



SADAG KZN NEWSLETTER AUGUST 2020

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

SADAG KZN CONTACTS

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SADAG NATIONAL HELPLINE

0800 456 789

www.sadag.org



Women's Day and Women's Mental Health

By Dr Vidette Juby, Psychiatrist

The 9th of August is commemorated as Women's Day in South Africa: a day to celebrate the love, joy and value that mothers, daughters, sisters, grandmothers, aunts, and many other inspirational women add to our lives. Women's Day should also draw our attention to the significant issues that continue to affect women disproportionately such as domestic abuse, sexual harassment, gender based violence and income inequality.

Historically, this day marks the day when, in 1956, about 20 000 women marched to the Union Buildings in Pretoria, to protest against the carrying of pass books which served to maintain segregation and control the movement of migrant labourers during the apartheid era. The women left 14 000 petitions at the door of the then Prime Minister, stood silently for 30 minutes and then sang a protest song written for the occasion: "*Wathint' Abafazi Wathint' imbokodo!*": *Now you have touched the women, you have struck a rock.* This day serves as a timely reminder of the formidable strength of a woman but also the power of unity in championing the rights of all who are oppressed, abused, marginalised, discriminated against or exploited.

Let us unite this Women's Day to celebrate the strength and courage of women throughout history but also to reach out to and stand up for those who continue to suffer silently and alone.

"Every woman's success should be an inspiration to another. We're strongest when we cheer each other on." Serena Williams

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...



We offer specialised webinars on general and specific topics on mental health. Connect with us for more information.

4, 16 & 23 July 2020

Series of Support Group Leader Training & Support sessions

We had a good attendance turnout at all three sessions and received some great feedback:

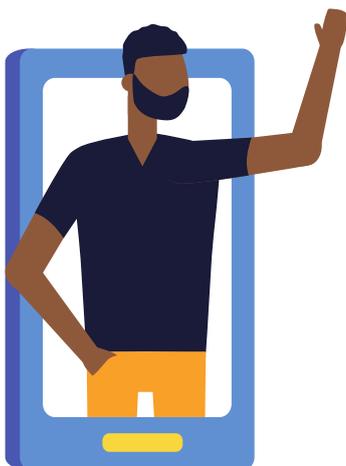


"I found the training very informative, hearing each current Support Group Leader provided me with information that I was not even aware of."

"I enjoyed getting an idea of who my peers are that are running Support Groups and hearing from current support group leaders to know what to expect when I start my own group."



Guidelines for **WhatsApp Support Group Leaders** will soon be available



17 July 2020

Community Forum Webinar: A Conversation on Refugee Mental Health with Sandy Kaylan & Peter Buhendwa

We had a good attendance turnout and received some great feedback:

"Peter sharing his personal story was really interesting and moving."

"I found both the theoretical and real story to be very interesting."

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!

INVITATION



SADAG KZN PRESENTS
Mental Health Community Forum Talk
Free Online Webinar

Women's health

in commemoration of Women's Day

Presented By
Hameeda Bassa-Suleman
Clinical Psychologist

Join us on
Friday, 14 August 2020
13:00 to 14:00

RSVP before
12 Aug 2020
or confirm on email at
mentalhealthmatters3@gmail.com

All members of the public are welcome - service users, patients, family & friends.

Webinar link & details will be sent to registered attendees ahead of time.

KZNSADAG@ANXIETY.ORG.ZA | 078 278 7047

INVITATION



SADAG KZN PRESENTS

ONLINE VOLUNTEERS ORIENTATION DAY

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.

Friday, 21 August 2020
14:00 to 15:00

JOIN US!
To learn, share and offer assistance to help your community

RSVP BEFORE
14 AUG 2020

Zoom link will be sent to registered attendees
or confirm on email at
mentalhealthmatters3@gmail.com

KZNSADAG@ANXIETY.ORG.ZA | 078 278 7047

INVITATION



SADAG KZN PRESENTS

A Virtual Support Group Leaders Forum & Upskilling Session

The 5 Stages of Growing a Support Group.

Facilitated by
Suntosh Pillay
Clinical Psychologist

Thursday, 20 August 2020
16:30 - 17:30

Click here to RSVP before 18 August 2020

All login details will be sent to registered attendees ahead of time.

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AUGUST

- Child Health Month
- 9 National Women's Day**
- 12 International Youth Day
- 26-31 African Traditional Medicine Week
- 31 African Traditional Medicine Day

SUPPORT GROUPS

PEOPLE SUPPORTING PEOPLE

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.

HOW TO JOIN A SADAG SUPPORT GROUP?

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

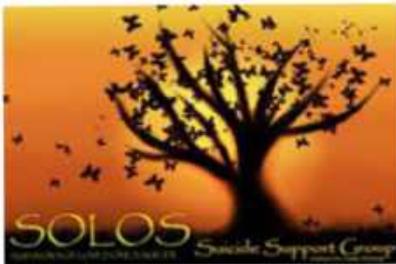


LGBTQIA+ SUPPORT

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 queervoices20@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.

We  frontline health workers
Support Group

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.



BACK-A-BUDDY

Tumaini (Hope) Project: Supporting refugees and asylum seekers during Covid-19

Your support for refugees and asylum seekers in our community is invaluable, they depend on your goodwill for basic needs. Please pledge your support by visiting <https://www.backabuddy.co.za/champion/project/tumaini-project> or clicking here.



SUPPORTING REFUGEES AND ASYLUM SEEKERS ACROSS KZN



Please donate via:
<https://www.backabuddy.co.za/tumaini-project>



3 PART TRAINING WEBINAR SERIES

Open to ANYONE who wants training on the Mental Health of Healthcare Workers during COVID19 & How to support them in the workplace



MENTAL HEALTH OF HEALTHCARE WORKERS DURING THE COVID-19 PANDEMIC

A group of passionate psychiatrists and psychologists will discuss concerns around how the mental health of health care workers is affected during the pandemic. Topics covered will include findings in other parts of the world and previous pandemics, and stress resilience. Leaders of healthcare workers are encouraged to attend since a great deal of information relates to how to manage healthcare workers during and after the pandemic. Moral injury and the individual emotions healthcare workers experience will be discussed and self-care techniques reviewed. Speakers include Dr Antoinette Miric, Prof Rita Thom, Dr Joanna Taylor, Dr Thriya Ramasar, Dr Tina Sideris, Judith Ancer and Batetshi Matenge.

**4, 11 & 18 AUGUST 2020
FROM 7:00PM - 8:30PM**

- Register for the Webinars -

For more information
Busi Twala projects@anxiety.org.za
Dr Antoinette Miric careforgauteng@gmail.com
www.healthcareworkerscarenetwork.org.za



brought to you by
HEALTHCARE WORKERS CARE NETWORK
Caring for the Carers by the Carers

3 PART TRAINING WEBINAR SERIES

by Healthcare Workers Care Network

Mental health of healthcare workers during COVID-19 Pandemic

4, 11 & 18 AUGUST 2020
7PM TO 18.30PM

Click to register or email Busi on projects@anxiety.org.za for enquiries

Join us at a **FREE** Online



Depression & Anxiety Support Group

for Women

When ~ Friday 21 August 2020
Where ~ Contact Dianne for Zoom meeting details
Time ~ 10am



For more Info & to RSVP
 Dianne: 082 662 6659

UKZN OT in collaboration with SADAG KZN invite the public:



FREE PERSONALIZED ONLINE INDIVIDUAL SESSIONS FOR

- Relaxation Therapy
- Stress Management
- Relapse Prevention
- Coping Strategies
- Lifestyle Analysis
- Medication Compliance
- Occupation Based Therapy



For more information & enquiries contact:
kmsadag@anxiety.org.za
lingaphi@ukzn.ac.za
Cherod@ukzn.ac.za

All you need is a **smartphone, tablet or laptop** to make use of the platform we offer this service on "Zoom", in addition to datavell.

What do Occupational Therapists do?

If you have difficulty coping with everyday tasks - big or small - OT can help you work towards becoming a better AND more productive you.



HEALTHCARE WORKERS CARE NETWORK
 Caring for the Carers by the Carers

Call 24/7
 0800 21 21 21

Free support,
 Pro bono therapy,
 Resources,
 Training and
 Psychoeducation



SMS
 43001

Website
healthcareworkerscarenetwork.org.za

Free confidential individual counselling sessions available for all healthcare workers.



DPPG
 DURBAN PRACTISING PSYCHOLOGISTS' GROUP

Private psychologists offer free support

Your mental health matters during the national lockdown and Covid-19 outbreak. If you are suffering from unmanageable anxiety, depression, loneliness, isolation, grief or trauma – make contact with us and we will find someone to assist you. This will not replace an in-depth, diagnostic consultation; and is only a brief intervention for immediate support and/or education.

Email: exec@dppg.org.za

If you can afford to pay for a consultation, a list of psychologists can be found on our website: www.dppg.org.za



For a national list of psychologists, email Fatima@psyssa.com

<http://www.kznhealth.gov.za/mental/covid19.htm>

health
Department:
Health
PROVINCE OF KWAZULU-NATAL

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COVID-19 Mental Health Toolkit

The mental health and wellbeing of the whole society has been severely impacted by covid-19 and must be considered a priority that needs to be addressed urgently. Psychological distress in populations is widespread. Many people are distressed due to the immediate impacts of the virus and the consequences of physical isolation. Fear of infection, dying, losing family members, stress related to economic situations is prominent.

Frequent misinformation and rumours of the virus and deep uncertainty about the future are common sources of distress. An upsurge in the number and severity of mental health problems is expected. Specific populations are showing high degrees of COVID-19 related psychological distress i.e. frontline health care workers, children and adolescents, the elderly, populations with comorbidities, woman, and the homeless.

GBV Services open during national lockdown



WESTERN CAPE

Athlone House of Strength
telephonic counseling
021 862 9983

Badisa
telephonic counseling
021 957 7130

Mosaic
counseling, legal aid
021 761 7585

National Shelter Movement
Bernadine 082 903 8739
Joy 071 906 3949

Sex Workers Education & Advocacy Taskforce (SWEAT)
telephonic counseling
021-448 7875

GAUTENG

Gauteng Province
food support
0800 428 8364

Lifeline Vaal Triangle
telephonic counseling
016 428 1640

National Shelter Movement
Rudo 083 684 7737
Zubeda 083 289 9818

Teddy Bear Clinic
crisis support for children
011 660 3077

MPUMALANGA

National Shelter Movement
Fisani 079 310 9633

KWAZULU-NATAL

National Shelter Movement
Sabera 072 446 3337

FREE STATE

National Shelter Movement
Sarah Lekale 072 144 7171

EASTERN CAPE

National Shelter Movement
081 247 6056

NORTH WEST

National Shelter Movement
Rina 072 348 6526

NORTHERN CAPE

National Shelter Movement
Rose Clair 080 021 2321
Rosaline 073 888 8738

NATIONAL

Childline
24 hr Crisis line & counselling
080 055 5555

Women Abuse Helpline
Toll-Free Helpline
0800 150 150

Gender Based Violence Helpline Command Centre
24 hour helpline
0800 428 428
*120*7867# for call-back

Lifeline Crisis
24-hour crisis service
0861 322 322

Lifeline Counseling
WhatsApp call counselling
065 989 9238

MobieG
Live chat counseling for teens
www.mobieg.co.za
*Sun from 18h00
*Mon-Thu from 19h00

NISAA
telephonic counseling
Batsi 083 303 1291
Yvonne 063 083 6061
Nokwethu 011 850 0637

South African Depression & Anxiety Group (SADAG)
24 hour helpline
0800 456789
SMS: 31393

SADAG Suicide crisis line
24 hour helpline
0800 567567

TEARS GBV SMS help line
*134*7355#

"During the Covid-19 lockdown, we cannot ignore the increased risks for victims of domestic violence and abuse. Victims and survivors can be assured that there are resources available to assist during this high-risk period."
- National Shelter Movement

You can help someone during the Lockdown:

Call or text them. Checking in means you care about their safety and wellbeing. Let them bring up the violence, only if they want to. Help them think about ways to get to a safe place - and for kids to find safety - if violence erupts.

Help them find a place to stay in your own home or a shelter. Shelters are working in all provinces, even during the Covid crisis. Remember that moving out can be more dangerous - so let them decide what is best.

Phone the police 10111 if you hear a cry or scream. Emergency staffing at police stations will stay the same during the lockdown and social workers will be available.

A view on Global Mental Health

by Chantelle Booysen



UN Women raises awareness of the shadow pandemic of violence against women during COVID-19

#violenceagainstwomen
#genderinequality
#endgbv
#stopgenderbasedviolence

UN Women, the United Nations entity dedicated to gender equality and the empowerment of women, today launched the **Shadow Pandemic public awareness campaign, focusing on the global increase in domestic violence amid the COVID-19 health crisis.** The Shadow Pandemic public service announcement is a **sixty-second film narrated by Academy Award-winning actor Kate Winslet**, who has championed many humanitarian causes. The video highlights the alarming upsurge in domestic violence during COVID-19 and delivers a vital message urging people to act to support women if they know or suspect someone is experiencing violence.

While some countries are beginning to reopen, billions of people are estimated to still be sheltering at home. When households are placed under the increased strains that come from security, health and money worries, and cramped and confined living conditions, levels of domestic violence spike. Government authorities, women's rights activists and civil society partners across the world are reporting significantly increased calls for help to domestic violence helplines and heightened demand for emergency shelter.

The Shadow Pandemic film begins with seemingly innocuous and familiar domestic scenes in 14 different homes around the world. When coupled with an evocative music track and voiceover, it soon reveals a starkly different picture. It concludes with three clear calls to action for individuals to help address the pandemic of violence against women.

Pandemics like COVID-19 can exacerbate not only violence within the home, but other forms of violence against women and girls. Violence against female healthcare workers as well as migrant or domestic workers increases. Xenophobia-related violence, harassment and other forms of violence in public spaces and online is more prevalent and the risk of sexual exploitation and abuse becomes more likely. Some groups of women, including human rights defenders, women in politics, journalists, bloggers, women belonging to ethnic minorities, indigenous women, lesbian, bisexual and transgender women, and women with disabilities are particularly targeted by ICT-facilitated violence.

<https://www.unwomen.org/en/news/stories/2020/5/press-release-the-shadow-pandemic-of-violence-against-women-during-covid-19>

Film - The Shadow Pandemic: Domestic violence in the wake of COVID-19

