FEBRUARY’S SELF-LOVE TIPS

Self-love is one of the best things you can do for yourself. Being in love with yourself provides you with self-confidence, self-worth and it will generally help you feel more positive. You may also find that it is easier for you to fall in love once you have learned to love yourself first.

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- Change negative self talk into positive self talk
- Look into the mirror and tell yourself how fabulous you are!
- Write yourself a love note
- Create a fun adventurous time for yourself
- Take a quiet time and be with yourself
- Forgive yourself for your mistakes
- Work on self trust
- Release all the guilt
- Start a journal
- Make a list of your accomplishments
- Create a vision board

SADAG KZN NEWSLETTER
FEBRUARY 2019

But first, LOVE YOURSELF

Love (n):
- an intense feeling of deep affection.
- a great interest and pleasure in something.

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 2019

WHAT HAPPENED IN FEB?

We have a new home at the same address, just a different office space. Many thanks to Life St. Joseph’s Hospital for their generosity in providing SADAG KZN with a lovely new office space within the hospital in Glenwood, Berea.

Our team (left to right):
Chantelle Booyse, Lynn Norton, Suntosh Pillay, Dr Suvira Ramkall

10 FEB
YOUTH MOTIVATIONAL PROGRAMME

On 19 February 2019, SADAG volunteers and members of the Queensburgh Support Group were invited to give a youth presentation by the Malvern Library for their Youth Motivational Programme. A local school was invited to bring their Grade 11 learners to attend the program consisting of presentations on depression and anxiety (SADAG KZN), drugs and alcohol abuse (AC Health and Wellness), and career development (Rosebank College). Thanks to Barbara Da Silva (Speaker), Simon Stamp and Tina Van Der Walt for their wonderful contribution in support of youth and highlighting the signs and risks of depression.

SADAG KZN was interviewed by Saffura Khan on Radio Al Ansaar on February 28 on how to prevent teen suicide as this week served as a reminder of the importance of engaging youth in dialogue about mental health and to raise awareness around teen suicide. But, one week is not enough, if you missed the important information sent out by SADAG around how to support our young people and to become more aware around the signs of risk, please click here.

11 - 18 FEB
Teen Suicide Prevention Week
COMING UP IN MARCH

SADAG KZN 2019

Mental Health Community Forum Talk
Mental Health First Aid
By: Clinical Psychologist Suntosh Pillay

17.30pm to 18.30pm

Who should attend: All members of the public are welcome – patients, family and friends.
Enterance is free but donations are welcome.
Click here to RSVP before 20 March as seats are limited - first come first served!

Support Group Leader Training Workshop

13.00pm to 17.00pm

Who should attend: Anyone interested in starting a mental health support group
RSVP: Before 10 March to Lynn on kznsadag@anxiety.org.za or whatsapp 0782787047
Space is limited, please book your place!

CPD Accredited workshops

>> Child and adolescent mental health
>> Narrative Therapy
>> Dementia and Neuropsychological Disorders

* *Dates to be confirmed - watch this space!

OUR EVENTS ARE HOSTED AT THE SADAG KZN OFFICE
Life St. Joseph’s Hospital,
82 Mazisi Kunene Road, Glenwood, Durban

*Venue might change, confirmation will be sent in advance*
A NUMBER OF SUPPORT GROUPS OPERATE FROM SADAG KZN
Life St. Joseph’s Hospital,
82 Mazisi Kunene Road, Glenwood, Durban

**Monthly In-Office Support**

**Depression and Anxiety Support Group**
12.30pm - 14.00pm
Contact Lynn on kznsadag@anxiety.org.za or whatsapp 078 278 7047

**SOLOS (Survivors of Loved One’s of Suicide) and Depression group**
18.00pm - 19.00pm
Contact Lori on suicideprevent@gmail.com or whatsapp 083 652 0117

**Support Group Leaders Forum**
16.15pm - 17.00pm
Self care is important! We invite 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 questions and issues arising in their groups. For more info and to confirm attendance email Lynn on kznsadag@anxiety.org.za or whatsapp 078 278 7047

**NEW SUPPORT GROUPS TO LOOK OUT FOR**
Contact Lynne Richards on mentalhealthmatters3@gmail.com for more information

- **Support Group with Revenia & Krisanya**
  11.00am - 12.00pm

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

- **Support Group with Noor & Wandisa**
  14.00pm - 15.30pm

- **Support Group with Micaela & Lorelle**
  16.30pm - 18.00pm
SADAG KZN invites all individuals, organisations and groups supporting mental health in KZN to send us notice of their services & events for sharing on our monthly notice board.

TOGETHER WE CAN DO MORE!

**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

**Volunteer Training**

Saturday, 8.30am - 12.00pm

For all volunteers interested in taking part in our mental health programmes, including our schools projects, community talks and wellness events.
Calling all registered health professionals to CLICK HERE 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

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

The Lancet Commission on Global Mental Health and Sustainable Development was released in October 2018. This critical document was put together, over 3 years, by international mental health specialists in an effort to call for partnership to transform and reframe mental health globally.

The commission identified the following foundational pillars to reframe mental health:

1. Mental health is a global public good and is relevant to sustainable development in all countries, as all countries are thought of as developing countries in the context of mental health.

2. Mental health problems exist along a continuum from mild, time-limited distress to chronic, progressive, and severely disabling conditions.

3. Mental health of each individual is the unique product of social and environmental influences, particular during early life course, interacting with genetic, neuro-developmental, and psychological processes and affecting biological pathways in the brain.

4. Mental health is a fundamental human right for all people that requires a rights-based approach to protect the welfare of people with mental disorders and those at risk of poor mental health, to enable an environment that promotes mental health for all.

© The Lancet Commission on Global Mental Health and Sustainable Development

Newsletter designed by: Chantelle Booysen

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