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

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

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...

10 October 2019

A GLOBAL CALL FOR “40 SECONDS OF ACTION”

"World Mental Health Day, on 10 October, is a day for us to unite in our efforts to improve the mental health of people around the world. The theme selected for this year’s Day is suicide prevention.

Every 40 seconds someone loses their life to suicide. The World Health Organization launched an awareness campaign for this year’s World Mental Health Day. We are encouraging you to prepare to take “40 seconds of action” on 10 October to help:

- Improve awareness of the significance of suicide as a global public health problem;
- Improve knowledge of what can be done to prevent suicide;
- Reduce the stigma associated with suicide;
- And let people who are struggling know that they are not alone.

Put simply, this is an opportunity to show you care. Everyone can take part in whichever way makes most sense. Your activity may be private, for example, initiating a conversation with someone you are worried about or sharing a message of hope with someone who is struggling; or it may be public, for example posting a video message for local or national authorities about action you would like them to take on this issue.” WHO, 2019

#40Seconds #WorldMentalHealthDay #StepUpKZN #SpeakYourMind
WITH GRATITUDE, WE THANK YOU!

ON 6 OCTOBER, MORE THAN 900 ACTIVISTS MADE WAVES FOR MENTAL HEALTH ACTIVISM AT DURBAN’S NORTH BEACH WHERE KZN’S BEST WALK TOOK PLACE UNDER SUNNY SKIES.

It was an incredible day of walking, advocacy, and wellness activities with people from all parts of our KZN community pledging to STEP UP for mental health by promoting healthy minds, calling for better health services and pledging their support to fight stigma against those struggling with mental illness.

Prevention, promotion & treatment are a combined effort in tackling mental illness and living mentally healthy lives; this annual advocacy walk not only helps create awareness around our basic needs for having healthy minds and bodies but gets us ‘walking the talk’ by adopting health-promoting activities.

THANK YOU to every one of our participants, volunteers and donors for pledging your support for mental wellbeing by participating in this public event—a significant step towards eradicating stigma!

With gratitude,
Yours in mental health
SADAG KZN team

#SpeakYourMind  #StepUpKZN  #MentalHealthMatters
"AMAZING coverage everyone! Well done team on a great event! A great start to World Mental Health Day!"
Cassey Chambers
On behalf of the Residents of Jona Vaughan Home we wish to send a big thank you to the people and the organisations involved in the arranging of the Mental Health Advocacy walk. We had a great walk, met friendly people and love our hats and book.

A big gold star to you all.

Fiona Anderson
"I really enjoyed the walk yesterday. I came along with my father, sister, aunt & first cousin, they all enjoyed the walk also. It was well organized. Looking forward to the next one!"

Junade Magid
Mobilizing over 900 people for an advocacy walk, like we had on Sunday, is not an easy 'feet'. With the help of print, network and online media, we are able to get the word out and increase the support for this important event!

Please like, follow and post all your photos and comments about the walk, mental health and World Mental Health Day on our social pages:

/KZNmentalhealth/
/TheSADAG/
twitter.com/thesadag

We had some great media coverage that you can watch, listen & share:

SADAG holds mental health awareness walk in Durban

A walk to raise awareness around mental health
SUICIDE PREVENTION AWARENESS

5 SEPT
The Empathy & Hope Project Exhibition

13 SEPT
Suicide Awareness and Prevention Talks at SADAG office and

8 SEPT
SOLOS Suicide Awareness and Prevention Walk

2 OCT
at Roseway Waldorf School

ALZHEIMER’S AWARENESS

18 SEPT
Talk by Elle Mathews "Memories of Chiffon"

YOUTH MENTAL HEALTH PROMOTION

21 SEPT
Talk at KZN Dep of Education Psychosocial Education for Primary Schools in Tongaat

27 SEPT
Training Mental Health Champions at UKZN Medical School
COMING UP IN OCTOBER

1 International Day of Older Persons
2-4 Rotary Family Health Day Outreach
8-12 School Health Week
9-15 National Nutrition Week
15 Global Handwashing Day
15-19 National Obesity Week
16 World Food Day
17 World Trauma Day
17 National Emergency Medical Service Day
20 National Down Syndrome Day
28 Oct to 3 Nov World Stroke Week
29 World Stroke Day

SADAG KZN PRESENTS
Support Group Leader Training
By Suntosh Pillay and Lynn Norton

FRIDAY, 18 OCTOBER 2019
12.00PM - 16.00PM
Join us at:
SADAG KZN Office, Life St. Joseph Psychiatric Hospital,
82 Mazisi Kunene Enter Nazareth House
Berea, Durban

A Full afternoon dedicated to
train support group leaders in
establishing, facilitating and
sustaining mental health support
groups in communities.

NB. PLEASE CLICK
HERE & COMPLETE
FORM BEFORE
15 OCT TO SECURE
ATTENDANCE
or confirm on email at
mentalhealthmattersa@gmail.com

WWW.SADAG.ORG | KZNSADAG@ANXIETY.ORG.ZA
**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 Lynn on WhatsApp 078 278 7047

**SOLOS (Survivors of Loved Ones of Suicide) & Depression Group**
18.00pm - 19.00pm
Contact Lori on suicideprevent@gmail.com or whatsapp 083 652 0117

**UKZN Student Support Group**
13.00 - 14.00pm - Howard College Campus
Support group for all students across Howard College Campus
For more info contact Noor 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

**OASIS Support Group**
Open acceptance supporting individual sexuality
14.45 - 16.15pm
Every last Saturday of the month
260 Peter Makaba Ridge, Musgrave
Contact Michelle Murray on oasis.kzn.dbn@gmail.com or 084 580 0489

**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

**YOU CAN JOIN OR LEAD A SUPPORT GROUP!**
Call or text us on 078 278 7047 or email us mentalhealthmatters3@gmail.com for more information.

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**KZN Support Groups**

**Support Group with Noor & Wandisa**
16.30pm - 18.00pm

**Support Group with Revania & Krisanya**
17.00am - 18.00pm

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

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

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**SADAG KZN In-office Support Groups**
82 Mazisi Kunene Rd, Glenwood, Berea
Contact Lynne Richards on mentalhealthmatters3@gmail.com or 078 278 7047

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

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.

SADAG KZN 2019
NOTICE BOARD

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Join us for tea and coffee and learn about our current projects and work in teams with other volunteers.

Working with people living with dementia and the elderly with mental illness
Our services are FREE
071 451 7951
072 339 5953

Do you or someone you live with or know show the following signs?

- Difficulties in remembering recent events but easily recall things that happened long ago
- Forgetting names of relatives and friends or things they use everyday
- Repeating things and not following what others are talking about
- Getting lost in the community even in familiar environment
- Accusing others of stealing their property
- Seeing things or people that are not there

If so please call us to discuss your concerns in confidence as these could be early signs of dementia.

And here is how we will help

- Assess for dementia
- Facilitate formal diagnosis by specialists at hospitals
- Provide counselling and psychoeducation to the family
- Support you in managing the symptoms before and after the diagnosis
- Help you access the services that you need to look after yourself or your relative (including joining support groups and day care services for the elderly)

We are community based with offices in Lamontville but we work all over eThekwini and surrounding areas (Umzimkulu, KwaMashu, KwaNjimi, Westcliff, Chatsworth, Amanzimtoti, Inanda, Mthembu etc). Visit us or call and talk to us.

**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. #mentalhealthmatters #SADAGKZN

SADAG KZN SERVICES

**MENTAL HEALTH IN THE WORKPLACE**
Includes Corporate talks, Presentations, Specialised Talks, Wellness packages for Employers & Employees

**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

**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

Dr Suvira Ramlall  
KZN Director, Specialist Psychiatrist  
Suntosh Pillay  
KZN Director, Clinical Psychologist

**YOUR SADAG KZN TEAM**

Dr Lynn Norton  
KZN Coordinator, PHD Health Promotion  
Chantelle Booyse  
KZN Project Manager & Youth Ambassador
An article by Kirsten Weir from the American Psychological Association explores the impact of climate change on our mental wellbeing: "People’s anxiety and distress about the implications of climate change are undermining mental health and well-being, according to a new federal report reviewing existing research on the topic. Issued by the U.S. Global Change Research Program, the report is the first time the federally mandated group has published an assessment solely focused on climate change and health. The report is notable for another reason, too: It contains a chapter devoted to mental health and well-being, a significant step forward for an assessment of this type, says lead author Daniel Dodgen, PhD, a clinical psychologist at the U.S. Department of Health and Human Services. "I think people realize that if you’re going to talk about health, you have to talk about mental health," he says. The report also found that:

- Exposure to climate- and weather-related natural disasters can result in mental health consequences such as anxiety, depression and post-traumatic stress disorder. A significant proportion of people affected by those events develop chronic psychological dysfunction.
- Some people are at higher risk for mental health consequences from weather-related disasters. Among them are children, pregnant and postpartum women, people with pre-existing mental illness, people who are economically disadvantaged, those who are homeless and first responders to the disaster.
- Representations of climate change in the media and popular culture can also influence a person’s stress response and mental well-being.
- Extreme heat increases both physical and mental health problems in people with mental illness, raising the risk of disease and death. In part, that’s because many psychoactive prescription medications impair the body’s ability to regulate temperature.

While environmental psychologists are pleased to see an emphasis on mental health and well-being, the findings were not unexpected. "When it comes to climate change and mental health, the picture that emerges when you connect the dots is not surprising," says Susan Clayton, PhD, an environmental psychologist. "It's just that people aren't connecting the dots." As psychologists continue the push to inform that discussion, Reser says he'd like to see more focus on what people are experiencing now. Many people think of climate change as a looming threat, he says, when it's actually something we're well in the midst of. "People have been concerned and distressed about climate change for several decades, but there's been little monitoring of those psychological impacts," he says. "Climate change is an ongoing threat, and the psychological implications are occurring here and now."

Bob Doppelt, coordinator of the International Transformational Resilience Coalition, a global coalition of resilience researchers and practitioners focused on building human resilience for climate change, is also eager to better understand the psychological aspects of climate change. "We do need disaster management, but there's no way we're going to respond to every big weather event and treat everyone who is impacted — we can't even do that now," he says. "We know how to help people learn resilience and increase their capacity to cope with uncertainty and trauma. Given what's coming at us, a major focus has to be on prevention tools."

https://www.apa.org/monitor/2016/07-08/climate-change