COMMEMORATING YOUTH DAY ON JUNE 16

June 16, Youth Day, commemorates the historic uprising of our youth against the injustices of apartheid—a milestone in the journey to South Africa’s democracy. Across the African continent, it is also observed as the Day of the African Child—a celebration of our children while acknowledging the ongoing challenges they face.

While adolescence is popularly characterized as a stage of ‘turmoil’, it is more importantly and accurately a stage of critical physical and emotional development rich with opportunity to shape the potential of our future leaders. Together with dynamic internal neurodevelopmental and hormonal changes, our youth face environmental pressures, demands and stressors that make them vulnerable. The two greatest gifts we can give our children are roots and wings. Adolescence is the time when our children are preparing to unfurl their wings—let us be the consistent loving winds beneath their wings so that they may achieve their full potential.

We are excited to share that SADAG KZN met with the Department of Education on May 20 at Hlengimpilo School, in Inanda. We were joined by school principals, learner support agents (LSAs) and representatives from the four high schools where we will be launching our pilot project, iKhandla Mandla: Mind Power for Youth.

The pilot project aims to promote mentally healthy lifestyles in under-resourced schools by engaging youth in sustainable mental health programmes, starting youth mental health clubs.

The project will focus on raising awareness in order to reduce stigma related to youth mental health; supporting early detection of mental health problems while signposting referral and support systems. Building mental resilience among young people is critical to general health and wellbeing.

Adolescents are the greatest resource for a society to thrive’ - WHO.

**HOW TO FOSTER POSITIVE YOUTH DEVELOPMENT**

- **COMPETENCE**: Provide opportunities to develop emotional, cognitive and physical skills
- **CONFLUENCE**: Boost self-efficacy and esteem by promoting opportunities for success as well as learning from ‘failures’
- **CONNECTION**: Promote social connectivity with a wide range of people; the brain is a social organ and social health is essential for mental health
- **CHARACTER**: Support physical, emotional, social and spiritual growth as they explore and define their unique identities
- **CARING**: Provide a nurturing physical and emotional environment that teaches a culture of caring for self and others

Adapted from TTYE Guide -John Hopkins 2009

>> TEENAGERS NEED MORE SLEEP THAN ADULTS! <<

Encourage enough sleep (8-10 hours) each night to aid brain development. During sleep, the brain flushes out toxins and processes memory. Poor quality or too little sleep is linked to poor physical, emotional and cognitive health as well as to accidents.
MAY IN PICTURES

10 MAY
Depression and Anxiety Dialogue, Playhouse

6 MAY
Talks on Depression with DRC Youth, DMC, Durban Central

18 MAY
UKZN Student Support Services: Talk at Louis Botha Mental Health Awareness Programme
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 JUNE**

**PLANNING MEETING FOR ANNUAL KZN MENTAL HEALTH WALK AND WELLNESS FAIR**

15.00pm to 17.00pm  
7th

**Life St Josephs Hospital**, 82 Mazisi Kunene (South Ridge Road), Berea, Durban  
Our KZN Mental Health Advocacy Walk and Wellness Fair will be hosted on 6 October. If you are able to support this event by assisting with donations, volunteering or sponsorships please contact kznprojects@sadag.org and WALK THE TALK at KZN's BEST WALK!

**RSVP FOR THE ANNUAL DURBAN MENTAL HEALTH SYMPOSIUM**

The 5th annual Durban Mental Health Symposium will be hosted on 3 July 2019 from 8.30am to 14.00pm  
At the Unite Building, UKZN Howard College Campus, Gate 8  
PLEASE RSVP to MHadvocacygroup@gmail.com to book your seat!

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**The KZN Mental Health Advocacy Group**

In partnership with SADAG KZN invites you to the **5th Durban Mental Health Symposium**

*‘Making mental health everybody’s business’*

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**SAVE THE DATE!**

03 July 2019  
08:30 – 14.00  
Venue: UNITE Building  
UKZN Howard College Campus, Gate 8  
(Off Rick Turner Rd)

R200  
Tea & lunch included  
5 CPD points

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**Dr Charlotte Labys:** Clinical psychologist & founder, The Centre for Living Refugee experiences in Durban: Problems, coping, solutions?

**Prof Arvin Bhana,** Chief Specialist Scientist, Medical Research Council  
Mental health screening as a health system intervention

**Ms. Chantelle Boysen:** Activist, Movement for Global Mental Health  
The powerful impact of lived experience advocates in a bipolar world

**Dr Goodman Sibeko:** Head, Division for Addiction Psychiatry, UCT  
Capacitating non-specialists in behavioural health and HIV

**Mrs. Desiree Govender:** Chief Physiotherapist, G.J. Crookes Hospital  
Mental health needs of pregnant teenagers and teenage parents

**Mrs. Winnie B. Cele:** Lecturer, Mental Health Nursing, UKZN  
Implementing the National Mental Health Policy Framework

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**CLICK HERE** to RSVP by JUNE 18. All welcome but seats are limited
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 information and to confirm attendance email Lynn on kznsadag@anxiety.org.za or Whatsapp 078 278 7047
There is a large and growing body of scientific evidence attesting to the physical, mental and spiritual benefits of yoga; it is a practice endorsed by Harvard medical school.

‘Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life.’ -Lyengar-

**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.
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.

VOLUNTEERS CORNER

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 7 June 2019

WE WELCOME VOLUNTEERS TO DONATE THEIR TIME AND OR SKILLS TO SUPPORT US IN ACTIVELY PROMOTING MENTAL HEALTH IN KWAZULU-NATAL!

#mentalhealthmatters
#SADAGKZN

SADAG KZN 2019 SERVICES

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

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

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

MENTAL HEALTH PSYCHOEDUCATION PROGRAMMES
This includes Community forums, Talks, Presentations, CPD-accredited Training, Awareness campaigns
WORLD HEALTH ASSEMBLY, GENEVA 2019 - NCD CHILD EVENT
YOUNG PEOPLE WILL CHANGE GLOBAL MENTAL HEALTH

Over the past 3 years I have been actively involved in Mental Health Advocacy and have had the privilege to be part of the #mymindourhumanity campaign initiated by the 15 Youth Leaders from different countries. The Youth Leaders for the Lancet Commission on Global Mental Health was established in July 2018. The campaign was collaboratively coordinated by the BeGOOD Team at the University of Oxford and NCD Child, and funded by the Wellcome Trust.

The global campaign disseminated the key findings of The Lancet Commission on Global Mental Health and Sustainable Development, to young people worldwide and compiled 3 core goals: * Reduce stigma and promote a view of mental health as a fundamental part of being human; * Integrate young people’s voices, values and experiences into public debate; * Educate young people and inspire them to take action to promote well being in their communities.

A major part of the vision for the campaign is to create tangible outcomes that young people can benefit from. We have done this by means of a social media campaign, online challenges, creating local, regional events, integrating young people in high level meetings and launching a Policy Brief that is initiated, created and disseminated by young people.

Young people under 25 make up to 42% of the worlds population and mental ill-health is currently the leading cause of disability in young people aged 10 to 24. Yet, young people are least likely to access mental health services due to under detection, lack of awareness and help-seeking, and insufficient priority in policy frameworks.

The NCD Child Side event hosted next to the United Nations Building in Geneva on 23 May 2019 was used to launch the policy brief with 3 recommendations i.e. [1] To ensure full and direct participation of young people as well as people with lived experience; [2] To increase financial investment in early intervention and prevention programmes and [3] To strengthen mental health education in schools and universities.

These recommendations are designed to empower young people to start conversations with your respective governments. It does not dictate the exact needs of every young person, every community or every country but it can be used as a guideline to develop workable, functional and implementable policies in respective regions.

To view the policy brief and read more about the #mymindourhumanity campaign visit www.globalmentalhealthcommission.org/policy-briefs

CLICK HERE TO CONTRIBUTE TO OUR IMPACTFUL PROGRAMMES

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

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