July is Mental Illness Awareness Month, and July 18 is Mandela Day. Make a difference to both – today – by pledging a donation to help us fight the stigma against mental illness.

MADIBA: AN AMBASSADOR FOR MENTAL HEALTH?
By Suntosh Pillay

Madiba actually embodied awesome mental health. Despite imprisonment and the cruelty of apartheid, he left prison at peace with himself and his oppressors. His memoirs reveal that it wasn’t easy, and many Robben Island prisoners contemplated suicide; but Mandela stayed focused on the end goals of liberation and freedom, and once released, even remarried at the age of 80!

Graça Machel gave him hope again. In Mandela: The Authorised Biography, he said “I don’t regret the reverses and setbacks because late in my life I am blooming like a flower, because of the love and support she has given me”. Indeed, those are the two ingredients for fantastic mental health: love and support.

Even serious mental illnesses benefit from these special qualities, and help dispel the myth that mental illness is incurable. Bethany Leonhardt, from the University of Indiana, reviewed the global research and concluded in 2017 that “abundant evidence exists showing recovery is possible and in fact a likely outcome for those with serious mental illness”.

These are stories of hope. And SADAG KZN is in the business of hope. Together, with your help, we can do more. Make a donation this Mandela Day to SADAG KZN and help us make mental health matter every day. Help us give hope to those who have lost it.
A big THANK YOU to our amazing volunteers!

The staff and management of the SADAG KZN office would like to thank every volunteer who selflessly gives of their time and resources to help us drive the vision of our organization. Your efforts and energies do not go unnoticed and we salute you for helping us advocate for healthy minds in the KwaZulu-Natal province. Together we have achieved so much in our first year of operation - let's keep the momentum for even greater things in the years to come!

First Friday
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 5 July 2019

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!
June Events in Pictures

1 June
Narrative Therapy CPD Workshop by Dr T Naidu

1 June
SADAG KZN Info Table at Denis Hurley Street Store

6 June
Varsity College Support Group Training & Suicide Awareness Workshop

7 June
Suicide Awareness Presentation at Ethekwini Municipality: Employee Wellness, Healthy Mind, Healthy Body Workshop

14 June
SADAG KZN Community Forum Talk: Coping with Burnout by Dr S Nzama

22 June
SADAG KZN Support Group Leader Training for 20 People Conducted by Suntosh Pillay & Lynn Norton

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 July

**Mental Illness Awareness Month**

1-5 Corporate Wellness Week
11 World Population Day
18 **Nelson Mandela International Day**
28 World Hepatitis Day

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18 July 2019
16.00 for 16.30 until 19.00
UKZN Steve Elko Lecture Theatre
Nelson R Mandela School of Medicine
719 Umbilo Rd, Congella, Durban
R50 cash**
(R20 with student card)
**Proceeds donated to charitable community projects
Enquiries on UKZN Campus Yogi Project:
Dr S Ramlall - ramlalls4@ukzn.ac.za

CLICK HERE TO RSVP or email mentalhealthmatters3@gmail.com

AN INVITATION, WITH FILMMAKERS IN ATTENDANCE, TO THE PREMIER SCREENING OF THE SOUTH AFRICAN DOCUMENTARY FILM

**TOWNSHIP YOGI**

& LAUNCH OF THE UKZN CAMPUS YOGI PROJECT

The Township Yogi Project offers free yoga classes to people living in townships and seeks to empower unemployed people in communities by training them to become qualified yoga teachers.

The Township Yogi Documentary has been produced to raise awareness of the project and a percentage of profits from the film will be donated to the Township Yogi Project. Renowned American Actor/Director Blair Underwood is a Producer and Narrator on the film, as well as an ambassador for the Township Yogi Project.

For more info on the project visit: https://www.townshipyogi.org/

Watch the film trailer >>

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WWW.SADAG.ORG | KZNPROJECTS@SADAG.ORG
KZN MENTAL HEALTH ADVOCACY GROUP & SADAG KZN PRESENTS THE 4TH ANNUAL
MENTAL HEALTH ADVOCACY WALK & WELLNESS FAIR
SUNDAY, 6 OCTOBER 2019
Registration & Wellness Fair from 8am
Walk starts at 9am with activities until 12pm
DURBAN BEACHFRONT
EVERYONE IS WELCOME!

#MENTALHEALTHMATTERS!
WALK ALONG & JOIN US FOR FREE HEALTH SCREENINGS,
MENTAL HEALTH INFO, YOGA,
ZUMBA DANCE AND MORE

START & FINISH AT
North Beach Amphitheatre
Opposite Elangeni Hotel

TURN AT uShaka Marine World

ENTRANCE IS FREE!
Please pre-register by clicking here or register by
EMAIL: MHadvocacygroup@gmail.com
or by SMS: 078 261 5080

NB: Book your stand by 30 September 2019 if you'd like to exhibit or present your services or products at the WELLNESS FAIR!
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.

SADAG KZN In-office Support Groups
82 Mazisi Kunene Rd, Glenwood, Berea
Contact Lynne Richards on mentalhealthmatters3@gmail.com or 078 261 5080

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

- Support Group with Revania & Krisanya
  09.00am - 10.30am

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

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

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, Sunith 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

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

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
**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

A special THANK YOU to PPS for sponsoring catering at our Community Forum Talk on Burnout hosted on 14 June 2019.

A special THANK YOU to the Mental Health Advocates at Durban & Coastal Mental Health for the invitation to speak at their General Meeting and present SADAG KZN as a support service to their community!
A VIEW ON GLOBAL MENTAL HEALTH

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

HUMANITARIAN CRISIS & MENTAL HEALTH

New World Health Organization prevalence estimates of mental disorders in conflict settings

EXTRACT FROM:
Fiona Charlson, PhD, Mark van Ommeren, PhD, Abraham Flaxman, PhD, Joseph Cornett, BS, Prof Harvey Whiteford, PhD, Shekhar Saxena, MD, (2019). New WHO prevalence estimates of mental disorders in conflict settings: a systematic review and meta-analysis, The Lancet

Currently, there are major conflict-induced humanitarian crises in numerous countries, including Afghanistan, Iraq, Nigeria, Somalia, South Sudan, Syria, and Yemen. UN estimates suggest that more than 68.6 million people worldwide have been forcibly displaced by violence and conflict, the highest number of people affected since World War 2. This increase in people affected by conflict coincides with a growing interest in mental health, as exemplified by the recently approved 10-year extension of the Mental Health Action Plan by 194 WHO member states. Interest is especially high in the mental health of people affected by humanitarian emergencies.

In 2005, WHO estimated the prevalence of mental disorders among people affected by humanitarian emergencies. These estimates have been frequently repeated in policy documents, news media, and appeals and funding proposals for help for people living through the world’s worst crises. WHO emphasised that these estimates represented averages across emergency settings and that observed prevalence estimates would vary by affected population and assessment method. However, WHO’s 2005 estimates were not based on applicable systematic reviews of evidence.

BACKGROUND
Existing WHO estimates of the prevalence of mental disorders in emergency settings are more than a decade old and do not reflect modern methods to gather existing data and derive estimates. We sought to update WHO estimates for the prevalence of mental disorders in conflict-affected settings and calculate the burden per 1000 population.

INTERPRETATION
The burden of mental disorders is high in conflict-affected populations. Given the large numbers of people in need and the humanitarian imperative to reduce suffering, there is an urgent need to implement scalable mental health interventions to address this burden.

Read more: https://www.mhinnovation.net/resources/new-who-prevalence-estimates-mental-disorders-conflict-settings

Figure 6: Age-specific years lived with disability (YLDs) per 1000 population (95% uncertainty interval) of depression and any anxiety in conflict-affected populations, 2016 GBD 2016=Global Burden of Diseases, Injuries, and Risk Factors Study 2016.

CLICK HERE to CONTRIBUTE to our impactful programmes

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