

CONTAINERS OF HOPE IN DIEPSLOOT & IVORY PARK



Research conducted: August 2022 - August 2023

Age (15-91 years)	Gender	Patient Health Questionnaire:	First visit	Follow-up session
Teenagers 1% 15-17 years	Female: 64% Male: 35% Non-binary: 1%	Little interest/pleasure in doing things	52%	↓ 8%
		Feeling down, depressed, hopeless	54%	↓ 8%
Young adults 51% 18-35 years	Language	Sleep difficulties	47%	↓ 7%
		Feeling tired (low energy)	27%	↓ 3%
Mature adults 42% 36-64 years	Zulu: 38% Sepedi: 25% Tswana: 13% Other: 9%	Poor appetite or overeating	24%	↓ 5%
		Feeling like a failure	52%	↓ 8%
Retired adults 6% 65+ years		Thoughts of self-harm	15%	↓ 2%

Psychological struggles:

TOTAL
89%



- Stress: 24%
- Depression: 16%
- Trauma: 18%
- Loss/Grief: 16%

Difficulty in Accessing Resources:

48%



- Accessing grants & documents: 28%
- Financial problems: 20%

Have Relational Problems:

78%



- Problematic family relationships: 33%
- Romantic relationship struggles: 30%
- Gender-Based Violence (GBV): 30%

Harmful Coping:

27%



- Substance Abuse: 18%
- Suicide attempt: 9%

Patient Feedback:



"[Client] came for follow-up saying she's feeling better as she started the medication ... they [the referral organisation] gave her the medication, she's feeling better now. She feels light, the heavy load is no more". (Client 170, Diepsloot)

"The client came in for a follow up session & explained he recognised unhealthy behaviours, acknowledged his anger issues, & wants to improve his life & relationships, particularly with his parents (Client 124 – Ivory Park)."