The 9th of August is commemorated as Women's Day in South Africa: a day to celebrate the love, joy and value that mothers, daughters, sisters, grandmothers, aunts, and many other inspirational women add to our lives. Women's Day should also draw our attention to the significant issues that continue to affect women disproportionately such as domestic abuse, sexual harassment, gender based violence and income inequality.

Historically, this day marks the day when, in 1956, about 20 000 women marched to the Union Buildings in Pretoria, to protest against the carrying of pass books which served to maintain segregation and control the movement of migrant labourers during the apartheid era. The women left 14 000 petitions at the door of the then Prime Minister, stood silently for 30 minutes and then sang a protest song written for the occasion: “Wathint’ Abafazi Wathint’ imbokodo!”: Now you have touched the women, you have struck a rock. This day serves as a timely reminder of the formidable strength of a woman but also the power of unity in championing the rights of all who are oppressed, abused, marginalised, discriminated against or exploited.

Let us unite this Women's Day to celebrate the strength and courage of women throughout history but also to reach out to and stand up for those who continue to suffer silently and alone.

“Every woman's success should be an inspiration to another. We're strongest when we cheer each other on.” Serena Williams
We had a good attendance turnout and received some great feedback:

"I found the training very informative, hearing each current Support Group Leader provided me with information that I was not even aware of."

"I enjoyed getting an idea of who my peers are that are running Support Groups and hearing from current support group leaders to know what to expect when I start my own group."

Guidelines for WhatsApp Support Group Leaders will soon be available

17 July 2020
Community Forum Webinar: A Conversation on Refugee Mental Health with Sandy Kaylan & Peter Buhendwa

We had a good attendance turnout and received some great feedback:

"Peter sharing his personal story was really interesting and moving."

"I found both the theoretical and real story to be very interesting."
AUGUST

Child Health Month
9 National Women’s Day
12 International Youth Day
26-31 African Traditional Medicine Week
31 African Traditional Medicine Day

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

SADAG KZN 2020

What's coming up in this month

INVITATION

SADAG KZN PRESENTS
Mental Health Community Forum Talk
*Free Online Webinar*

Women's health
in commemoration of Women's Day
Presented by
Hameeda Bassa-Suleman
Clinical Psychologist

Join us on
Friday, 14 August 2020
13:00 to 14:00

RSVP before
12 Aug 2020
or confirm on email at
mentalhealthmatters3@gmail.com

All members of the public are welcome - service users, patients, family & friends.
Webinar link & details will be sent to registered attendees ahead of time.

KZNsADAG@ANXIETY.ORG.ZA | 078 278 7047

INVITATION

SADAG KZN PRESENTS
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.
Friday, 21 August 2020
14:00 to 15:00

RSVP BEFORE
14 AUG 2020
Zoom link will be sent to registered attendees
or confirm on email at
mentalhealthmatters3@gmail.com

KZNsADAG@ANXIETY.ORG.ZA | 078 278 7047

INVITATION

SADAG KZN PRESENTS
A Virtual Support Group Leaders Forum & Upskilling Session
The 5 Stages of Growing a Support Group
Facilitated by
Suntosh Pillay
Clinical Psychologist
Thursday, 20 August 2020
16:30 - 17:30

Click here to
RSVP before 16 August 2020

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

KZNsADAG@ANXIETY.ORG.ZA | 078 278 7047
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

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 LGBTQIA+ people to submit their experiences of life during lockdown. Email queenvoices20@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@mumsupport.co.za.

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

SADAG KZN 2020

BACK-A-BUDDY

Tumaini (Hope) Project: Supporting refugees and asylum seekers during Covid-19

Your support for refugees and asylum seekers in our community is invaluable, they depend on your goodwill for basic needs. Please pledge your support by visiting https://www.backabuddy.co.za/champion/project/tumaini-project or clicking here.

3 PART TRAINING WEBINAR SERIES

by Healthcare Workers Care Network

Mental health of healthcare workers during COVID-19 Pandemic

4, 11 & 18 AUGUST 2020
7PM TO 18.30PM

Click to register or email Busi on projects@anxiety.org.za for enquiries

Please donate via: https://www.backabuddy.co.za/tumaini-project
Special notice

Join us at a FREE Online

Depression & Anxiety Support Group for Women

When ~ Friday 21 August 2020
Where ~ Contact Dianne for Zoom meeting details
Time ~ 10am

For more Info & to RSVP
Dianne: 082 662 6659

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

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

Call 24/7
0800 21 21 21

SMS 43001

Website
healthcareworkerscarenetwork.org.za

Care Network
Caring for the Caregivers

Private psychologists offer free support

Your mental health matters during the national lockdown and Covid-19 outbreak. If you are suffering from unsustainable 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

DPPG
Durban Private Psychologists Group

For a national list of psychologists, email Fatima@psyssa.com
COVID-19 Mental Health Toolkit

The mental health and wellbeing of the whole society has been severely impacted by COVID-19 and must be considered a priority. Psychological distress in populations is widespread. Many people are distressed due to the immediate impacts of the virus and the consequences of physical isolation, fear of infection, dying, losing family members, stress related to economic situations is prominent.

Frequent misinformation and rumours of the virus and deep uncertainty about the future are common sources of distress. An upsurge in the number and severity of mental health problems is expected. Specific populations are showing high degrees of COVID-19 related psychological distress i.e. frontline health care workers, children and adolescents, the elderly, populations with comorbidities, women, and the homeless.

GBV Services open during national lockdown

<table>
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<tr>
<th>WESTERN CAPE</th>
<th>MPUMALANGA</th>
<th>Gender Based Violence Helpline Command Centre</th>
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| Athlone House of Strength telephonic counseling 021 862 9983 | National Shelter Movement Fisani 079 310 9633 | 24 hour helpline 0800 426 426 *
|  | KWAZULU-NATAL | *120*78677# for call-back |
|  | National Shelter Movement Sobesa 072 446 3337 | Lifeline Crisis 24-hour crisis service 0961 322 322 |
|  | Mosaic counselling, legal aid 021 761 7585 | Lifeline Counseling WhatsApp call counselling 065 989 9238 |
|  | National Shelter Movement Sarah Leake 072 144 7171 | MobileG Live chat counselling for teens www.mobileg.co.za *Sun from 18h00*
|  | National Shelter Movement 081 247 6056 | *Mon-Thu from 19h00* |
|  | National Shelter Movement Kgano 072 348 6526 | NISAA telephone counseling Botsi 083 303 1291 |
|  | NORTHERN CAPE | Yvonne 083 603 6061 |
|  | National Shelter Movement Rose Clair 080 021 2321 | Nokwethu 011 850 0637 |
|  | Rosaline 073 888 8578 | South African Depression & Anxiety Group (SADAG) 24 hour helpline 0800 456789 |
|  | NATIONAL | SMS: 31393 |
|  | Childline 24 hr Crisis line & counselling 080 055 3555 | SADAG Suicide crisis line 24 hour helpline 0800 567567 |
|  | Women Abuse Helpline Ttl-Free Helpline 0800 150 150 | TEARS GBV SMS help line 0800 567567 |

"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—it’s 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 is best.

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

UN Women, the United Nations entity dedicated to gender equality and the empowerment of women, today launched the Shadow Pandemic public awareness campaign, focusing on the global increase in domestic violence amid the COVID-19 health crisis. The Shadow Pandemic public service announcement is a sixty-second film narrated by Academy Award-winning actor Kate Winslet, who has championed many humanitarian causes. The video highlights the alarming upsurge in domestic violence during COVID-19 and delivers a vital message urging people to act to support women if they know or suspect someone is experiencing violence.

While some countries are beginning to reopen, billions of people are estimated to still be sheltering at home. When households are placed under the increased strains that come from security, health and money worries, and cramped and confined living conditions, levels of domestic violence spike. Government authorities, women's rights activists and civil society partners across the world are reporting significantly increased calls for help to domestic violence helplines and heightened demand for emergency shelter.

The Shadow Pandemic film begins with seemingly innocuous and familiar domestic scenes in 14 different homes around the world. When coupled with an evocative music track and voiceover, it soon reveals a starkly different picture. It concludes with three clear calls to action for individuals to help address the pandemic of violence against women.

Pandemics like COVID-19 can exacerbate not only violence within the home, but other forms of violence against women and girls. Violence against female healthcare workers as well as migrant or domestic workers increases. Xenophobia-related violence, harassment and other forms of violence in public spaces and online is more prevalent and the risk of sexual exploitation and abuse becomes more likely. Some groups of women, including human rights defenders, women in politics, journalists, bloggers, women belonging to ethnic minorities, indigenous women, lesbian, bisexual and transgender women, and women with disabilities are particularly targeted by ICT-facilitated violence.


Film - The Shadow Pandemic: Domestic violence in the wake of COVID-19