



# SADAG KZN NEWSLETTER DECEMBER 2019

A NEWSLETTER TO ALL  
SUPPORT GROUP  
LEADERS, VOLUNTEERS,  
PATRONS & DONORS

Welcome to our last  
newsletter for 2019!  
Please read, share and  
contact us for more  
information.

Promoting mental well-  
being is a full time effort  
throughout the year. Your  
donations enable us to  
raise awareness, create  
impactful programmes and  
provide support to our  
communities.

PLEASE HELP US FILL OUR  
FESTIVE STOCKING BY  
DONATING BELOW!



The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. And gratitude doesn't need to be reserved only for momentous occasions, or the festive season: You might express gratitude after receiving a promotion at work, but you can also be thankful for something as simple as a delicious piece of pie.

Research by UC Davis psychologist Robert Emmons, author of *Thanks!: How the New Science of Gratitude Can Make You Happier*, shows that simply keeping a gratitude journal—regularly writing brief reflections on moments for which we're thankful—can significantly increase well-being and life satisfaction.

- **Freshen Up Your Thanks:** The best way to reap the benefits of gratitude is to notice new things you're grateful for daily.
- **Get Real About Your Gratitude Practice:** Being excited about the benefits of gratitude can be a great thing because it gives us the kick we need to start making changes.
- **Make Thankfulness Fun By Mixing It Up:** Don't limit yourself—if journaling is feeling stale, try out new and creative ways to track your grateful moments.
- **Be Social About Your Gratitude Practice:** Our relationships with others are the greatest determinant of our happiness. So it makes sense to think of other people as we build our gratitude.

Read more: <https://www.happify.com/hd/the-science-behind-gratitude/>

## MENTAL HEALTH EVENTS & TALKS



**8 NOV**

### **Adolescent and Youth Friendly Service Ambassador Trainings**

Talk with Dr Kalpesh Narsi & Sinegugu Zungu with 50 Adolescent and Youth Friendly Service Ambassadors, a newly employed category of staff to be based at primary health clinics. Their roles will be to advocate for adolescent health services in the community, and assist in driving clinics to be more youth-friendly.

## MENTAL HEALTH WORKSHOPS

**19 NOV**

### **Support Group Leader Training Workshop with Social Workers from Lifeline**

Training workshop for 11 social workers from LifeLine to provide skills in setting up and conducting support groups. Training took place at SADAG KZN office. Most of these groups are being set up to support people impacted by gender based violence.



## SUICIDE PREVENTION EVENTS



**23 NOV**

### **AFSP Suicide Survivors Film and Candle Lighting Ceremony with SOLOS (Survivors of Loved One's of Suicide)**

International Survivors of Suicide Loss Day events are planned by the American Foundation for Suicide Prevention (AFSP), around the world, for suicide loss survivors to come together to find connection, understanding and hope through their shared experience. Film, discussion and candle lighting ceremony.

# SUPPORT GROUPS

## PEOPLE SUPPORTING PEOPLE

Many of our support groups have had to change days / dates to fit into the holidays, please check carefully and contact the SG leader before attending. If your regular group is not operating during this time you are welcome to join one of the other groups.

### 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
- **NB! PLEASE MAKE SURE TO CONTACT THE SG LEADER FIRST BEFORE ATTENDING AS TIMES MIGHT CHANGE.**

Join our **FREE SADAG KZN** in-office support groups focused on depression, anxiety & grief:




**12 Dec**

**Monthly Support Group Leader Forum**  
Clinical Psychologist  
Suntosh Pillay  
16.15pm - 17.00pm



**6 Dec**

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



**7 Dec**

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



**2 & 16 Dec**

**Support Group with Revania & Krisanya**  
17.00am - 18.00pm



**12 Nov**

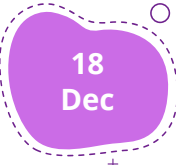
**Support Group with Micaela & Lorelle**  
16.30pm - 18.00pm

SADAG KZN supports many active support groups all over the province. Current areas include: **Chatsworth, Durban, Durban North, Empangeni, Estcourt, La Lucia, Newcastle, Pietermaritzburg, Queensburgh, Westville, Tafelkop & Verulam.**

Join one of these dedicated, focused and **FREE** support groups in different locations. They run either weekly, bi-weekly or monthly. Please check the frequency of meetings and make contact with the relevant Support Group Leader as dates and times might change:



**UKZN Student Support Group**  
13.00pm - 14.00pm  
*Closed for the holidays, will re-open term 1 in 2020*  
Contact Noor on 081 206 3482



**18 Dec**

**SOLOS (Survivors of Loved Ones of Suicide) & Depression Group**  
18.30pm - 19.30pm  
Contact Lori on 083 652 0117 or [suicideprevent@gmail.com](mailto:suicideprevent@gmail.com) or Joy on 083 256 5993



**Every Week**

**The Mum's Support Network**  
Thursdays & Saturdays  
La Lucia Library  
Contact Alexandra on [Alexandra@mumsupport.co.za](mailto:Alexandra@mumsupport.co.za)



**17.00pm - 18.00pm**

**Support Group for Care Givers**  
2nd & 4th Mondays  
*Closed for the holidays, will re-open in 2020*  
Contact Shelley on 072 364 4063 or Kerry on 083 776 0772



**Monthly Last Saturday**

**OASIS LGBTQIA+ Support Group**  
14.45pm - 16.15pm  
Contact Michelle on 084 580 0489 or [oasis.kzn.dbn@gmail.com](mailto:oasis.kzn.dbn@gmail.com)



**14.00 to 15.00pm**

**TAFTA Support Group for the Elderly**  
14.00 to 15.00pm  
*Closed for the holidays, will re-open in 2020*  
Contact Yashashni on [Yashashni@tafta.org.za](mailto:Yashashni@tafta.org.za) or [vashniesithambaram@gmail.com](mailto:vashniesithambaram@gmail.com)



**Every Monday**

**Refugee Support Group**  
15.00pm - 16.00pm  
Contact Peter on 076 662 9899



**Every Week**

**Social Anxiety Support Group**  
**A FREE 6-week support**  
11.00am - 12.30pm  
Contact Azeeza or Kerusha on [Azz\\_rawat@hotmail.com](mailto:Azz_rawat@hotmail.com) or [kerushaharidut6@gmail.com](mailto:kerushaharidut6@gmail.com)

# COMING UP IN DECEMBER



## A call to our volunteers:

We need your support in the form of TIME...a valuable currency benefiting the our KZN community. Raise your hand if you would like to help make a difference.

Your contributions as supporters and volunteers are invaluable. You are the frontline heroes of social change and we want to thank you for all the energy, time and money spent promoting mental health in our KwaZulu-Natal province this last year. Our service to our community continues and we need every bit of support we can get! If you have any capacity to assist with the following please contact Lynn Norton or Chantelle Booysen directly. Thank you!

- Office administration
- Office move
- Research, Evaluation forms assess and capture
- Schools & University programmes
- Support Group development and maintenance
- Talks, presentations and workshops
- Fundraising and other



Pls contact via Whatsapp: 078 278 7047



Prevention of Injuries Month  
 SunSmart Skin Cancer Awareness Month  
 (1 December to 31 January)  
 1 World AIDS Day  
 3 International Day of Persons with Disabilities

### 5 International Volunteer Day

9 World Patient Safety Day  
 10 International Human Rights Day  
 12 Universal Health Coverage Day  
 16 Day of Reconciliation

### NB PLEASE NOTE:

Holiday volunteering will commence in January 2020. We welcome all the support and hands that are willing and able to assist our small team

**We welcome volunteers to put their hands up and donate their time and / or skills to support us in actively promoting Mental Health in KwaZulu-Natal!**

**Please connect with us on [mentalhealthmatters3@gmail.com](mailto:mentalhealthmatters3@gmail.com).**

First Friday

**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



Office closing between 16 Dec 2019 to 6 Jan 2020. Kindly contact the helplines for emergencies or if you need someone to talk to during the festive season.

**SADAG NATIONAL HELPLINE**  
0800 456 789 / [www.sadag.org](http://www.sadag.org)

SADAG KZN 2019

**NOTICE BOARD**

*Thank you*



On Volunteers Day, we want to give an extra special THANK YOU to the amazingly supportive team from SOLOS (Survivors Of Loved Ones Suicide). Your energy and support for SADAG KZN and community mental health during the year is invaluable! So many people benefit from your tireless work. We're looking forward to another year of positive collaborations.

Cloud Gazing  
Open Mind  
Relax  
Relax  
Relax  
Walk  
POSITIVE THINKING

**INHALE POSITIVITY**

**MINDFUL KIDS = HAPPY KIDS**

At Sing Out Louder, we believe that good mental and physical health go hand in hand. They are as important as each other and as such, making wise, informed choices for mind and body are key components in helping to manage stress and anxiety. It's hard enough for adults to achieve, so getting back to basics and helping our littluns ease into the ways of the world, retrains us grown-ups to do life more calmly and smoothly, together with our children.

Shop our fashion apparel and lifestyle products that support emotional health and well-being of kids through positive statements and affirmations.

[singoutlouder.com](http://singoutlouder.com)

**10% OFF**

PURCHASE ONLINE  
PROMO CODE: SOL2019  
Valid until the end of January 2020



Newly launched 'Sing Out Louder' kids clothing range promotes well-being for every child. We are excited about their pledge to donate a % of their sales to SADAG KZN's projects! Thank you Sam, your commitment to child mental and physical health is admirable! You can find them online or at markets in and around Durban.

[www.singoutlouder.com](http://www.singoutlouder.com)

**\*\*DISCLAIMER\*\***

SADAG is non partisan, respecting diversity of practices and the right to make informed choices. The views and opinions of facilitators and/or representatives belong to the author and do not necessarily mirror the views and opinions of the organization.



## BESPOKE SERVICES AVAILABLE



### YOUTH MENTAL HEALTH PROGRAMMES

Custom designed programmes available ie Youth led activities, Support clubs, Mental Health Literacy, Sustain wellbeing



### SCHOOL MENTAL HEALTH CAMPAIGNS

This includes a once-off campaign on teen suicide, depression, anxiety, bullying, panic and substance abuse



### MENTAL HEALTH IN THE WORKPLACE

Includes Corporate talks, Presentations, Specialised Talks, Wellness packages for Employers & Employees



### TRAINING SUPPORT GROUP LEADERS

Training Support Group Leaders and Supporting Leaders through process of running these groups in their respective communities



### MENTAL HEALTH PSYCHOEDUCATION PROGRAMMES

This includes Community forums, Talks, Presentations, CPD-accredited Training, Awareness campaigns

SADAG KZN HAS A TEAM OF PROFESSIONALS THAT IS READY TO HELP YOU NAVIGATE MENTAL HEALTH THROUGH **CUSTOMIZED WORKSHOPS, TALKS OR PROGRAMMES** TO BEST SUIT YOUR NEEDS. CONTACT US FOR MORE INFORMATION AND PRICING.

#mentalhealthmatters

#SADAGKZN



**Dr Suvira Ramlall**

KZN Director, Specialist Psychiatrist

**Suntosh Pillay**

KZN Director, Clinical Psychologist



## YOUR SADAG KZN TEAM



**Dr Lynn Norton**

KZN Coordinator, PHD Health Promotion

**Chantelle Booyen**

KZN Project Manager & Youth Ambassador



**A VIEW ON  
GLOBAL  
MENTAL HEALTH**  
BY CHANTELLE BOOYSEN



Click to watch interview



**connect**

**LEADING MINDS**  
20 CONFERENCE 19

## **LEADING MINDS CALL ON GLOBAL ACTION TO SUPPORT AND PROTECT MENTAL WELL-BEING FOR YOUTH**

On 8 and 9 November 2019, I was invited to attend, co-moderate and speak at the *UNICEF Leading Minds Conference for Children and Young People on Mental Health*, in Florence, Italy. I had the opportunity to deliver the final closing speech titled 'Moving the Needle on Mental Health for Young People'. Here is an extract of the speech, the full version is available online.

"In the last 50-60 years UNICEF, WHO & member states have worked tirelessly in reducing infant mortality rates and succeeding at it. In fact, one could go so far as to say that this is one of the major development-success stories of our time. The thing is though, these surviving infants, who you've fought for, and saved, have now grown into children, adolescents and young people that are now in desperate need to have something to stay alive for.

Our growth in population also comes at a devastating cost – we damage the planet and the environment; we develop diseases that become ever more difficult to cure; and we end up in hopeless spaces that are immensely difficult to navigate. This blend of very intentional successes coupled with unforeseen and unprepared consequences are what we are facing when we are talking mental health for children and young people. And this is where a conference like Leading Minds, with the influence and power in this room, can spark this intentional action with stakeholders to drive a new success story. A success story that is driven by robust, authentic and exploratory conversations.

Different levels of communication are necessary in order for our children and young people to survive and ultimately thrive. I also want to highlight that it will not take only one – or two – organizations, with one solution to fix this problem, but a collaborative approach with enabled environments to remedy this mental health epidemic.

Time has come for those advocating for mental health and wellbeing to scale up our asks, to be more unreasonable and bolder with our requests. For too long we have been silent and felt undermined within the global health setting. The needle needs to shift and it won't shift without unreasonable demands in order to settle reasonable action.

I want to end with the following by addressing the white elephant in the room: STIGMA, stigma in funding allocation, stigma in policies, stigma in inclusion of lived experience, stigma in every sphere of society.

Only once governments, funders, organizations and companies really take mental health seriously, will there be a shift in stigma and its impact in communities. Only once people feel truly supported and protected can we begin to eliminate stigma-related behavior in our society."

Read more: <https://blogs.unicef.org/evidence-for-action/mental-health-movement-chantelle-booyesen/>

### **SADAG KZN OFFICE CONTACT**

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Chantelle Booyesen | [kznprojects@sadag.org](mailto:kznprojects@sadag.org)  
+27 78 278 7047

### **SADAG NATIONAL HELPLINE**

0800 456 789  
[www.sadag.org](http://www.sadag.org)  
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