

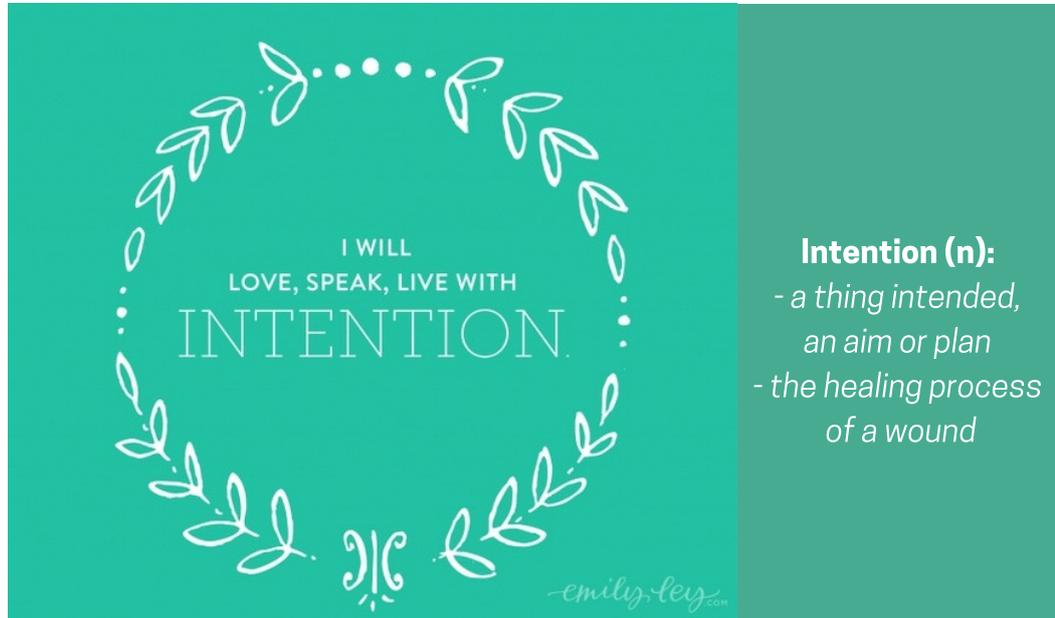


SADAG KZN NEWSLETTER

JANUARY 2019

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

Best wishes to all for a
wonderful 2019 from the
SADAG KwaZulu-Natal
team, and welcome to our
first newsletter of the
year!



MENTAL HEALTH MATTERS KZN IN 2019

Monthly specialist and public
talks

Support Group Training
Workshops

Accredited Specialist
Workshops

Youth outreach projects at
schools and universities

Engaging mental health events
and platforms

AND More...

MENTAL HEALTH INTENTIONS FOR 2019

The start of a year is a time to reflect and visualise positive intentions for the year ahead. Here are some common mental health intentions you might find helpful for 2019:

- >> BE KINDER TO MYSELF
- >> GET A PLANNER TO ORGANISE MY THOUGHTS
- >> DEVELOP SUPPORT NETWORK TO ASSIST ME
- >> GET ENOUGH GOOD SLEEP
- >> EXERCISE MORE OFTEN
- >> LEARN HOW TO PRACTISE MEDITATION
- >> TAKE A SOCIAL MEDIA HOLIDAY
- >> JOURNAL TO EXPRESS EMOTIONS
- >> HELP OTHERS BY VOLUNTEERING MY TIME
- >> DANCE MORE OFTEN TO MY FAVOURITE MUSIC
- >> SING SONGS OUT LOUD
- >> LAUGH OFTEN, EVEN AT SMALL THINGS
- >> PRACTISE GRATITUDE + EMBRACE POSITIVE EVENTS
- >> GIVE PERFECTIONISM A REALITY CHECK
- >> TAKE MY MEDICATION AS PRESCRIBED
- >> TAKE A BREAK WHEN I NEED IT
- >> GIVE UP ONE BAD HABIT
- >> FIND OUT MORE ABOUT MINDFULNESS



SADAG KZN is passionate about promoting mental health awareness and decreasing stigma in the KwaZulu-Natal region. This year we are up-scaling our current activities to include:

SADAG KZN 2019
**KEEPING
TRACK OF
MENTAL
HEALTH IN
KZN**

Additional training workshops for support group leaders to set up support groups and to help share the task of supporting patients and their families

Training workshops

Events
Events and activities to commemorate mental health and reduce stigma.

By mental health specialists for patients and the public to improve their mental health literacy

Talks

CPD Accredited workshops

Accredited training workshops for health specialists

Youth Programmes

Involving youth through our schools outreach and campus projects

KZN OFFICE SUPPORT: MONTHLY SUPPORT GROUPS

SADAG Depression and Anxiety Support Group

This is held the 1st Wednesday of each month from 12:30pm – 2pm at SADAG Office.

Contact

Lynn: kznsadag@anxiety.org.za or 078 278 7047

Lori: suicideprevent@gmail.com

SOLOS: Survivors of Loved Ones Suicide

This is held every 3rd Tuesday from 6pm to 7pm at the SADAG office.

Contact

Lori: suicideprevent@gmail.com

Calling all registered health professionals 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 or

Whatsapp: 078 278 7047



We invite you to take note of the mental health awareness months, weeks, and days ahead for 2019. These are important as they bring us together to spread awareness, decrease stigma and show support. Make a note of these dates so that you can plan events, educational talks, or just find ways to connect with those around you who are living with health conditions, including their families and loved ones. Being mindful of these events and showing support helps spread positivity and empowerment – keep a copy as a reminder, and we will keep you updated on SADAG news around these events throughout the year:

SADAG KZN 2019
KEEPING TRACK OF MENTAL HEALTH AWARENESS



This week is a reminder of the importance of engaging youth in dialogue about mental health and to raise awareness around teen suicide prevention. Many of our youth are affected by various mental health conditions and we need to be educated on the importance of mental health and how to recognise the signs of mental illness and suicidal thoughts amongst teens, and to find out how to intervene to save lives. Suicide should not be silent – make a commitment to talk about teen suicide during this week and reduce the risk of teens dealing with depression alone.

February 2019 

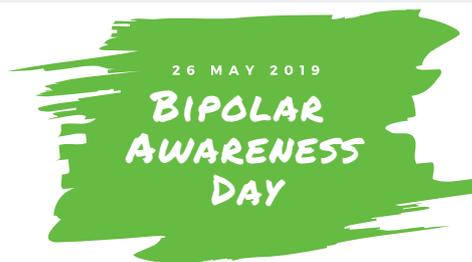
| Sun | Mon | Tue | Thu | Fri | Sat |
|-----|-----|-----|-----|--------|--------|
| 27 | 28 | 29 | 31 | 01 Feb | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 |
| 10 | 11 | 12 | 13 | 14 | 15 |
| 17 | 18 | 19 | 20 | 21 | 22 |
| 24 | 25 | 26 | 27 | 28 | 01 Mar |

April 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--------|-----|--------|-----|-----|-----|
| 31 | 01 Apr | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 01 May | 2 | 3 | 4 |



To raise awareness about people with Autism Spectrum Disorder throughout the world.



May 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|--------|-----|-----|--------|
| 28 | 29 | 30 | 01 May | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 01 Jun |

Bipolar disorder is a medical illness that causes mood swings, from manic highs to deep depression, and requires treatment. Sadly too many South Africans lack the treatment and support they need. This is a day to find out more about bipolar and what needs to be done to support those around us who have bipolar.



SADAG KZN 2019

KEEPING TRACK OF MENTAL HEALTH AWARENESS



| June 2019 | | | | | | | < Today > |
|-----------|-----|-----|-----|-----|-----|--------|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
| 26 | 27 | 28 | 29 | 30 | 31 | 01 Jun | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | |

Substance Abuse Awareness Day aims to highlight the dangers of drugs and alcohol abuse and to bring awareness around the harm it can cause to our minds, bodies, and others around us.

| July 2019 | | | | | | | < Today > |
|-----------|--------|-----|-----|--------|-----|-----|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
| 30 | 01 Jul | 2 | 3 | 4 | 5 | 6 | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | |
| 28 | 29 | 30 | 31 | 01 Aug | 2 | 3 | |



The month of July is Mental Health Awareness Month with the aim of educating the public about mental health and to reduce stigma and discrimination.

This day makes people aware that panic disorder is a real illness and also that treatment is easily available – understanding what panic is and knowing how to deal with it can make all the difference.



Every year this day raises awareness to bring worldwide action and commitment to prevent suicides.

| September 2019 | | | | | | | < Today > |
|----------------|-----|--------|-----|-----|-----|-----|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
| 01 Sep | 2 | 3 | 4 | 5 | 6 | 7 | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | |
| 29 | 30 | 01 Oct | 2 | 3 | 4 | 5 | |



The month of September is recognised globally as World Alzheimer's Month and 21 September is the day to challenge the stigma and misinformation surrounding dementia.





| October 2019 | | | | | | | < Today > |
|--------------|-----|--------|-----|-----|--------|-----|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
| 29 | 30 | 01 Oct | 2 | 3 | 4 | 5 | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | |
| 27 | 28 | 29 | 30 | 31 | 01 Nov | 2 | |



The aim of this day is to help raise mental health awareness and to make mental health everybody's business – we can all contribute to help those living with problems around mental health to live better lives.

SADAG KZN 2019
KEEPING TRACK OF MENTAL HEALTH AWARENESS



| December 2019 | | | | | | | < Today > |
|---------------|-----|-----|--------|-----|-----|-----|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
| 01 Dec | 2 | 3 | 4 | 5 | 6 | 7 | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | |
| 29 | 30 | 31 | 01 Jan | 2 | 3 | 4 | |

This day gives us a chance to show our commitment to uphold the rights of people living with disabilities and to work towards a world that is equal, inclusive and sustainable for all.



Dr Suvira Ramlall, KZN Director,
 Specialist Psychiatrist
Suntosh Pillay, KZN Director,
 Clinical Psychologist
Dr Lynn Norton, KZN Project
 Manager and Fundraiser



Newsletter designed by: Chantelle Booyesen

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