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

"HOPE is being able to see that there is light despite all of the darkness"
- Desmond Tutu-

PROMOTING HOPE TO CURB HOPELESSNESS

In commemoration of World Suicide Prevention Awareness Day on 10 Sept, we are shining a light on HOPE as a critical part of life. Hopelessness has many negative consequences in society that can result in partner violence, anxiety, depression, self-directed violence, addiction, and more. "Hopelessness is the leading predictor of suicide, and more closely associated with suicide than depression" says Jon G. Allen, 2013, "Hope is the bedrock of getting out of suicidal states".

Higher hope on the other hand, equates to many positive outcomes in life, including better grades, economic success, improved health and well being, longer life, less violence, and more.

Dr. Anthony Scioli explains that hope is a part of a person's character or personality. You are not born with hope. Hope must be developed, like a set of muscles. There are four kinds of hope and just like each muscle, each has a special purpose:

- **Attachment hope** is used to build and keep trusting relationships, have a sense of connection to others, and have strong survival skills.
- **Mastery hope** is used to become strong and successful, supported in your efforts, and inspired by good role models.
- **Survival hope** is used to stay calm and find ways out of trouble or difficult situations. It allows you to manage your fears.
- **Spiritual hope** is used to feel close to nature and all human beings and to draw extra strength and protection.

A program by **Hopeful Minds** found that HOPE IS TEACHABLE and that the greater the hope in the individual, the greater the level of well-being. Visit [www.hopefulminds.org](http://www.hopefulminds.org) for more information on Hope.
SADAG KZN 2019

SPECIAL MENTIONS

12th annual INTO THE LIGHT WALK suicide awareness & remembrance walk 2019 BY THE SURVIVORS OF LOVED ONES OF SUICIDE SUPPORT (SOLOS) & SOUTH AFRICAN DEPRESSION & ANXIETY GROUP (SADAG)

Sunday, 8 September 8:30am to 10:30am

Please join us at Durban View Park, Marine Drive, Umhlanga for a short walk along the beach front promenade (paved & wheelchair accessible). We will walk to the pier where we will write messages on pebbles in remembrance of loved ones lost to suicide. Anyone is welcome to join us - walk in memory of a loved one lost or support awareness for this cause.

For more information contact:
SOLOS Support Group
www.survivorsofsuicide.co.za
083 256 5993 / 083 652 0117
suicideprevent@gmail.com

SADAG Suicide Crisis Line
www.sadag.org
0800 567 567

"Don't walk through your toughest day alone. We're in this together."

SOUL AWAKENED ART EXHIBITION 5 - 29 SEPTEMBER 2019 DURBAN ART GALLERY SMITH STREET, 2ND FLOOR, CITY HALL, DURBAN, ZN

THE EMPATHY & HOPE PROJECT AN IMMERSIVE ART EXHIBITION ON THE IMPACT OF OUR SOCIAL ENVIRONMENTS ON THE HEALTH OF OUR MINDS, WITH A SPOTLIGHT ON EMPATHY TO CURB STIGMA, AND HOPE TO ENCOURAGE MENTAL WELL-BEING.

#empathyhopeproject

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#empathyhopeproject
AUG EVENTS
IN PICTURES

7 AUG
Autism spectrum: Address the needs of Caregivers by Dr Rosa Hoekstra

12 AUG
ikhanda mandla: Mind power for youth at Mbheki High Inanda

16 AUG
ikhanda mandla: Mind power for youth at Mvaba High Inanda

27 AUG
photovoice workshop with young people from Durban Refugee Centre

29 AUG
mums & mental health: How to beat perinatal depression at SACAP offices

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 September

10 Suicide Prevention Day
14 National ADHD Day
21 World Alzheimer’s Day
24 Heritage Day

SADAG KZN PRESENTS
Mental Health Workshop

REMEMBERING DEMENTIA
Workshop for Health Care Professionals

Dr H Paruk, Specialist Neurologist
IALCH Neurology Department and Memory Clinic
Dr S Ramlall, Specialist Psychiatrist
King Dinuzulu Hospital Complex, IALCH Memory Clinic
Mrs Elle Mathews, Author & Film-maker
Daughter and Carer

Saturday, 21 Sept 2019
08.30am to 12.30pm
Join us at:
Life Entabeni Hospital Boardroom,
148 Mazisizumbe Rd, Berea

R 600pp*
20% discount to registered DPPG Members & Students

*All proceeds of this workshop will be used to fund community-based mental health projects for the South African Depression and Anxiety Group (SADAG) KZN office.

Click here to RSVP before 20 Sep 2019
or confirm on email at
mentalhealthmatters@gmail.com

Launch of new support group
Dan Pillay Memorial Support Group for depression and anxiety in Chatsworth
Saturday, 14 September, 10am – 12pm
@ The Nelson Mandela Community Youth Centre, Chatsworth
Contact Farnaaz 0747672354
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>Group</th>
<th>Time</th>
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<tbody>
<tr>
<td>7 SEPT</td>
<td>Support Group with Noor &amp; Wandisa</td>
<td>16.30 pm - 18.00 pm</td>
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<tr>
<td>9 SEPT</td>
<td>Support Group with Revania &amp; Krisanya</td>
<td>17.00 am - 18.00 pm</td>
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<tr>
<td>13 SEPT</td>
<td>Support Group with Rivendri &amp; Lynne</td>
<td>09.00 am - 10.30 am</td>
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<tr>
<td>12 SEPT</td>
<td>Support Group with Micaela &amp; Lorelle</td>
<td>16.30 pm - 18.00 pm</td>
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<tr>
<td>2 SEPT</td>
<td>Glenwood Support Group for Care Givers</td>
<td>17.00 - 18.00 pm, Every 2nd &amp; 4th Monday</td>
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<td>16 SEPT</td>
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<td>30 SEPT</td>
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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

SADAG KZN Support Groups  
Support Group Leaders' Forum  
16.15 pm - 17.00 pm  
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

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

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

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**SADAG KZN Support Groups**

**SOLOS (Survivors of Loved Ones of Suicide) & Depression Group**  
18.00 pm - 19.00 pm  
Contact Lori on suicideprevent@gmail.com or whatsapp 083 662 0117

**UKZN Student Support Group**  
13.00 - 14.00 pm - 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 - 19.00 pm, 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 - 16.15 pm  
Every last Saturday of the month  
260 Peter Makaba Ridge, Musgrave  
Contact Michelle Murray on oasis.kzn.dbn@gmail.com or 084 580 0489

NOTICE!  
>> Support Group Leader Training  
18 October @ 12.00 - 16.00pm
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

++ NOTE: Next meeting hosted on 13 Sept 2019 as part will be part of the Suicide Prevention Awareness talk hosted by SOLOS (see page 2)

++ NOTE: October Walk Planning meetings for volunteers @ SADAG Office: 13 September, 12pm to 2pm and 4 October, 2pm to 4pm

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 used everyday
- Repeating things and not following what others are talking about
- Getting lost in the community or in a 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 a community-based office in Lennoxville but we work all over eThekwini and surrounding areas (Umhlanga KwaMashu, KwaZulu, Bentworth, Chatsworth, Amabienini, Leandra, Mtunzini etc). Visit us or call to 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.
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!

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**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!**

**SPONSORS NEEDED!!**

Every year, a number of like-minded organizations come on board and partner with us, via donations of cash or kind.

We need T-shirts, bandanas, caps, medals, fruit, branded banners, advertising & marketing, two gazebos, tables, drawstring bags, freebies for participants, placards & cash donations, branding opportunities available!

We anticipate at least 1000 people attending this year. Last year we had extensive media coverage, including by SABC and The Daily News.

**SHOW YOUR SPONSORSHIP SUPPORT BY CONTACTING LYNNE ON mentalhealthmatters3@gmail.com or by phone 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!
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 i.e. 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
Civil-society campaigners have united to co-create the global Speak Your Mind Campaign, a nationally driven and globally united campaign advocating for ending the silence around mental health. The overall aims of the campaign are to encourage leaders to invest in, educate and empower people, so citizens have the support and resources for looking after their mental health. To motivate our leaders to take action, we have worked with campaigners from 15 countries - many with mental health conditions themselves – to end the silence and fight for action.

The Speak Your Mind campaign is nationally driven by the South African Country team, led by the South African Federation for Mental Health (SAFMH), in conjunction with the South African Depression and Anxiety Group (SADAG) and the Regional Psychosocial Support Initiative (REPSSI).

To pledge your support and for more information about the campaign visit https://www.gospeakyourmind.org/