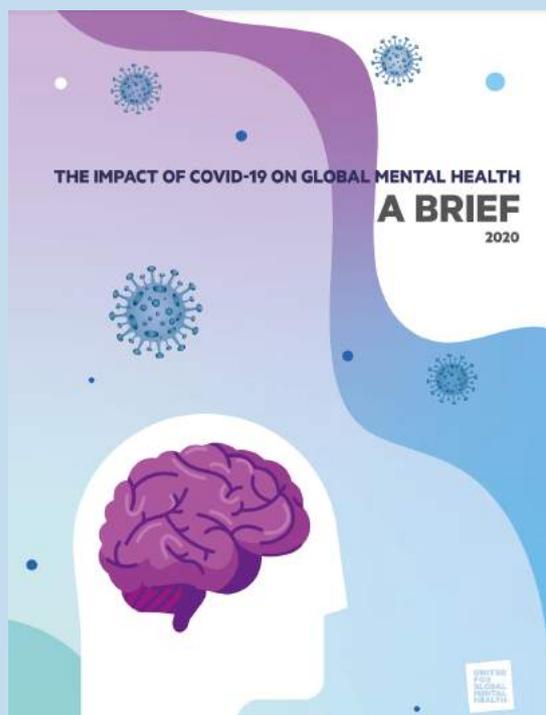
<http://www.kznhealth.gov.za/mental/covid19.htm>

health
 Department:
 Health
 PROVINCE OF KWAZULU-NATAL

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Home / Mental Health / COVID-19 / COVID-19 Mental Health Toolkit

COVID-19 Mental Health Toolkit



THE IMPACT OF COVID-19 ON GLOBAL MENTAL HEALTH

"The extraordinary increase in mental health needs is taking its toll on already burdened mental health services which are under-funded and under-resourced in many countries on every continent affected by the COVID-19 pandemic. COVID-19 has exposed the serious gaps in mental health care, and now more than ever world leaders need to prioritise and ensure that quality mental health support is accessible to everyone, everywhere"

Ingrid Daniels, President World Federation Mental Health

"Globally, mental health is being challenged like never before by COVID-19. Whilst there are many uncertainties about how the pandemic will progress, what is clear is that the impact on the mental health and psychosocial well-being of those most affected will be significant. This is a pivotal moment in the history of mental health. How the world tackles these challenges now will determine the well-being of a generation, and impact the drive to successful recovery and building back societies stronger for the future.

Those with existing poor mental health are facing a number of risks including increased rates of mental ill health and disruption to treatment, medications and the lifeline of support services. Studies are showing COVID-19 is likely to exacerbate existing mental health symptoms or trigger relapse among people with pre-existing mental health illness. In an online survey in South Africa, of those with a prior diagnosed mental health condition, some 12% identified feelings of suicide as the main challenge, and 6% indicated substance use as a difficulty.

Recommendations for countries:

- **Integrate Mental Health into All COVID-19 Response and Recovery Plans**
- **Increase Funding for Mental Health as part of COVID-19 Response**
- **Leverage Innovations**
- **Ensure Mental Health is Built into Universal Health Coverage (UHC)**

Across most countries governments weren't set up to respond to the growing mental health crisis before COVID-19 and they certainly aren't now. That's why we are determined to ensure quality mental health support is accessible to everyone, everywhere both now during this pandemic, and in the future. There is no health without mental health. Now more than ever is the time to invest in mental health."