Best wishes to all for a wonderful 2019 from the SADAG KwaZulu-Natal team, and welcome to our first newsletter of the year!

MENTAL HEALTH INTENTIONS FOR 2019
The start of a year is a time to reflect and visualise positive intentions for the year ahead. Here are some common mental health intentions you might find helpful for 2019:

>> Be kinder to myself
>> Get a planner to organise my thoughts
>> Develop Support Network to assist me
>> Get enough good sleep
>> Exercise more often
>> Learn how to practise meditation
>> Take a social media holiday
>> Journal to express emotions
>> Help others by volunteering my time
>> Dance more often to my favourite music
>> Sing songs out loud
>> Laugh often, even at small things
>> Practise gratitude & Embrace positive events
>> Give perfectionism a reality check
>> Take my medication as prescribed
>> Take a break when I need it
>> Give up one bad habit
>> Find out more about mindfulness

MENTAL HEALTH MATTERS KZN IN 2019

Monthly specialist and public talks
Support Group Training Workshops
Accredited Specialist Workshops
Youth outreach projects at schools and universities
Engaging mental health events and platforms
AND More...
SADAG KZN is passionate about promoting mental health awareness and decreasing stigma in the KwaZulu-Natal region. This year we are up-scaling our current activities to include:

**SADAG KZN 2019**

**Keeping track of mental health in KZN**

Additional training workshops for support group leaders to set up support groups and to help share the task of supporting patients and their families.

By mental health specialists for patients and the public to improve their mental health literacy.

**Talks**

**CPD Accredited workshops**
Accredited training workshops for health specialists.

**Training workshops**

**Events**
Events and activities to commemorate mental health and reduce stigma.

**Youth Programmes**
Involving youth through our schools outreach and campus projects.

**KZN OFFICE SUPPORT: MONTHLY SUPPORT GROUPS**

**SADAG Depression and Anxiety Support Group**
This is held the 1st Wednesday of each month from 12:30pm – 2pm at SADAG Office.

Contact
Lynn: kznsadag@anxiety.org.za or 078 278 7047
Lori: suicideprevent@gmail.com

**SOLOS: Survivors of Loved Ones Suicide**
This is held every 3rd Tuesday from 6pm to 7pm at the SADAG office.

Contact
Lori: suicideprevent@gmail.com

**Calling all registered health professionals to JOIN US!**

In order to make a tangible difference to under-served communities, SADAG KZN relies on a wide network of health professionals who are willing to help us. If you can spare a minimum of an hour a month to assist us, we would highly appreciate it!

**Some of the ways you can help:**
- Support our support group leaders
  - Do a talk or run a workshop
- Supervise or train our volunteers
  - Engage with the media
- Help fundraise to keep our doors open
- Accept referrals from the community
- Conduct research or evaluation

Email: kznsadag@anxiety.org.za or Whatsapp: 078 278 7047
Clients and agencies need to work more closely together. That’s what we want to prioritize.

We invite you to take note of the mental health awareness months, weeks, and days ahead for 2019. These are important as they bring us together to spread awareness, decrease stigma and show support. Make a note of these dates so that you can plan events, educational talks, or just find ways to connect with those around you who are living with health conditions, including their families and loved ones. Being mindful of these events and showing support helps spread positivity and empowerment – keep a copy as a reminder, and we will keep you updated on SADAG news around these events throughout the year:

### Keeping Track of Mental Health Awareness

**February 2019**

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>11-16 Feb</td>
<td>Teen Suicide Prevention Week</td>
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This week is a reminder of the importance of engaging youth in dialogue about mental health and to raise awareness around teen suicide prevention. Many of our youth are affected by various mental health conditions and we need to be educated on the importance of mental health and how to recognise the signs of mental illness and suicidal thoughts amongst teens, and to find out how to intervene to save lives. Suicide should not be silent – make a commitment to talk about teen suicide during this week and reduce the risk of teens dealing with depression alone.

**April 2019**

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>11 Apr</td>
<td>World Autism Day</td>
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To raise awareness about people with Autism Spectrum Disorder throughout the world.

**May 2019**

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>26 May</td>
<td>Bipolar Awareness Day</td>
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Bipolar disorder is a medical illness that causes mood swings, from manic highs to deep depression, and requires treatment. Sadly too many South Africans lack the treatment and support they need. This is a day to find out more about bipolar and what needs to be done to support those around us who have bipolar.
Substance Abuse Awareness Day aims to highlight the dangers of drugs and alcohol abuse and to bring awareness around the harm it can cause to our minds, bodies, and others around us.

The month of July is Mental Health Awareness Month with the aim of educating the public about mental health and to reduce stigma and discrimination.

This day makes people aware that panic disorder is a real illness and also that treatment is easily available – understanding what panic is and knowing how to deal with it can make all the difference.

Every year this day raises awareness to bring worldwide action and commitment to prevent suicides.

The month of September is recognised globally as World Alzheimer’s Month and 21 September is the day to challenge the stigma and misinformation surrounding dementia.
The aim of this day is to help raise mental health awareness and to make mental health everybody’s business – we can all contribute to help those living with problems around mental health to live better lives.

This day gives us a chance to show our commitment to uphold the rights of people living with disabilities and to work towards a world that is equal, inclusive and sustainable for all.

Dr Suvira Ramlall, KZN Director, Specialist Psychiatrist  
Suntosh Pillay, KZN Director, Clinical Psychologist  
Dr Lynn Norton, KZN Project Manager and Fundraiser