



SADAG KZN NEWSLETTER SEPTEMBER 2020

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

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Heritage Day & Culture

By SADAG KZN Team

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...



We are happy to share a new feature in the launching of our proudly South African KZN SADAG KZN Mental Health Newsletter with you. As the rainbow nation celebrates our rich and proud heritage this month, we thought it timely to give a voice to the majority language group in KZN. Mental health and mental illness needs pervade all people irrespective of racial, cultural, linguistic, religious and political identities.

Nelson Mandela said: If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart.

Advocacy for mental wellbeing and the needs of those affected by mental illness is at the heart of SADAG's mission. To ensure we reach the hearts of all in our province, our editorial article by Prof Adelaide Magwaza will usher in a regular feature in future newsletters - a mental health news byte in IsiZulu.

Siyanamukela nonke.

Heritage Day & Culture

By Prof Adelaide Magwaza, University of KwaZulu-Natal

24 September is Heritage Day. Lolu usuku olubaluleke kakhulu lokubungaza amasiko, inkolo yethu kanye nolwimu lwethu esilukhulumayo lwesiZulu Sikhumbula ukuthi uHulumeni wakudala, wengcindezelo wazama ukubulala ulwimi lwethu lwesiZulu.

Asikhohliwe okhokho bethu abanikela ngempilo yabo ukubamba iqhaza: bahlonipha, bagcina amagugu esizwe sethu samaZulu. Namhlanje sesiyawazi, siyawabungaza. Lolusuku lunomlando obaluleke kakhulu lapha KwaZulu-Natal. Eminyakeni engaphambili lolusuku belwaziwa njengeShaka's Day, ukukhumbula nokubungaza inkosi yamaZulu, uShaka Zulu, owadlala indima enkulu ukuhlanganisa izizwe ezehlukene, wabumba isizwe esisodwa esihlangene samaZulu esinamasiko aso.

Emzansi Africa, siyiZizwe ezahlukene ngamasiko nezenkolo: aBansundu, aBamhlophe, amaNdiya, amaJuda, amaMaslimi nezinye izizwe. Sonke sinenjongo eyodwa, yokwakho izwe elinokuthula nekusasa elinempumelelo.

Ngosuku lweHeritage sibungaza, sibekezele amasiko abo bonke abahlali base Mzansi Africa ngokuhlukana kwabo: sihlalisane kahle, sihloniphane, singaxwayani noma sibandlululane ngokobuzwe. NgokwesiZulu umuntu, ngumuntu ngabanye abantu.

Amasiko ezizwe ezahlukahlukane abaluleke kakhulu ngoba ahambisana nendlela yokuphila nokuxhumana. Kusicacele kwakhanya ngalesikhathi seCovid-19 pandemic ukuthi kunzima kakhulu ukuba thina sihlukane namasiko ethu aphathelene nokushonelwa, imingcwabo, imishado nokunye okuhlanganisa imindeni eminingi nemikhulu bese kuyabungazwa (collectivity and connectivity based on humanness - isiko lobuntu).

Ngokunjalo futhi uma siphethwe izifo zomzimba nokuthikamezeka kwengqondo nasemoyeni ngesinye isikhathi thina siya kodokotela besilungu kanye nabalaphi bendabuko. Lokhu kungasho ukuthi kungabakhona ukusebenzisana, nokubambisan kubelaphi bezifo abehlukahlukene. Okubalulekile ukuthi singayingxeki inkolo yabanye abantu, kodwa lesisimo sisithathe njengethuba lokufundisana sandise ulwazi ngezinye izindlela zokwakha impilo engcono.

Sinezinkolo ezihlukene, nezigxilile futhi ngokukhonza emasontweni (spirituality). Kwesinye isikhathi izinkolo zendabuko yethu kanye nezamasonto kuba sengathi azihlangani kahle. Okubalulekile ukuthi sibekezelelane singagxekani ngoba nazo izinkolo zingasebenzisana uma sihloniphana. Singazami ukuhlakaza nokushabalalisa izinto ezinikeza abanye abantu ithemba lokuphila and meaning in life.

We need to learn to coexist with each other people. Seek unity and harmony in diversity. According to President Ramaphosa, heritage is not only about cultural preservation but is also a key driver of national development. Ngakhoke lolusuku lubuye luletha intuthuthuko ezweni lakithi iSouth Africa. Masibumbane sibe munye.

Lastly, I wish to pay tribute to Credo Muthwa, our esteemed indigenous healer, author who passed on this year. He relentlessly dedicated his life in preserving indigenous wisdom which is now part of artefacts in our libraries. Engathi kungabakhona abanye kithina maZulu abangaliqhubela phambili iqhaza elibanjwe uCredo Muthwa singalahlekelwa umcebo wethu wamasiko. Siyambonga uHulumeni ngokuba sithole ithuba lokubungaza lolusuku.

We offer specialised webinars on general and specific topics on mental health. Connect with us for more information.

14 August 2020 Community Forum Webinar: Women's Mental Health with Ms Hameeda Bassa-Suleman

Ms Bassa-Suleman offered attendees valuable insights into women's mental health. She discussed how the many roles women play (as daughters, sisters, mothers and/or caregivers) often lead us to give so much of our internal resources to others that we deplete them before having a chance to replenish them. This depletion of internal resources may lead us to then face mental health challenges ourselves. Using the analogy of "you cannot pour from an empty cup" (or as per her example, jug), she encouraged women to be mindful of giving too much of themselves advising that we rather try to strike a balance between caring for ourselves and caring for others.

21 August 2020 SADAG KZN Online Volunteers Orientation Day

After a long COVID-19 break we are continuing our monthly volunteers days where we cover topical mental health training, share experiences and get active participants involved in volunteering. We had a good attendance turnout and received some great feedback.

Join us every FIRST FRIDAY at 2pm for VOLUNTEERS!





MHaGI: Mental Health and Gender Initiative

SADAG KZN was awarded a multi-year grant by Gender Links

This Women's Month, SADAG KZN is proud to launch its latest long-term project, the Mental Health and Gender Initiative (MHaGI). We successfully applied for the Women's Voice and Leadership Grant via the Canadian Government and Gender Links, a local NGO supporting gender equality and justice. This 2½ year project starts from 1 September until December 2022. Our goal is to improve access to mental health care services for women and girls in KZN, including marginalized groups such as refugees, LGBTQI+ people, and mothers with postnatal depression. Our first task team meeting was held on August 12. Watch this space for more details as the MHaGI rolls out exciting and important grassroots events.



Jerusalem Challenge: Good for Mental Health

The foot tapping Jerusalem song seems to be overtaking the corona virus in spreading across the country. Frontline workers from healthcare facilities are accepting the Jerusalem Challenge and their videos are going viral. Corona has caused a spike in stress levels and it has been heartwarming to see healthcare workers donning their dance shoes and doffing their stress. There are many ways to counteract the stress of the times and the Jerusalem Challenge deserves praise for its mentally therapeutic effects. The King Dinuzulu Hospital Mental Health Team took up the challenge to advocate for mental health....join them and spread the beat!
 #MzansiMentalMealthMatters #NoHealthWithoutMentalHealth

What's coming up in this month

Some key mental health events, projects, engagements and supportive resources to look forward to. Look out for them all over KwaZulu-Natal!

"Don't walk through your toughest day alone. We're in this together."

SOLOS & SADAG KZN
PRESENTS A FREE COMMUNITY FORUM TALK

Suicide: A Fierce Goodbye.
Let's talk about it!

Friday, 18 September 2020
13.00pm to 14.15pm

In honor of World Suicide Prevention Day this year, and remembering all our loved ones who we lost, we are hosting an engaging session, with inspiring speakers. Suicide is difficult to talk about but let's create safe spaces to help each other heal.

The relationship between hopelessness and suicidal behaviour
Special guest speaker:
Dr Sarojini Naidoo
Psychologist and lecturer
UJ University

RSVP
Click link to register or mail
mentalhealthmatters3@gmail.com
before 16 Sept 2020

For more information contact:
SOLOS Support Group
www.survivorsofsuicide.co.za
083 256 5993 / 083 652 0117
suicideprevent@gmail.com
SADAG Suicide Crisis Line
www.sadag.org
0800 567 567

Virtual Pebble ceremony:

We remember loved ones lost to suicide
10 September 2020



Pic credit: Kirsty Wiggill-Kaptures co



SEPT

- 10 World Suicide Prevention Day
- 14 National Attention Deficit Hyperactivity Disorder Day
- 21 World Alzheimer's Day
- 24 Heritage Day

SPECIAL NOTICE:
10 OCTOBER

Our annual
5th Mental Health Walk and
6th Mental Health Symposium
goes virtual this year with international speakers:

Prof Vikram Patel,
Prof Miranda Wolpert,
Dr Rochelle Burgess,
Grace Gatera

We will announce details soon,
don't miss it!

INVITATION

SADAG KZN PRESENTS

A Virtual Support Group Leaders Forum & Upskilling Session
How to Evaluate your Support Group.

Facilitated by
Suntosh Pillay
Clinical Psychologist

Wednesday, 16 September 2020
16:30 - 17:30

RSVP before
15 September
2020.

All login details will be sent to registered attendees ahead of time.

KZNSADAG@ANXIETY.ORG.ZA | 078 278 7047

SUPPORT GROUPS

PEOPLE SUPPORTING PEOPLE

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.

HOW TO JOIN A SADAG SUPPORT GROUP?

- Contact **Tina** for general information on **064 139 4303** or email **mentalhealthmatters3@gmail.com**
- Contact our 24-hour free helpline on 0800 456 789



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 LGBTIA+ people to submit their experiences of life during lockdown. Email 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



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.

We  frontline health workers
Support Group

MENTAL HEALTH SUPPORT FOR FRONT LINE HEALTH WORKERS

For more info or to join this group please WhatsApp Lynn on 078 278 7047 or email Lori at suicideprevent@gmail.com.

REFUGEE WHATSAPP SUPPORT GROUP

With support group leader Peter Buhendwa for members of the refugee community living in and around Durban. For more information WhatsApp Peter on 076 662 9899.



Special notice

GBV Services open during national lockdown



WESTERN CAPE	MPUMALANGA
Athlone House of Strength telephonic counseling 021 862 9983	National Shelter Movement Fisant 079 310 9633
Bodiso telephonic counseling 021 957 7130	KWAZULU-NATAL
Mosaic counseling, legal aid 021 761 7585	National Shelter Movement Sabera 072 446 3337
National Shelter Movement Bernadine 082 903 8739 Joy 071 906 3949	FREE STATE
Sex Workers Education & Advocacy Taskforce (SWEAT) telephonic counseling 021-448 7875	National Shelter Movement Sarah Lekale 072 144 7171
GAUTENG	EASTERN CAPE
Gauteng Province food support 0800 428 8364	National Shelter Movement 081 247 6056
Lifeline Vaal Triangle telephonic counseling 016 428 1640	NORTH WEST
National Shelter Movement Ruda 083 684 7737 Zubeda 083 289 9818	National Shelter Movement Rina 072 348 6526
Teddy Bear Clinic crisis support for children 011 660 3077	NORTHERN CAPE
	National Shelter Movement Rose Clair 080 021 2321 Rosaline 073 888 8738
	NATIONAL
	Childline 24 hr Crisis line & counselling 080 055 5555
	Women Abuse Helpline Call Free Helpline 0800 150 150

Gender Based Violence Helpline Command Centre
24 hour helpline
0800 428 428
*120*7867# for callback

NISAA
telephonic counseling
Batsi 083 303 1291
Yvonne 063 083 6061
Nakwehu 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's best.

Phone the police: 10111 if you hear a cry or scream. Emergency calling at police stations will stay the same during the lockdown and social workers will be available.

UKZN OT in collaboration with SADAG KZN invite the public:



- FREE PERSONALIZED ONLINE INDIVIDUAL SESSIONS FOR:**
- Relaxation Therapy
 - Stress Management
 - Relapse Prevention
 - Coping Strategies
 - Lifestyle Analysis
 - Medication Compliance
 - Occupation Based Therapy



For more information & enquiries contact:
kuzw@samarty.org.za
Lingahlelu@ukzn.ac.za
Celen3@ukzn.ac.za

All you need is a **smartphone, tablet or laptop** to make use of the platform we offer this service via "Zoom", in addition to data/wifi.

What do Occupational Therapists do?

If you have difficulty coping with everyday tasks – big or small – OT can help you work towards becoming a better AND more productive you.



HEALTHCARE WORKERS CARE NETWORK

Caring for the Carers by the Carers

Call 24/7
0800 21 21 21

Free support,
Pro bono therapy,
Resources,
Training and
Psychoeducation

SMS
43001



Website
healthcareworkerscarenetwork.org.za

Free confidential individual counselling sessions available for all healthcare workers.



DURBAN PRACTISING PSYCHOLOGISTS' GROUP

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

If you can afford to pay for a consultation, a list of psychologists can be found on our website: www.dppg.org.za



For a national list of psychologists, email Fatima@psyssa.com



10 September is World Suicide Prevention Day

SOLOS and the International Association for Suicide Prevention invites you to light a candle at 8PM on September 10th, near a window to show your support for suicide prevention, to remember a lost loved one and for the survivors of suicide.



 www.facebook.com/groups/SOLOSSA

"Suicide prevention remains a universal challenge. Every year, suicide is among the top 20 leading causes of death globally for people of all ages. It is responsible for over 800,000 deaths, which equates to one suicide every 40 seconds. Every life lost represents someone's partner, child, parent, friend or colleague. For each suicide approximately 135 people suffer intense grief or are otherwise affected. This amounts to 108 million people per year who are profoundly impacted by suicidal behaviour. Suicidal behaviour includes suicide, and also encompasses suicidal ideation and suicide attempts. For every suicide, 25 people make a suicide attempt and many more have serious thoughts of suicide.

Suicide is the result of a convergence of genetic, psychological, social and cultural and other risk factors, sometimes combined with experiences of trauma and loss. People who take their own lives represent a heterogeneous group, with unique, complex and multifaceted causal influences preceding their final act. Such heterogeneity presents challenges for suicide prevention experts. These challenges can be overcome by adopting a multilevel and cohesive approach to suicide prevention. Preventing suicide is often possible and you are a key player in its prevention! You can make a difference – as a member of society, as a child, as a parent, as a friend, as a colleague or as a neighbour. There are many things that you can do daily, to prevent suicidal behaviour:

- **Raise awareness about suicide**
- **Educate yourself and others about the causes of suicide and warning signs for suicide**
- **Show compassion and care for those who are in distress in your community**
- **Question the stigma associated with suicide, suicidal behaviour and mental health problems**
- **Share your own experiences**

It takes work to prevent suicide. The positive benefits of this work are infinite and sustainable and can have a massive impact. The work can affect not only those in distress but also their loved ones, those working in the area and also society as a whole. We must endeavour to develop evidence based suicide prevention activities that reach those who are struggling in every part of the world.

Joining together is critical to preventing suicide. Preventing suicide requires the efforts of many. It takes family, friends, co-workers, community members, educators, religious leaders, healthcare professionals, political officials and governments. Suicide prevention requires integrative strategies that encompass work at the individual, systems and community level. Research suggests that suicide prevention efforts will be much more effective if they span multiple levels and incorporate multiple interventions. This requires the involvement of interventions that occur in communities and involve social and policy reforms, as well as interventions that are delivered directly to individuals. To reach our common goal in preventing suicidal behaviour we as the public, we as organisations, we as legislators and we as members of society must work collaboratively, in a coordinated fashion, using a multidisciplinary approach. The involvement of people with lived experience of suicide in research, evaluation and intervention should be central to the work of every organisation addressing suicidal behaviour."

<https://www.iasp.info/wspd2019/>

**Don't be silent.
Contact SADAG's Suicide Crisis Line for support on 0800 567 567.**