"Stress‘ has become the epidemic of the millennium. Despite huge strides in technological advancement, we are less able to relax and truly enjoy life. Two of the best, ‘cheapest’ and most effective ways to enjoy health and happiness are meditation and mindfulness. These techniques have a scientific evidence base, with as little as 6 weeks of regular practice shown to affect the brain structurally and functionally. Meditation is simultaneously simple and powerful and being hailed as a ‘miracle drug’ with salutary effects on physical and mental health.

“People look for retreats for themselves, in the country, by the coast or in the hills... There is nowhere that a person can find a more peaceful and trouble free retreat than in his own mind... So constantly give yourself this retreat, and renew yourself.” ~Marcus Aurelius~

Suffering from mental health issues can be difficult to deal with, and while no amount of technology promises to make everything better, there are some apps which can help to ease the everyday stresses.

www.sadag.org list some apps that may be helpful to you. Click below to access this list:

+ 13 Apps To Help With Mental Health Issues +
Our community initiatives are made possible through the support of many individuals and organizations, we would like to thank all of you!
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Mental Health Community Forum Talk
Bipolar Disorder
By Dr Suvira Ramlall

17.30pm to 18.30pm
Susser & Stein Seminar Room, Level 1 K-RITH Tower
Nelson R. Mandela School of Medicine, UKZN
719 Umbilo Road, Congella, Durban

Who should attend: All members of the public are welcome – patients, family and friends
**Entrance is free but donations are welcome
Please RSVP to mentalhealthmatters3@gmail.com before 20 May

CPD Accredited Workshop
Child and Adolescent Mental Health
By Dr Saeeda Paruk and Dr Kasturi Pillay

08.30am to 12.30pm
Life Entabeni Hospital Boardroom, Glenwood, Durban

Who should attend: Psychologists, Psychiatrists & other HPCSA registered professionals
R 850.00 per person with 20% discount to DPPG Members
Please RSVP to kznprojects@sadag.org before 1 May 2019
Space is limited, please book your seat!

Other CPD Accredited workshops coming up
>> Narrative Therapy - 1 June 2019
>> Neurocognitive Disorders (Dementia) - 21 September 2019
**Further details will be supplied in our newsletters and notices

PLANNING MEETING FOR OCTOBER MENTAL HEALTH WALK
16.30pm to 17.30pm
Level 1 K-RITH Tower, UKZN School of Medicine
719 Umbilo Road, Congella, Durban

Our KZN Mental Health Advocacy Walk and Wellness Fair will be hosted on 6 October. We are inviting all those interested in supporting this event to assist with donations, volunteering or sponsorships to please contact kznprojects@sadag.org and pledge your commitment to ACTIVELY supporting mental health.
Support Group Leaders Forum
16.15pm - 17.00pm
Self care is important! Inviting all Support Group Leaders to join our monthly forum with Clinical Psychologist, Suntosh Pillay. This forum offers a space for personal support and debriefing. It also gives leaders the opportunity for supervisory and confidential support around issues arising in their groups.
For more info and to confirm attendance email Lynn on kznsadag@anxiety.org.za or WhatsApp 078 278 7047

UKZN Student Support Group
13.00 - 14.00pm - Howard College Campus
Support group for all students across facilities at Howard Campus. Address details on next page.
For more info contact Anne on 081 206 3482

The Mum’s Support Network
Thursdays & Saturdays - La Lucia Library
This group is aimed at mums-to-be and new mums who are suffering from any form of “perinatal distress”; which can include depression, anxiety, anger, self harm etc. The group welcomes ANY mother or mum-to-be who is going through a hard time and needs advice, love and support. For more info, contact Alexandra on Alexandra@mumsupport.co.za

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

Support Group for Care Givers
17.00 - 18.00pm, Every 2nd Monday
The purpose of this group is to provide support and skills for those caring for family members and loved ones with mental illness, neurocognitive disorders and substance use problems
For more information, contact Ashley van Heerden on 072 364 4063 or Kerry Anderson on 083 776 0772

Queensburgh Support Group
17.30 - 19.00pm, NOW Every Wednesday
This group has been running bi-weekly for many years & has now been extended to a weekly group. They focus on Depression & Anxiety & support anyone interested in the Queensburgh / Malvern Areas for more info, please contact Tina on 066 202 9252

NEW IN-OFFICE SUPPORT GROUPS
Contact Lynne Richards on mentalhealthmatters3@gmail.com for more information

Support Group with Rivendri & Lynne
09.00am - 10.30am
03 MAY

Support Group with Noor & Wandisa
14.00pm - 15.30pm
04 MAY

Support Group with Revana & Krisanya
09.00am - 10.30pm
06 MAY

Support Group with Micaela & Lorelle
16.30pm - 18.00pm
09 MAY

Support Group with Rivendri & Lynne
09.00am - 10.30am
17 MAY

Support Group with Noor & Wandisa
14.00pm - 15.30pm
18 MAY

Support Group with Revana & Krisanya
09.00am - 10.30pm
20 MAY

Support Group with Micaela & Lorelle
16.30pm - 18.00pm
23 MAY

YOU CAN BE A SUPPORT GROUP LEADER!
KZN currently has various groups in and around the Ethekwini district, Empangeni, Estcourt, Ladysmith, Newcastle, Pietermaritzburg and Verulam. We would love to spread these groups more widely across our province.

An URGENT NEED for a BIPOLAR SUPPORT GROUP in Durban & surrounding areas. If anyone is interested in facilitating or co-facilitating a group and would like SADAG KZN support, please be in contact.

To find out more information on HOW TO START A SADAG SUPPORT GROUP, please contact Lynn at kznsadag@anxiety.org.za who will be able to answer all your questions and send you more information.
UKZN & SADAG PRESENTS
Free Mental Health Support Group
Presented by
Anne Rajcoomar
EVERY FIRST FRIDAY OF THE MONTH
13.00 - 14.00PM
Join us at:
Psychology Seminar Room, Centre for Applied Psychology, Memorial Tower Building (MTB), Howard College Campus, University of KwaZulu-Natal

For all students across all faculties at Howard College
Entrance is FREE!
Contact / RSVP:
Anne on 081 206 3482
annerajcoomar@gmail.com

UKZN & SADAG PRESENTS
Free Mental Health Support Group for Care Givers
Facilitated by
Ashley van Heerden & Kerry Anderson
MONDAY, 29 APRIL 2019 & BIWEEKLY
17:00 - 18:30PM
Join us at SADAG KZN,
Life St Joseph’s Psychiatric Hospital,
82 Mazisi Kunene Rd.
Glenwood, Durban
RSVP TO
psychclinic@ukzn.ac.za
OR CONTACT
Ashley van Heerden
0723664063
Kerry Anderson
0837760712

The purpose of this group is to provide support and skills for those caring for family members and loved ones with mental illness, neurocognitive disorders and substance use problems.

SADAG KZN PRESENTS
Child & Adolescent Mental Health: A Review & Update
ADHD: LATEST RESEARCH TO OPTIMIZE ASSESSMENT & TREATMENT PLANS
Presented by
Dr Saedee Paruk, Specialist Child Psychiatrist
EMOTIONAL & BEHAVIORAL PROBLEMS IN CHILDREN LIVING WITH HIV
Presented by
Dr Kasturi Pillay, Specialist Psychiatrist
SATURDAY, 4 MAY, 2019
8.30 – 12.30 PM
Entabeni Hospital Boardroom, Glenwood, Durban
R 850
20% discount to registered DPPG members

SADAG is non-partisan, respecting diversity of practices and the right to make informed choices. The views and opinions of facilitators and/or representatives belong to the author and do not necessarily mirror the views and opinions of the organization.
#MentalHealthMatters

And so do you!

Help us grow healthy minds in KZN by supporting us with some essential tools

Our SADAG KZN Office was established 1 year ago and is based in Durban. We need your help with some essential supplies in order to run day-to-day operations. Please let us know if you’re able to assist with any of these below? Thank you in advance for your kind support and donations!

Contact Lynn on KZNSADAG@Anxiety.org.za or 078 278 7047 or Chantelle on KZNProjects@sadag.org

Office Monthly Wifi
Notice Board
Refreshments for Workshops & Cutlery for kitchen
Printing Manuals & Awareness Materials

Banners & Signage
Office Phone & Airtime
Office Printer & Paper
Office Microwaves & Fridge
General Stationary & Files
Awareness Items with Branding Opportunities
Office Monthly Wifi
Notice Board
Refreshments for Workshops & Cutlery for kitchen
Printing Manuals & Awareness Materials

SADAG KZN Office Contact
Lynn Norton | kznsadag@anxiety.org.za
Chantelle Booyse | kznprojects@sadag.org
April 2019 saw the South Eastern parts of Africa drown in insurmountable levels of water, brought on by heavy rainfall and cyclones. Both South Africa and Mozambique experienced abnormal flooding that have caused hundreds of deaths and thousands displaced from their homes and families. Our brothers and sisters are affected physically, emotionally, mentally and economically while they are frantically trying to rebuild their lives. The climatical events left many with a sense of hopelessness, uncertainty, depression and anxiety - a terrible mixture of emotions that creates a heavy burden on the mind.

The World Health Organization (WHO) published “Mental health in emergencies” in 2017 and listed the following key facts:

+ People suffer from a wide range of mental health problems during and long after emergencies.
+ People will be more likely to recover if they feel safe, connected, calm and hopeful; have access to social, physical and emotional support; and find ways to help themselves.
+ Agencies agree on an intervention pyramid – from basic services and actions at the base to highly specialized at the top – to help countries match response strategies with community needs and appropriate expertise.
+ Global progress on mental health reform will happen more quickly if, efforts are made to convert short-term interest in mental health into momentum for long-term improvement.
+ Mental health is crucial to the overall wellbeing, functioning, and resilience of individuals, societies, and countries recovering from emergencies.

WHO-recommended psychological first aid involves humane, supportive and practical help to people who are suffering after a crisis. This support should be provided to people in ways that respect their dignity, culture and abilities. It covers both social and psychological support. Psychological first aid can be provided by field workers, including health workers, teachers or trained volunteers, and does not always need mental health professionals. Trained and supervised general health care staff members can offer first-line care for mental disorders.

WHO develops and evaluates tools to meet the mental health needs of people in emergencies. These include tools on assessment, psychological first aid, clinical management of mental disorders, and mental health system recovery.

To read more, visit: https://www.who.int/news-room/fact-sheets/detail/mental-health-in-emergencies