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

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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...

Heritage Day & Culture
By SADAG KZN Team

We are happy to share a new feature in the launching of our proudly South African KZN SADAG KZN Mental Health Newsletter with you. As the rainbow nation celebrates our rich and proud heritage this month, we thought it timely to give a voice to the majority language group in KZN. Mental health and mental illness needs pervade all people irrespective of racial, cultural, linguistic, religious and political identities.

Nelson Mandela said: If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart.

Advocacy for mental wellbeing and the needs of those affected by mental illness is at the heart of SADAG's mission. To ensure we reach the hearts of all in our province, our editorial article by Prof Adelaide Magwaza will usher in a regular feature in future newsletters - a mental health news byte in IsiZulu.

Siyanamukela nonke.
24 September is Heritage Day. Lolu usuku olubaluleke kakhulu lokubungaza amasiko, inkolo yethu kanye olwethu esilukhulumayo lwesiZulu Sikhumbula ukuthi uHulumeni wakudala, wengcindезelo wazama ukubulala ulwimi lwethu lwesiZulu.


Amasiko ezizwe ezahlukahlukane abaluleke kakhulu ngoba ahambisana nendlela yokuphila nokuxhumana. Kusicacele kwakhanya ngalesikhathi seCovid-19 pandemic ukuthi kunzima kakhulu ukuba thina sihlukhane namasiko ethu aaphathelene nokushonelwa, imingcwabo, imishado nokunye okuhlanganisa imindeni eminingi nemikulu bese kuyabungazwa (collectivity and connectivity based on humanness - isiko lobuntu).

Ngokunjalo futhi uma siphethwe izifo zomzimba nokuthikamezekwa kwengqondo nasemoyeni ngesinye isikhathi thina siya kodokotela besilingu kuyabungazwe. Lokhu kunqasho ukuthi kungasho ukukhombonisa ukusebenzisana, nokubambisan kubelaphi bezifo abehlukahlukene. Okubalulekile ukuthi singxingxeki inkolu abanye abantu, kodwa lesisimo sisithathe njengethuba besihlabanga. Isikhathi izinkolo zingasebenzisana uma sithembeka isithetha lokuphila and meaning in life.

We need to learn to coexist with each other people. Seek unity and harmony in diversity. According to President Ramaphosa, heritage is not only about cultural preservation but is also a key driver of national development. Ngakhoke lulusuku lubuye luletha intuthuthuko ezweni lakithi iSouth Africa. Masibumbane sibe munye.

Lastly, I wish to pay tribute to Credo Muthwa, our esteemed indigenous healer, author who passed on this year. He relentlessly dedicated his life in preserving indigenous wisdom which is now part of artefacts in our libraries. Engathi kungabakhona abanye kithina maZulu abangaliqhubela phambili iqhaza elibanjwe uCredo Muthwa singalahlekelwa umcebo wethu wamasiko. Siyambonga uHulumeni ngokuba sithole ithuba lokubungaza lulusuku.
Ms Bassa-Suleman offered attendees valuable insights into women’s mental health. She discussed how the many roles women play (as daughters, sisters, mothers and/or caregivers) often lead us to give so much of our internal resources to others that we deplete them before having a chance to replenish them. This depletion of internal resources may lead us to then face mental health challenges ourselves. Using the analogy of "you cannot pour from an empty cup" (or as per her example, jug), she encouraged women to be mindful of giving too much of themselves advising that we rather try to strike a balance between caring for ourselves and caring for others.

After a long COVID-19 break we are continuing our monthly volunteers days where we cover topical mental health training, share experiences and get active participants involved in volunteering. We had a good attendance turnout and received some great feedback.

Join us every FIRST FRIDAY at 2pm for VOLUNTEERS!
Jerusalema Challenge: Good for Mental Health

The foot tapping Jerusalema song seems to be overtaking the corona virus in spreading across the country. Frontline workers from healthcare facilities are accepting the Jerusalema Challenge and their videos are going viral. Corona has caused a spike in stress levels and it has been heartwarming to see healthcare workers donning their dance shoes and doffing their stress. There are many ways to counteract the stress of the times and the Jerusalema Challenge deserves praise for its mentally therapeutic effects. The King Dinuzulu Hospital Mental Health Team took up the challenge to advocate for mental health....join them and spread the beat!

#MzansiMentalHealthMatters #NoHealthWithoutMentalHealth

MHaGI: Mental Health and Gender Initiative

SADAG KZN was awarded a multi-year grant by Gender Links

This Women’s Month, SADAG KZN is proud to launch its latest long-term project, the Mental Health and Gender Initiative (MHaGI). We successfully applied for the Women’s Voice and Leadership Grant via the Canadian Government and Gender Links, a local NGO supporting gender equality and justice. This 2½ year project starts from 1 September until December 2022. Our goal is to improve access to mental health care services for women and girls in KZN, including marginalized groups such as refugees, LGBTQI+ people, and mothers with postnatal depression. Our first task team meeting was held on August 12. Watch this space for more details as the MHaGI rolls out exciting and important grassroots events.
**SADAG KZN 2020**

**What's coming up in this month**

Some key mental health events, projects, engagements and supportive resources to look forward to. Look out for them all over KwaZulu-Natal!

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**Virtual Pebble ceremony:**
We remember loved ones lost to suicide
10 September 2020

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**SPECIAL NOTICE:**
10 October

Our annual
5th Mental Health Walk and
6th Mental Health Symposium
goes virtual this year with international speakers:
Prof Vikram Patel,
Prof Miranda Wolpert,
Dr Rochelle Burgess,
Grace Gatera

We will announce details soon, don't miss it!
HOW TO JOIN A SADAG SUPPORT GROUP?

- Contact Tina for general information on 064 139 4303 or email mentalhealthmatters3@gmail.com
- Contact our 24-hour free helpline on 0800 456 789

During the time of COVID-19, physical support groups have been suspended. Support Groups are now hosted online and through WhatsApp groups. Please contact your support group leader for more information.

**LGBTQIA+ SUPPORT**
Connect through social media where this group provides a safe space to those who need support during this time. WhatsApp on 0845800489.

**THE GAY AND LESBIAN MEMORY IN ACTION (GALA) ORGANIZATION**
invites LGBTQIA+ people to submit their experiences of life during lockdown. Email queenvoices20@gmail.com.

**SURVIVORS OF LOVED ONES OF SUICIDE (SOLOS) SUPPORT**
Join this WhatsApp support group for those wanting additional support and connection during this period. Contact Lynn on 0782787047 or Lori at suicideprevent@gmail.com.

**MUMS SUPPORT NETWORK**
Online support for mothers and mothers-to-be. Online meeting every Monday and Thursday during Lockdown at 10AM on Zoom. Contact Alex on 0837880689 or email alexandra@mumsupport.co.za.

**MENTAL HEALTH SUPPORT FOR FRONT LINE HEALTH WORKERS**
For more info or to join this group please WhatsApp Lynn on 078 278 7047 or email Lori at suicideprevent@gmail.com.

**REFUGEE WHATSAPP SUPPORT GROUP**
With support group leader Peter Buhendwa for members of the refugee community living in and around Durban. For more information WhatsApp Peter on 076 662 9899.
"Suicide prevention remains a universal challenge. Every year, suicide is among the top 20 leading causes of death globally for people of all ages. It is responsible for over 800,000 deaths, which equates to one suicide every 40 seconds. Every life lost represents someone’s partner, child, parent, friend or colleague. For each suicide approximately 135 people suffer intense grief or are otherwise affected. This amounts to 108 million people per year who are profoundly impacted by suicidal behaviour. Suicidal behaviour includes suicide, and also encompasses suicidal ideation and suicide attempts. For every suicide, 25 people make a suicide attempt and many more have serious thoughts of suicide.

Suicide is the result of a convergence of genetic, psychological, social and cultural and other risk factors, sometimes combined with experiences of trauma and loss. People who take their own lives represent a heterogeneous group, with unique, complex and multifaceted causal influences preceding their final act. Such heterogeneity presents challenges for suicide prevention experts. These challenges can be overcome by adopting a multilevel and cohesive approach to suicide prevention. Preventing suicide is often possible and you are a key player in its prevention! You can make a difference – as a member of society, as a child, as a parent, as a friend, as a colleague or as a neighbour. There are many things that you can do daily, to prevent suicidal behaviour:

- Raise awareness about suicide
- Educate yourself and others about the causes of suicide and warning signs for suicide
- Show compassion and care for those who are in distress in your community
- Question the stigma associated with suicide, suicidal behaviour and mental health problems
- Share your own experiences

It takes work to prevent suicide. The positive benefits of this work are infinite and sustainable and can have a massive impact. The work can affect not only those in distress but also their loved ones, those working in the area and also society as a whole. We must endeavour to develop evidence based suicide prevention activities that reach those who are struggling in every part of the world.

Joining together is critical to preventing suicide. Preventing suicide requires the efforts of many. It takes family, friends, co-workers, community members, educators, religious leaders, healthcare professionals, political officials and governments. Suicide prevention requires integrative strategies that encompass work at the individual, systems and community level. Research suggests that suicide prevention efforts will be much more effective if they span multiple levels and incorporate multiple interventions. This requires the involvement of interventions that occur in communities and involve social and policy reforms, as well as interventions that are delivered directly to individuals. To reach our common goal in preventing suicidal behaviour we as the public, we as organisations, we as legislators and we as members of society must work collaboratively, in a coordinated fashion, using a multidisciplinary approach. The involvement of people with lived experience of suicide in research, evaluation and intervention should be central to the work of every organisation addressing suicidal behaviour."

https://www.iasp.info/wspd2019/