



# SADAG KZN NEWSLETTER

## MARCH/APRIL 2022

Welcome to our monthly newsletter. Please read and share widely. Mental Health is everybody's business!

### SADAG KZN CONTACTS

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### SADAG NATIONAL HELPLINE

0800 456 789

[www.sadag.org](http://www.sadag.org)



## MENTAL HEALTH FIRST AID DURING A CRISIS

Key elements of MHFA by Professor Anthony Jorm, PhD, DSc

## MENTAL HEALTH MATTERS IN KZN

- Free public talks & forums
- Community support groups
- CPD-accredited specialist workshops
- Youth outreach at schools and universities
- Engaging mental health events and training
- AND More...



Click here to show your  
**ACT OF KINDNESS**  
by donating to our  
community projects!

"Mental health first aid is the help offered to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis. There are basic mental health first aid skills that can be learned by anyone in the community and should be seen as part of the responsibility of every person to care for others in their community."

Every person in the world has close contact with people with mental health problems, whether among their family, friends, workplace or neighbourhood. How they behave towards those people may have an important role in their recovery. But how do we know what actions to take that will be supportive and not make the problem worse?

**Action 1:** Approach the person, assess and assist with any crisis. The first task is to approach the person, look out for any crises and assist the person in dealing with them.

**Action 2:** Listen non-judgmentally. When listening, it is important to set aside any judgments made about the person or their situation, and avoid expressing those judgments.

**Action 3:** Give support and information. Once a person with a mental health problem has felt listened to, it can be easier for the first aider to offer support and information.

**Action 4:** Encourage the person to get appropriate professional help. The first aider can also tell a person about any options available to them for help and support.

**Action 5:** Encourage other support. Encourage the person to use emergency helplines or facilities, self-help strategies and to seek the support of family, friends and others."

<http://cpmh.org.za/wmhd/wp-content/uploads/2016/08/Key-Elements.pdf>



## A brief guide on practising Mental Health First Aid



Mental Health First Aid (MHFA) is a tool that can be used by anyone to help another person who is experiencing a mental health emergency. It aims to stabilize an individual in the heat of the moment. It can be done by anyone however, formal training can increase one's ability to carry it out efficiently.

**NB: It does not replace professional help, it merely precedes it. It does not involve diagnosing an individual, neither is it counselling or psychotherapy.**

### 3 Steps:



#### LOOK

+ Look out for safety and offer support



#### LISTEN

+ Listen non-judgementally



#### LINK

+ Link to appropriate professional help

### Some principles to conduct MHFA responsibly:

**Ethics:** Respect, Autonomy, Culture, Dignity.

**Self-care:** Take care of yourself first, keep yourself okay.

**Legalities:** Do not discriminate or violate human rights; understanding relevant laws and their relevance.

Don't pretend to be a professional or expert.

**Safety:** Ensure your safety and that of others around you.

If in a crisis go to the Accident & Emergency Unit at your nearest hospital: this includes being suicidal and all forms of mental health emergencies.

SADAG KZN info on [www.sadag.org](http://www.sadag.org)  
 SADAG Mental Health Line - 0800 456 789  
 Suicide Crisis Line - 0800 567 567  
 Practicing Psychologists: [www.dppg.org.za](http://www.dppg.org.za)  
 MHFA info on [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

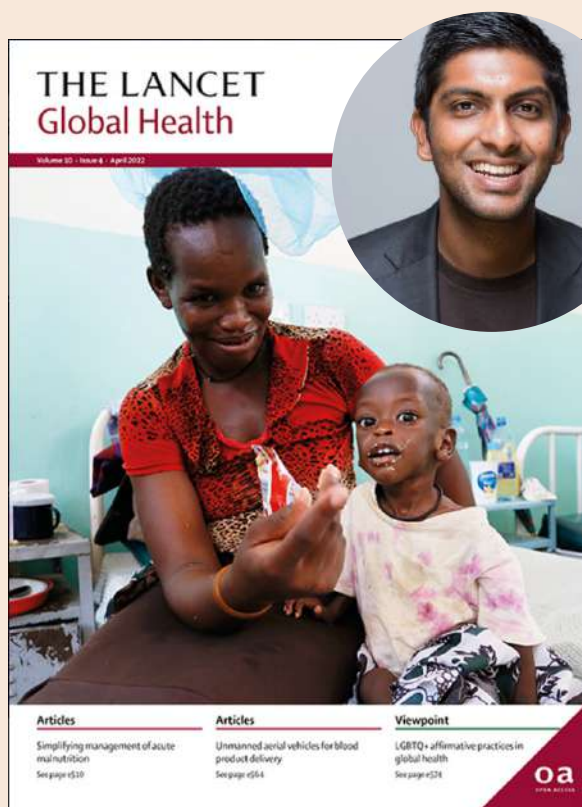




## KZN TEAM UPDATE

A warm welcome to the new addition to our small KZN team, **Sanelesiwe (Siwe) Ndlovu**! We are so grateful to have you as part of this dynamic initiative and we know that you'll be a great asset to the team, and the communities we work with.

Our office at UKZN is officially open again and we would like to extend a **BIG THANK YOU to UKZN** for their donation of 2 computers for our office space. Every donation makes a HUGE difference in supporting our work.



## NEW PUBLICATION

in The Lancet Global Health  
by Suntosh Pillay

*Queering global health: an urgent call for LGBTQ+ affirmative practices*

This Viewpoint was submitted in response to the call for papers on the theme "What is wrong with global health?". We answer the question simply: global health under-represents the experiences of LGBTQ+ people. Queer contexts are missing from the pages of this journal—a strange exclusion given the journal's commitment to diversity and inclusion of marginalised voices.



## **19 March 2022** COMMUNITY TALK Refugee Youth Project: Talking about depression

Thank you to SADAG KZN volunteers Lynne Richards and Britney Bengston who spoke on depression and anxiety with a group of refugee Youth at an event hosted by Zoëlife and the Tumaini Community Project in Durban.



## **23 March 2022** COMMUNITY TALK Suicide in South Africa: An Intersectional Dialogue

PsySSA council member, Suntosh Pillay facilitated an intersectional dialogue on Suicide in South Africa. This dialogue included incredible speakers Ms Cassey Chambers, (Operations Director, SADAG), Ms Glynis Horning (Freelance Writer), Mx Saya Pierce-Jones (Journalist) and Dr Sebo Seape (Psychiatrist, SASOP President).





## 24 March 2022

### COMMUNITY TALK

#### Varsity College NGO Open Day

Varsity College invited SADAG KZN to join their NGO open day. Thank you to KZN administrator Siwe Ndlovu, SADAG volunteer, Nirmala Moodley, and Anne Rajcoomar from our head office who gave a presentation on mental health for students and SADAGs NPower Mental Health Support Programme - supporting the mental health of SA NPOs.

In loving memory of  
**Darius Leslie Enoch**

## Mental Health Awareness Campaign

### Depression and Anxiety

Join us to raise awareness, understanding and removing the stigma that surrounds mental health issues

**Venue ▶** Durban Girls' Secondary School  
3331 Gladys Manzi Rd  
Greyville

**Date ▶** 9 April 2022

**Time ▶** 2:00pm – 4:00pm

**Guest speakers**  
Glynis Horning  
An award winning journalist on mental health and author of *Waterboy*

Ramesh Ramkumar  
Inspirational Speaker at Being Human Experts Academy | Author of the best-selling 'Being Human' and a popular Radio Personality

Gina Sim  
Gina has a Masters degree in Clinical Psychology and is currently working at the Department of Correctional Services as a Clinical Psychologist

## 9 April 2022

### COMMUNITY TALK

#### Mental Health Awareness Campaign on Depression and Anxiety

Thank you to SADAG KZN volunteer Gina Sim who spoke on mental health awareness, understanding and removing stigma around mental health issues, at an event hosted at Durban Girls Secondary School in Greyville.



We are setting up support groups in all **11 Districts in KZN** to improve access to mental health support.



The focus in the last months has been to set up our District Support Group project and to expand the reach of our SADAG support groups. We are working in collaboration with UKZN masters psychology students to set up, mentor and sustain support groups across the 11 districts of KZN.

We also conducted 2 workshops on 15 and 22 March and continue working closely with UKZN and community volunteers towards training a new group of leaders in May.



## SUPPORT GROUPS PEOPLE SUPPORTING PEOPLE

Support groups are still mostly online with a few starting in-person groups this year. Contact our **24-hour free helpline on 0800 456 789** for more info on Support Groups in your area.

Join the Triumph FREE

### Support Group for Trauma, Grief & Bereavement

When - First Thursday of each month  
Where - Online using Zoom  
Time - 10am – 11am



For more information about Nthabiseng's Group and to RSVP contact 0797370566 / nthabino99@gmail.com



Join us at a FREE

### Depression & Anxiety Support Group (For Adults 35 years and older)

When First and Third Tuesday of the month  
Where Hillcrest Presbyterian Church,  
1A Old Main Road, Hillcrest, Durban  
Time 6:30pm – 8:00pm



For more info and to RSVP contact  
Anne - annevdm55@gmail.com

## NEW Mental Health Support Group in Pietermaritzburg

A new mental health support group has just been launched in Pietermaritzburg. Monthly meetings will be held at the Hospice, Zwartkops Road, Pietermaritzburg.

For more information please contact Sandra (0720591868) or Aleries (0671843954).

### INVITATION



## SADAG KZN SUPPORT GROUP LEADERS FORUM

Join us for a Lunch Hour Chat session!



**Wednesday,  
4 May 2022  
12.00PM - 13.00PM**

This session will be held via Zoom. The link will be sent on our WhatsApp Group

All KZN support group leaders are welcome.  
Attendance is **FREE!**

PLEASE RSVP ON OUR  
WHATSAPP GROUP OR TO  
KZNSADAG@ANXIETY.ORG.ZA



SADAG KZN PRESENTS

## Free Online Support Group Series: Anxiety and Stress Management

HOSTED BY  
Counselling Psychologist, Maxine Grimett  
from Psych Grow



**SESSION 1:**  
**Am I experiencing anxiety or stress? Practice focused deep-breathing**

Join this FREE online support group series where we discuss topical issues and provide wellbeing supportive tools to help you, your family and your community during difficult times.

**Tuesday,  
10 MAY 2022  
13h00 to 14h00  
Online via Zoom**

**TO REGISTER EMAIL**  
[kznsadag@anxiety.org.za](mailto:kznsadag@anxiety.org.za)

**JOIN VIA ZOOM**  
Meeting ID: 856 9441 6964  
Passcode: 235315

[kznsadag@anxiety.org.za](mailto:kznsadag@anxiety.org.za) | +27 78 278 7047 | [www.sadag.org](http://www.sadag.org)

SADAG KZN and Counselling Psychologist, Maxine Grimett from Psych Grow, will be running a series of webinars to help you manage your anxiety and stress during these difficult times.

These webinars will involve forming a **supportive group of people coming together to focus on learning healthy coping skills** that are proven to work. When you join the group, you can connect with other people who understand what you're going through. You will receive the most benefit from joining in all the sessions but you can also attend sessions that may be of particular interest to you.

### 8 MONTHLY SESSIONS INCLUDE:

- **10/05 - Am I experiencing anxiety or stress? Practice focused deep-breathing**
- **07/06 - Identify and learn to manage your triggers**
- **12/07 - Questioning your thought patterns**
- **16/08 - Do a daily or routine meditation**
- **13/09 - Change your diet**
- **11/10 - Build your self-esteem**
- **08/11 - The myths around anxiety and setting the record straight**
- **06/12 - Reflection and Summary**

Participants must register for each of the sessions in advance. See the link below to register for the upcoming sessions.





## MENTAL HEALTH NGO NETWORKING WORKSHOP

SADAG and SADAG KZN are inviting KZN NPO's to a mental health and networking workshop. This workshop will be run in collaboration with the KZN Mental Health Advocacy Group.



We will be launching an invitation to KZN mental health groups to come together and discuss advocacy issues around mental health in our province and welcome all KZN NPOs to join in this initiative. Date to be confirmed.

### Sticking together: Creating cohesive collectives

by Donelson R. Forsyth, PhD (American Psychological Association)

"Groups—such as teams in the workplace, juries deciding a case, climbers summiting a mountain, and clients gathered together seeking therapeutic gains—are a primary means for individuals to achieve a variety of social and instrumental goals. But what is that one factor—that one critical ingredient—that will transform an ordinary, everyday group into one that yields superlative and long-lasting outcomes for its members? Empirical investigations of this question published in the journal *Group Dynamics: Theory, Research, and Practice* over the past 25 years offer an answer: **cohesion**. Workgroups that are unified outperform those that are less closely knit. Cohesion enhances the therapeutic impact of group treatments and may even be a necessary condition for their success." Read more: on [www.apa.org](http://www.apa.org)

**MAY**

**24**  
World  
Schizophrenia Day


**17**  
International Day  
against Homophobia

**JUN**

**16**  
Youth Day

**20**  
World Refugee  
Day

# Notice Board - KZN Floods Relief Support



**sassa**  
SOUTH AFRICAN SOCIAL SECURITY AGENCY



## Social Relief Of Distress Grant for Disasters

**Who can apply for Social Relief of Distress (SRD)?**  
This temporary provision of assistance is provided to people affected by a crisis or disaster and is mainly for people who are unable to meet their families most basic needs.

**Which SRD is provided by SASSA during a crisis/disaster?**

- ☐ SASSA provides food vouchers to the value of R1200 per family.
- ☐ R1980.00 x2 (total amount paid per family: R3,960.00) as food vouchers or cash to a family with deceased family members due to a disaster.
- ☐ School uniform is provided to learners who lost uniform during a disaster:
  - Girls: R2,700.00
  - Boys: R2,500.00

**How do I apply for the food voucher?**  
Kindly submit contact details to ward councillor at your nearest municipality or to Social Worker.


**How long do I receive it?**  
For only one month, because it is expected that the people's lives will normalise and the other form of SRD including R350 will still be available for people who are experiencing hardship.

**When do I receive the voucher?**  
Application is processed immediately after assessment is done and once approval is granted the voucher is issued.

**Who to contact for more information:**  
**SASSA Toll Free Number: 0800601011 or SASSA Regional Call Centre: 0338463400**

*paying the right social grant, to the right person, at the right time and place. NJALO!*

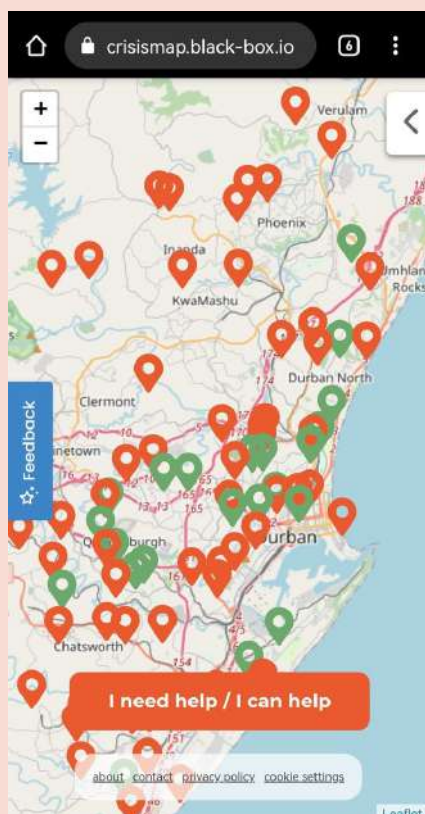
#SASSACARES  
#KeepSouthAfricaHealthy  
Toll free: 0800 60 10 11  
www.sassa.gov.za  
f SASSA News @OfficialSASSA



**Have you been emotionally affected by the KZN floods and need mental health support?**

SADAG KZN in partnership with the Durban Practicing Psychologists Group (DPPG) is running four free community support groups to help people deal with trauma, grief, anxiety, and loss in various areas around Durban.

If you are interested in joining a group or would like to receive more information on these groups **please email Lynn on [kznsadag@anxiety.org.za](mailto:kznsadag@anxiety.org.za)**.



## Durban Crisis Map app helps locate which areas are in need

Durban based company, Black Box is an app and product development company that performed something incredible recently. They made an app specifically for #KZN Floods within 36 hours. 'Durban Crisis Map' currently serves the purpose of logging a need in your area (location, need type, description, contact details) and more.

View this app to see how this can help you and your loved one in KZN during this time.

<https://crisismap.black-box.io/>



# A view on Global Mental Health

by Chantelle Booysen



Image credit: [www.iol.co.za](http://www.iol.co.za)

## How to cope during, and after, natural disasters

"If you have experienced a natural disaster (such as the recent floods in KZN), it is very important to learn ways of coping with the impact these events can have. Natural disasters have the potential to produce high levels of stress, anxiety, and anger in those who are affected. They are considered to be traumatic events and can potentially trigger post-traumatic stress disorder (PTSD) in survivors."

Unlike other traumatic events, natural disasters can result in tremendous destruction of property and financial loss, which further contributes to stress levels and disrupts coping efforts. For example, floods can destroy and disperse an entire community, thwarting their attempts to connect with social support."

## Ways to Cope With Natural Disasters

Though the effects of natural disasters can be severe and far-reaching, there are steps you can take to cope. Here are some ways you may be able to reduce the trauma of a natural disaster.

- **Seek out and connect with social support.** Research has consistently found that early intervention, resources, and support from others can be a major factor in helping people overcome the negative effects of a traumatic event. Given that a natural disaster can impact an entire community, your support system may be weakened by a natural disaster. However, even connecting with one person can make a difference.
- **Identify local support groups or available crisis counsellors to talk to.** After a natural disaster, crisis counsellors may be brought in to offer support and help you come up with ways of coping with the impact of a natural disaster. Take advantage of these opportunities.
- **Try to establish a schedule.** For example, set regular times for meals, waking up in the morning, or talking with family and friends. A natural disaster can greatly disrupt your regular schedule increasing the extent to which your life feels chaotic and out of control. Coming up with a daily, structured schedule can help you establish a sense of predictability and control.
- **Talk about the effect of the natural disaster.** Share your feelings with others, or at the very least, find some way to express your emotions. A natural disaster can result in strong feelings of anger, anxiety, and sadness. These emotions need to be expressed. If you hold them in, they may get more intense.
- **Focus on self-care.** A natural disaster can deplete you physically as well as emotionally. It is very important that you make time to care for yourself. Self-care is integral to emotional and physical health. Caring for your body, mind, and spirit can increase your ability to cope with trauma. Make sure you eat well, get enough sleep, and exercise. Mindfulness practice has also been shown to help survivors cope with PTSD.
- **Practice healthy coping strategies.** Following a natural disaster, you will experience a number of intense negative emotions. Therefore, it is very important to identify healthy ways of managing these emotions. Alcohol or substance use, excessive sleep, and seeking comfort in food can be effective short-term strategies for managing emotional distress, but in the long-term, these behaviors don't address the root issue and often increase distress.
- **Try to limit other sources of stress in your life.** Although you may have little control over other sources of stress in your life, try to limit the extent to which you make major decisions or life changes. Your most important task following a natural disaster is getting your life and emotions back in order. Therefore, it is important to put yourself in a place where it is going to be easier to do this.
- **Find ways to help others.** Helping others can provide you with a sense of agency, purpose, control, and empowerment.

# Helplines to remember

## SADAG Social media + Helplines

Facebook: "Ask the expert" chat @TheSADAG

Online chats: [www.sadag.org](http://www.sadag.org)

Tel: 0800 21 22 23

24/7 helpline: 0800 456 789

24/7 Suicide Line: 0800 567 567

Sms: 32312

## COVID-19 National Contacts

Toll-free helpline: 0800 029 999

Website: [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)

Whatsapp: 0600 123456

## Gender Based Violence Helplines

24/7 helpline: 0800 428 428 / 0800 150 150

Call back: \*120\*7867#

Tears GBV SMS: \*134\*7355#

## MobieG Counseling for Teens

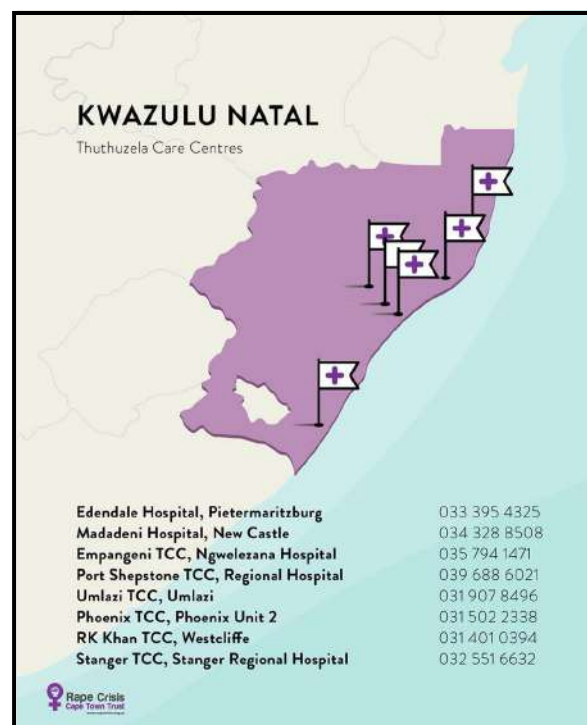
[www.mobieg.co.za](http://www.mobieg.co.za)

## Childline

24/7 crisis line: 0800 555 555

## Quality Mental Health Care

[www.lifeesidimeni.org.za/get-help](http://www.lifeesidimeni.org.za/get-help)



## Life Esidimeni

Lives Remembered ▾ What Happened? ▾ What Now? ▾ Mental Health ▾ Get Help ▾

Act Get Help

Never Again

We are concerned that all people who need quality mental health care get it. Many people don't know where to get help if they have a mental health issue. Or perhaps you have tried to get help and the system has failed you. The phone just rang. Or no-one replied to your sms or email. Tell us what you are worried about. Is it the a doctor, health care professional, facility, access or the mental health of your loved on?

Follow the buttons below to guide you further. You can also SMS 43304 or fill in the online form below. SADAG will contact you to help you.



**SMS**  
**43304**

SADAG (The South African Depression & Anxiety Group)



**Contacts**

Useful numbers that may help you



**Report**

Report a Public or Private Healthcare Facility; a Healthcare Professional or Mental Health Rights Violations



**Helpful Resources**

Useful Website Links