A NEWSLETTER TO ALL SUPPORT GROUP LEADERS, VOLUNTEERS, PATRONS & DONORS

Welcome to our seventh newsletter for 2019! Please read, share and contact us for more information.

“I am convinced that the women of the world, united without any regard for national or racial dimensions, can become a most powerful force for international peace and brotherhood”

- Coretta Scott King-

AUGUST IS WOMEN’S MONTH

South Africa commemorates Women’s Month in August as a tribute to the thousands of women who marched to the Union Buildings on 9 August 1956 in protest against the extension of Pass Laws to women. This historic march was a turning point in the role of women in the struggle for freedom and society at large. Since that eventful day, women from all walks of life became equal partners in the struggle for a non-racial and non-sexist South Africa.

It is with this in mind, a collective struggle for freedom, that we need to be reminded to support each other. “There’s a new girls’ club that we didn’t have before, because the workplace was largely male dominated,” says Jocelyn Greenky, an office culture and politics expert and CEO of Sider Road. “Now that so many more women are entering the workplace, we’re finding our voice. We’re also building circles of trust with one another because we may be experiencing similar hurdles, and have each other’s backs.” So whether you are working, studying, teaching,mothering or traveling - women can support each other along the way:

> Show up for women, physically and emotionally.
> Create environments for women to take up space.
> Be transparent with one another.
> Collaborate, don’t compete.
> Hire women, train women, mentor women.
> Take every opportunity, challenge, and risk that comes your way without questioning your worth, ability or place as a woman.

> Support each other’s mental health by making time to listen over tea breaks & talk over coffee dates. Walk & exercise together & join a local support group regularly.

CLICK HERE TO CONTRIBUTE TO OUR IMPACTFUL PROGRAMMES
3 July 2019

Annual Mental Health Symposium
The 5th annual Durban Mental Health Symposium was hosted on July 3 at UKZN’s Unite Building with the theme of “Making mental health everybody’s business.” Two hundred people from across the province attended. Speakers included Chantelle Booysen, Dr Goodman Sibeko, Professor Arvin Bhana, Winnie Cele, Dr Lotty Labys, and Desiree Covender. Many thanks to Bargain Books from Westwood Mall and the Professional Provident Society (PPS) who assisted with sponsorships, and students from UKZN’s Psychological Society of South Africa (PsySSA) Student Division and SADAG volunteers who assisted on the day.

20 July 2019

UKZN Medical School Mental Health Student Programme
The SADAC mental health INSPIRES (Initiate Support Promote Sustain) programme began on 20 July 2019. 30 medical students attended the first 2 of 4 training workshops: Mental health literacy and Psychological First Aid. The aim of the programme is to train students to be mental health champions for their peers while also being trained and supported to invest in their wellness and improve their resilience. The launch was a great success, with students participating enthusiastically, sharing personal stories and engaging honestly with the challenges and demands they are faced with. SADAC will provide ongoing support to mental health champions in this unique and much-needed initiative.

19 & 31 July 2019

Mental Health Schools Programme
SADAC KZN kicked off our pilot, iKhanda Mandla: Mind Power for Youth, Schools program this month. This pilot project will roll out in 4 x high schools in the Pinetown / Inanda regions. Our program will focus on grade 10 learners that will be capacitated with mental health literacy and basic knowledge that will allow them to have a better understanding of mental health issues. Phase 1 is underway with Phases 2 to 4 to roll out over the next 10 months.
2 J U L Y   
NACCW Conference Presentation + SADAG KZN Table

1 2 J U L Y   
Workshop at SACAP Principal’s Breakfast

1 8 J U L Y   
Township Yogi Film Screening at UKZN Med School Campus

1 9 J U L Y   
GeoAfrika Wellness Day: Talk on Depression and Anxiety in the Workplace

2 6 J U L Y   
Vega Brand Activation Challenge for NGOs

2 9 J U L Y   
Addressing 4th-Year Nursing Students on Mental Health Social Determinants + Stigma

Our community initiatives are made possible through the support of many individuals and organizations, we would like to thank all of you!
**Coming up in August**

**Women's Month**
- National Women's Month
- Child Health Month

1-7 World Breastfeeding Week
1-7 CANSA Care Week
4-10 Polio Awareness Week

**9 National Women's Day**
- 12 International Youth Day 2
- 6-31 African Traditional Medicine Week
- 31 African Traditional Medicine Day

**INVITATION**

**SADAG KZN PRESENTS**

**Mental Health Community Forum Talk**

*Autism Spectrum: Addressing the Needs of Caregivers*

Presented by Dr Rosa Hoekstra
Department of Psychology, Institute of Psychiatry, Psychology and Neuroscience, King's College London

Wednesday, 7 Aug 2019
17.30 - 18.30PM

Join us at:
Sussur & Stein Seminar Room,
Nelson R. Mandela School of Medicine, UKZN
719 Umbilo Road, Congella, Durban

All members of the public are welcome - patients, family & friends.

Entrance is FREE, but donations towards our mental health programmes are always welcome!

WWW.SADAG.ORG | KZNSADAG@ANXIETY.ORG.ZA

---

**SADAG KZN PRESENTS**

**Mental Health Community Forum Talk:**

*Mums and Mental Health*

*How we can beat Perinatal Distress*

On 29 August from 5 to 6pm
At SACAP Office
5th floor, 199 Peter Mokaba Rd, Morningside

Speakers:
- **Lauren Shapiro** author of *Through The Window – How I beat PND*
- **Alexandra Wallis & Hayley Lieberthal:** PND survivors & leaders of Mums Support Network

Email: kznsadag@anxiety.org.za
### SADAG KZN Support Groups

**YOU CAN JOIN OR LEAD A SUPPORT GROUP!**

Call or text us on 078 261 5080 or email us mentalhealthmatters3@gmail.com for more information.

**PLEASE make contact with the support group leaders before arriving at the groups as times or dates might change due to unforeseen circumstances.**

**SADAG KZN In-office Support Groups**

82 Mazisi Kunene Rd, Glenwood, Berea

Contact Lynne Richards on mentalhealthmatters3@gmail.com or 078 261 5080

<table>
<thead>
<tr>
<th>Date</th>
<th>Support Group</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 AUG</td>
<td>Support Group with Noor &amp; Wandisa</td>
<td>14.00pm - 15.30pm</td>
</tr>
<tr>
<td>17 AUG</td>
<td>Support Group with Revania &amp; Krisanya</td>
<td>09.00am - 10.30pm</td>
</tr>
<tr>
<td>12 AUG</td>
<td>Support Group with Rivendri &amp; Lynne</td>
<td>09.00am - 10.30am</td>
</tr>
<tr>
<td>16 AUG</td>
<td>Support Group with Micaela &amp; Lorelle</td>
<td>16.30pm - 18.00pm</td>
</tr>
<tr>
<td>8 AUG</td>
<td>Support Group with Noor &amp; Wandisa</td>
<td>14.00pm - 15.30pm</td>
</tr>
<tr>
<td>22 AUG</td>
<td>Support Group with Revania &amp; Krisanya</td>
<td>09.00am - 10.30pm</td>
</tr>
</tbody>
</table>

**SOLOS (Survivors of Loved Ones of Suicide) & Depression Group**

18.00pm - 19.00pm

Contact Lori on suicideprevent@gmail.com or whatsapp 083 652 0117

**Support Group Leaders’ Forum**

16.15pm - 17.00pm

Inviting all Support Group Leaders to join our monthly forum with Clinical Psychologist, Suntosh Pillay, for personal support, debriefing, and supervision. RSVP to Lynne on WhatsApp 078 261 5080

**OASIS Support Group**

14.30 - 16.00pm

Open acceptance supporting individual sexuality

Durban Holocaust & Genocide Centre, enter at 44 KE Masinga

Contact Michelle Murray on oasis.kzn.dbn@gmail.com or 084 580 0489

**UKZN Student Support Group**

13.00 - 14.00pm - Howard College Campus

Support group for all students across Howard College Campus

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”; depression, anxiety, anger, self harm etc. For mothers needing advice, love and support, 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

**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. If you live in Queensburgh / Malvern Areas please contact Tina on 066 202 9252

**Glenwood Support Group for Care Givers**

17.00 - 18.00pm, Every 2nd & 4th Monday

Providing support & skills for those caring for family members & loved ones with mental illness, neurocognitive disorders & substance use problems. Contact Ashley van Heerden on 072 364 4063 or Kerry Anderson on 083 776 0772

**Bi-Weekly**

**Weekly**
This year we are looking forward to welcoming over 1000 active walkers to move together for our collective mental health!

You can be part of this event by

**SPONSORING A VARIETY OF RESOURCES**

making this the BEST WALK in KZN!

Please contact kznprojects@sadag.org to pledge your support!
Volunteers monthly meetings
First Friday of the month, 2pm - 4pm
Join us for tea and coffee and learn about our current projects and work in teams with other volunteers
>> Next one on 13 Sept 2019

**NOTICE BOARD**

We welcome volunteers to put their hands up and donate their time and/or skills to support us in actively promoting Mental Health in KwaZulu-Natal!

---

**SADAG KZN 2019**

**DISCLAIMER**

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.
BESPOKE MENTAL HEALTH SERVICES

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.

#mentalhealthmatters
#SADAGKZN

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

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

TRAINING SUPPORT GROUP LEADERS
Training Support Group Leaders and Supporting Leaders through process of running these groups in their respective communities

MENTAL HEALTH PSYCHOEDUCATION PROGRAMMES
This includes Community forums, Talks, Presentations, CPD-accredited Training, Awareness campaigns
Globally, most young people with mental health problems lack the support and access to the care they need. Unlike other illnesses, mental illnesses are “chronic diseases of the young,” with over 75% manifesting by age 24. And demographic trends suggest that swelling urban populations will be comprised mainly of young people: 60% of all city dwellers will be under the age of 18 by 2030. The United Nations has added mental health outcomes to its Sustainable Development Goals (SDGs), signaling the urgency of this public health crisis and the centrality of mental wellbeing to the overall strength and resiliency of societies.

Locally in Kenya, the government has announced its commitment to health system reforms that include mental health services and will cover education and awareness on mental health, community screening, psychosocial intervention such as counseling and care coordination.

From Monday, July 22 to Wednesday, July 24, with local leaders like Dr. Simon Njuguna at the Kenyan Ministry of Health, Dr. Victor Kibe, Nairobi County NCD Coordinator, Dr. Bernard Olayo, founder of the Center for Public Health and Development (CPHD), and Philip Thigo, the Director for Africa at Thunderbird School of Global Management, citiesRISE brought together international experts from agencies such as the World Bank, OECD, The World Psychiatric Association, and Grand Challenges Canada. The workshop time helped determine the best approach to make a difference in youth mental health in Nairobi and cities around the world. The citiesRISE team brought together global and local stakeholders in one of core cities to elaborate on the design and measurement of Mental Health Framework, a movement established to achieve better mental health outcomes and lay the groundwork for a mental health friendly world.

citiesRISE’s work on the ground has resulted in new ways of creating the paradigm shift and, for the first time, convening representation from mental health and youth leadership experts from Kenya, South Africa, India, U.K., Canada, Colombia, Sweden, Australia, Israel, Switzerland. Unifying experts across generations, cultures and perspectives who don’t normally work together, to join the movement and create a shared language and common framework so that cities can make tangible progress to support the life journey of young people, learning from each other to accelerate adoption based on best practices and model case studies.

CEO and Co-Founder, Moitreyee Sinha, explains: “We can achieve profound social transformation on the issue of mental wellbeing only by involving the entire community and putting young people at the center. Improving mental health of young people is the greatest untapped opportunity of our time. We can make real progress through innovative cross-sector approaches to collective action and social transformation.”

More on citiesRISE: http://cities-rise.org/