The exhibition was born from a collection of my own experiences and knowledge of a collective of experiences of people struggling with their emotional and mental health. I’ve seen the devastation of hopelessness in the eyes of loved ones, friends and strangers and the inhumanity caused by the lack of empathy towards those struggling with mental illness every day.

The selection of works in this travelling exhibition were all chosen as part of the triangle of elements that reflects different components of our social environment and its impact on the health of our minds. The elements of the triangle include: from the inside looking out; from the outside looking in; and when the outside seeps in. This triangle is significant is as represents each body of work as a piece of the complex map of factors that relates to the social determinants in our everyday environments.

My hope is that this exhibition creates more visual conversation on mental health and mental illness as subjects to be depicted in a humane, empathetic way.

https://www.facebook.com/empathyhopeproject/
We all need to practice more unconditional love, and love has many faces. I believe these faces are compassion, trustworthiness, empathy and physical touch. Love gives birth to hope, the most powerful tool you can give someone.

I was already suicidal as a child, and I didn’t even know that it was a serious thing. From contemplating whether to jump off the edge and kill myself or walk through the door I called home. I was a depressed child and as a seven year old I daydreamed of going back to where I was before I was born. Fear was all I knew, but the pain and emptiness was all I wanted to get rid of. By the time I was a teenager I had mastered the art of masks, even though high school proved to be challenging as I was always almost exposed to not be whom I worked so hard to portray. The reason I wore the mask was so that I would be seen as the ‘me’ I thought I was and not be seen as my problems. The reason I didn’t give too much information was because of the lack of trust I had towards adults. You tell one and the whole community will know your story.

Most importantly it was the embarrassment of not being like the other kids. Midteen, my world went from bad to worse. I thought being verbally, mentally, physically abused was bad but there was worse. Ongoing sexual abuse and rapes. Buy this time I had lost all hope and any light that was left in me, but a stranger who knew me from a bar of soap showed compassion towards me, and from her compassion she showed me that there are people out there who care and are trustworthy, because to this day, she has never told a soul and I know that when she looks at me she see me.

Unfortunately my legal guardian took over, but I never gave up the hope she gave to me. That I deserved to live and that my life is not only meant for pain, because when hope doesn’t exist pain persists and death introduces itself as the only hope.

We don’t have to understand what someone is going through to give them hope. Words should be our last resort. Being a person that can be trusted has more credibility to someone who’s suffering than any advice. Showing compassion and empathy doesn’t mean I have to fully understand what you’re going through, but it says you matter, your life does mean something, and I am willing to go through this with you. Most of the time words fail us, but there is that one human element that still works and that is the human touch. When there are no words, a hug or just a touch can say more than a thousand words.

If you would like to be interviewed or assist in finding people to interview, please contact Chantelle at kznprojects@sadag.org or 078 278 7047 for more information.
February in pictures

7 FEBRUARY
1st volunteer orientation day for 2020

22 JANUARY
Support Group Leader Workshop

26 FEBRUARY
Parents / Teachers Talk at Hlengimpilo Primary School

28 FEBRUARY
Suicide Awareness Workshop for Counselors

"Informative"
"I understand aspects of suicide behaviour that I was unaware of before"
"Gained skills to help learners"
"Shed more light on the issue of suicide"
"A greater understanding of the complexities of teenage suicide"
SOCIAL AWARENESS ART EXHIBITION
12 MARCH TO 3 MAY 2020
DURBAN ART GALLERY
SMITH STREET, 2ND FLOOR
CITY HALL, DURBAN, KZN

PHOTOGRAPHIC ARTWORKS
PHOTOVOICE INSTALLATION
AUDIO ART INSTALLATION
FRIENDSHIP SUPPORT BENCH
HOPEFUL MINDS WALL
EMPATHY ENGAGEMENT PERFORMANCE
DRAMA PERFORMANCES
SLAM POETRY
MENTAL HEALTH TALKS
COMMUNITY ENGAGEMENT EVENTS

CHAPTER 2: EMPATHY & HOPE PROJECT
AN IMMERSIVE ART EXHIBITION ON THE IMPACT OF OUR SOCIAL ENVIRONMENTS ON THE HEALTH OF OUR MINDS INCLUDING WORKS BY THABISO SEKGALA, LINDOKUHLE SOBEKWA, WITNESS CHANGE & REFUGEE CENTRE IN DURBAN.

JOIN US:
OPENING ON 12 MARCH @ 18.00
+ SEMINAR ON 18 MARCH @ 12.30

PLEASE CONFIRM ATTENDANCE, FOR CATERING PURPOSES, TO EMPATHYHOPEPROJECT@GMAIL.COM

Use #empathyhopeproject & tag @empathyhopeproject on socials
What's coming up in this month

Some key mental health events, projects, engagements and supportive resources to look forward to this year - look out for them all over KZN!

SADAG KZN PRESENTS
Free Mental Health Community Forum Talk

Understanding the Mental Health Care Act

Presented by
Nontobeko Nonkululeko Dlamini

Friday, 6 March 2020
15:00-16:30
UKZN Innovation Centre,
Rick Turner Road (Gate 9)

or via email at mentalhealthmatters3@gmail.com

076 278 7047 | KZNSADAG@ANXIETY.ORG.ZA

MAR

30 International Bipolar Awareness Day
8 International Women’s Day
20 World Head Injury Awareness Day
21 Human Right’s Day
30 International Bipolar Awareness Day
How to join a SADAG support group?

- Contact Krisanya for general information on 064 139 4303 or email mentalhealthmatters3@gmail.com
- Contact our 24-hour free helpline on 0800 456 789
- NB! PLEASE MAKE SURE TO CONTACT THE SG LEADER FIRST BEFORE ATTENDING AS TIMES MIGHT CHANGE.

Many of our support groups have had to change days / dates; please check carefully and contact the SG leader before attending.

Join our FREE support groups at Nazareth House, Glenwood focused on depression, anxiety & grief:

- The Mum’s Support Network
  - Thursdays & Saturdays
  - La Lucia Library
  - Contact Alexandra on Alexandra@mumsupport.co.za

- OASIS LGBTQIA+ Support Group
  - Contact Michelle on 084 580 0489 or oasis.kzn.dbn@gmail.com

- TAFTA Support Group for the Elderly
  - For TAFTA residents only
  - Led by Nemisha

- The Dan Pillay Memorial Support Group
  - Group for Depression & Anxiety
  - Saturdays, 12:00 – 13:30
  - The Nelson Mandela Community Youth Centre, Westcliff, Chatsworth

- SOLOS (Survivors of Loved Ones of Suicide) & Depression Group
  - Contact Lori on 083 652 0117 or suicideprevent@gmail.com or Joy on 083 256 5993

- Refugees Support Group
  - Contact Peter on 076 662 9899

- Westville Support Group
  - Most Wednesday evenings
  - A group support with an emphasis on Buddhist Mindfulness techniques. Email Shawn on skc@telkomsa.net for info

SADAG KZN runs many active support groups all over the province. Current areas include:

- Chatsworth, Durban, Durban North, Empangeni, Estcourt, La Lucia, Newcastle, Pietermaritzburg, Queensburgh, Westville, Tafelkop & Verulam.

Join one of these dedicated, focused and FREE support groups in different locations. They run either weekly, bi-weekly or monthly. Please check the frequency of meetings and make contact with the relevant Support Group Leader as dates and times might change:
The Clinic offers short-term treatment for the following concerns:
- Depression
- Interpersonal Conflict
- Anxiety
- Trauma
- Behavioral Concerns
- HIV/AIDS (pre, post and ongoing counselling)
- Personality Disorders
- Couple and marriage counselling

Support groups are available for:
- Anxiety
- Depression
- HIV/AIDS

New SADAG KZN Office - Moved to UKZN

University Of KwaZulu-Natal (UKZN) Howard College Campus, Shepstone Building Level 5, 238 Mazisi Kunene Rd, Glenwood;
SADAG KZN 2020

SADAG KZN Services

Make 2020 a GOOD mental health year for you, your school, college, work place or community. Contact us for a quote on bespoke services and experience the transformative benefits!

#mentalhealthmatters
#SADAGKZN

YOUTH MENTAL HEALTH PROGRAMMES
Custom designed programmes available ie Youth led activities, Peer Support clubs, Mental Health Literacy, Sustaining wellbeing

TRAINING SUPPORT GROUP LEADERS
Training Support Group Leaders and supporting them to run groups in their communities

SCHOOL MENTAL HEALTH CAMPAIGNS
This includes a once-off campaign on teen suicide, depression, anxiety, bullying, panic and substance abuse

MENTAL HEALTH IN THE WORKPLACE
Includes Corporate talks, Presentations, Specialised Talks, Wellness packages for Employers & Employees

MENTAL HEALTH PSYCHOEDUCATION PROGRAMMES
This includes Community forums, Talks, Presentations, CPD-accredited Training, Awareness campaigns

Bespoke Services Available

SADAG KZN HAS A TEAM OF PROFESSIONALS THAT IS READY TO HELP YOU NAVIGATE MENTAL HEALTH THROUGH CUSTOMIZED WORKSHOPS, TALKS OR PROGRAMMES TO BEST SUIT YOUR NEEDS. CONTACT US FOR MORE INFORMATION AND PRICING.

Dr Suvira Ramlall
KZN Director, Specialist Psychiatrist

Suntosh Pillay
KZN Director, Clinical Psychologist

Dr Lynn Norton
KZN Coordinator, PHD Health Promotion

Chantelle BooySEN
KZN Project Manager & Youth Ambassador
WHO QualityRights is reforming mental health services and promoting the human rights of people with psychosocial, intellectual and cognitive disabilities around the world.

The care available in mental health facilities around the world is not only of poor quality but in many instances actually hinders recovery. It is common for people to be locked away in small, prison-like cells with no human contact or to be chained to their beds, unable to move. Violations are not restricted to inpatient and residential facilities however; many people seeking care from outpatient and community care services are disempowered and also experience extensive restrictions to their basic human rights.

The objectives of QualityRights are to:
- Improve quality of care and human rights in inpatient and outpatient mental health services.
- Create community based and recovery oriented services that respect and promote human rights.
- Promote human rights, recovery, and independent living in the community.
- Develop a movement of people with mental disabilities to provide mutual support, conduct advocacy and influence policy-making processes. Reform national policies and legislation.

As part of the QualityRights Initiative, WHO has developed a comprehensive package of training and guidance materials. The materials can be used to build capacity among mental health practitioners, people with psychosocial, intellectual and cognitive disabilities, people using mental health services, families, care partners and other supporters, nongovernmental organizations, organizations of persons with disabilities and others on how to implement a human rights and recovery approach in the area of mental health in line with the UN Convention on the Rights of Persons with Disabilities and other international human rights standards.

The ultimate goal of WHO’s QualityRights is to change mindsets and practices in a sustainable way and empower all stakeholders to promote rights and recovery in order to improve the lives of people with psychosocial, intellectual or cognitive disabilities everywhere.

The WHO QualityRights Tool Kit supports countries to assess and improve the quality of care and human rights conditions in mental health and social care facilities.

To access tools and more details visit: https://www.who.int/publications-detail/who-qualityrights-guidance-and-training-tools