



SADAG KZN NEWSLETTER FEBRUARY 2020

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

Welcome to our second
newsletter for 2020!
Please read, share and
contact us for more
information.



THE GREATEST LOVE OF ALL...IS INSIDE OF YOU!
Dr Suvira Ramlall

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...



"If you want to have a meaningful relationship, stop looking for the right person, but *become* the right person" Deepak Chopra

February is the month of love...and what should be a fuzzy 28 (+1) days of love, caring, kindness, generosity (of the heart) and joy often descends into a commercial frenzy and, sometimes, heartache and misery. All go searching outside for a treasure that veritably resides within their very own bosoms! You may not have had the love of a mother, or even a mother or mother figure and you may carry emotional wounds from your childhood and teenage days. However, these emotional wounds can be healed by the choices we make as adults. Adulthood comes with the responsibility of taking care of your needs, and that includes your need to feel loved, respected and nurtured.

The relationship you have with yourself is the most important adult relationship you will have. It will influence your wellbeing and your success. So, take a 'selfie' and get to know yourself- your inner needs, strengths and resources. More importantly, be kind and compassionate to yourself, speak encouraging words to yourself, encourage yourself when you falter and forgive yourself for mistakes you have made: accept yourself for who you are and are becoming. When you have a loving and respectful relationship with yourself, you will not allow anyone to give you less than you deserve; in a loving, nurturing, non-judgmental healthy 24/7 relationship with yourself, you will blossom into the best you can be. So, this Valentine's Day, find your greatest love inside of you.

We want to hear from YOU!



"Our Community, Our Voice"

COMMUNITY INTERVIEWS FOR MONTHLY NEWSLETTER

In 2020, we are committed to engage with our KwaZulu-Natal community on as many levels as possible. Our small team is always looking for different platforms to educate, promote mental health wellbeing and cultivate leadership for mental health advocacy.

As part of this ethos we are adding a new section to the newsletter called "**Our Community, Our Voice**". This section creates a space where we are able to receive perspectives from our community, directly. It is also an ideal space for our interviewees to share their mental health advocacy experiences with others, as this process creates an inclusive society and nurtures our collective anti-stigma efforts.

For this new section we would like to do one interview per month with a supporter of our organization or mental health in general. You can be someone who has experience with mental illness, a parent, a teacher, a community activist, a business person, public official or mental health practitioner - let your voice be heard!

Our first interview will be published in our newsletter at the end of March 2020.

If you would like to be interviewed or assist in finding people to interview, please contact Chantelle at kznprojects@sadag.org or 078 278 7047 for more information.

27 JANUARY

UKZN wellness event / College of Health Sciences
1st years academic orientation & integration program



27 JANUARY
CHS Orientation Day



30 JANUARY

NEW SADAG KZN Office - Moved to UKZN



**University Of
KwaZulu-Natal
(UKZN) Howard
College Campus,
238 Mazisi Kunene Rd,
Glenwood;**

SPECIAL NOTICE

WE HAVE MOVED!

What's coming up in 2020

Some key mental health events, projects, engagements and supportive resources to look forward to this year - look out for them all over KZN!

FEB
11-18
Teen Suicide Prevention week

SUICIDE PREVENTION
#LetsTalk

Myth
Most suicides happen without a warning.

Fact
In most cases there are warning signs before the suicide. It is important to know the warning signs and to look out for them.

#ACT
ASK. CARE. TREAT.
#StopSuicide
0800 567 567

Suicide Prevention Workshop for Educators & Student Counsellors

Saturday, 28 Feb
9.00am – 12.00pm

@UKZN
Innovation Centre

Fee: R150 pp

For more information and to book a space at this workshop, contact Lynn at kznsadag@anxiety.org.za

INVITATION

SADAG KZN PRESENTS

Volunteer Orientation & Training

FRIDAY, 7 FEBRUARY 2020
14.00PM - 17.00PM

Join us at:
SADAG KZN Office, Life St Joseph Psychiatric Hospital,
82 Mazisi Kunene, Enter Nazareth House
Berea, Durban

NB: PLEASE CLICK HERE & COMPLETE FORM BEFORE 4 Feb TO SECURE ATTENDANCE
or confirm on email at mentalhealthvolunteers@gmail.com

An afternoon dedicated to the training and orienting dedicated members to become SADAG KZN volunteers

PLEASE JOIN US IF YOU INTERESTED IN ASSISTING SADAG KZN INCREASE MENTAL HEALTH AWARENESS IN KZN

WWW.SADAG.ORG | KZNSADAG@ANXIETY.ORG.ZA

Support Group Leader Training

Saturday, 22 Feb
9.00am – 13.00pm

Venue to be confirmed

Free training

For more information and to book a space at this workshop, contact Lynn at kznsadag@anxiety.org.za

SUPPORT GROUPS

PEOPLE SUPPORTING PEOPLE

Many of our support groups have had to change days / dates; please check carefully and contact the SG leader before attending.

If your regular group is not operating 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** support groups at Nazareth House, Glenwood focused on depression, anxiety & grief:

20
Feb

10 + 24
Feb

1 + 15
Feb

3 + 17
Feb

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

Support Group with Rivendri & Kelsey
09.00am - 10.30am

Support Group with Noor & Wandiswa
14.00pm - 15.30pm

Support Group with Revania & Krisanya
17.00am - 18.00pm

SADAG KZN runs 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:

Every
Week

21
Jan

Monthly

Every
Monday

11 + 25
Feb

Every
Week

Bi-
Monthly

The Mum's Support Network
• Thursdays & Saturdays
La Lucia Library
Contact Alexandra on
Alexandra@mumsupport.co.za

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

OASIS LGBTQIA+ Support Group
• Contact Michelle on 084 580 0489
or oasis.kzn.dbn@gmail.com

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

TAFTA Support Group for the Elderly
• 14.00 to 15.00pm
For TAFTA residents only
Led by Nemisha

Westville Support Group
• Most Wednesday Evenings
A group support with an emphasis on
Buddhist Mindfulness techniques. Email
Shawn on skc@telkomsa.net for info

The Dan Pillay Memorial Support Group for Depression & Anxiety
• Saturdays, 12:00 – 13:30
The Nelson Mandela Community
Youth Centre, Westcliff, Chatsworth

Special notice



A BIG thank you to Life St Joseph's, Glenwood, for donating our office space to us for the past 2 years! We are immensely grateful for your generosity and continued support in our mental health advocacy and community engagement. We are moving premises as of February 2020 but we won't forget the tangible difference your donation made to our grassroots movement. Thank you!



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.

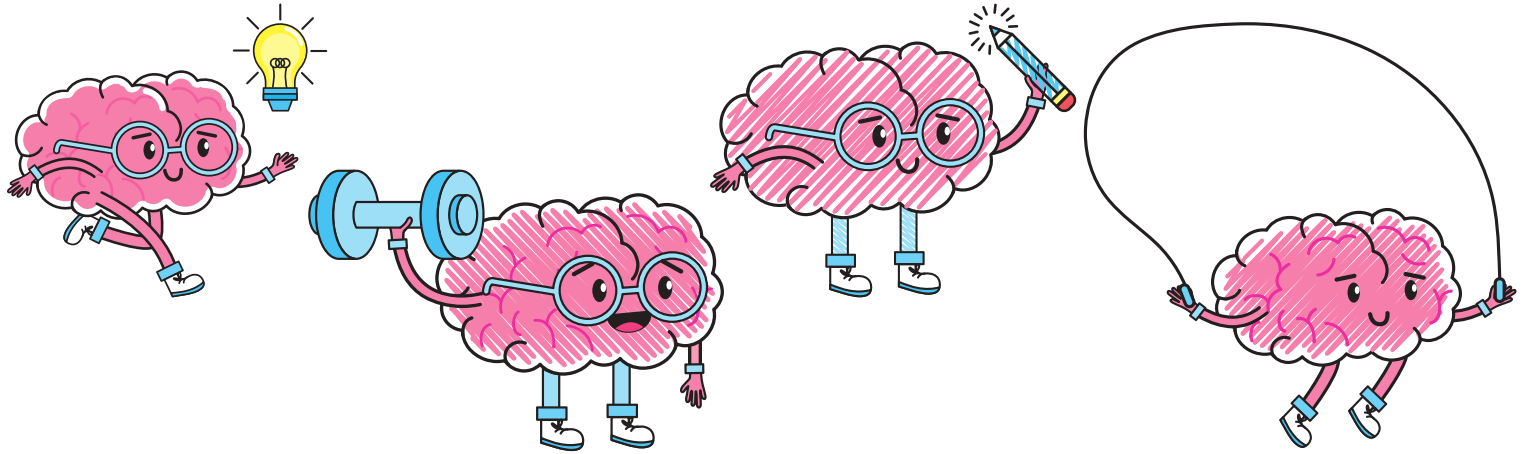
Your contributions as supporters and volunteers are invaluable. You are the frontline heroes of social change and we want to thank you for all the energy, time and money spent promoting mental health in our KwaZulu-Natal province this last year. Our service to our community continues and we need every 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

Make 2020 a GOOD mental health year for you, your school, college, work place or community. Contact us for a quote on bespoke services and experience the transformative benefits!



Bespoke Services Available

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



YOUTH MENTAL HEALTH PROGRAMMES

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



TRAINING SUPPORT GROUP LEADERS

Training Support Group Leaders and supporting them to run groups in their communities



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



MENTAL HEALTH PSYCHOEDUCATION PROGRAMMES

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

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



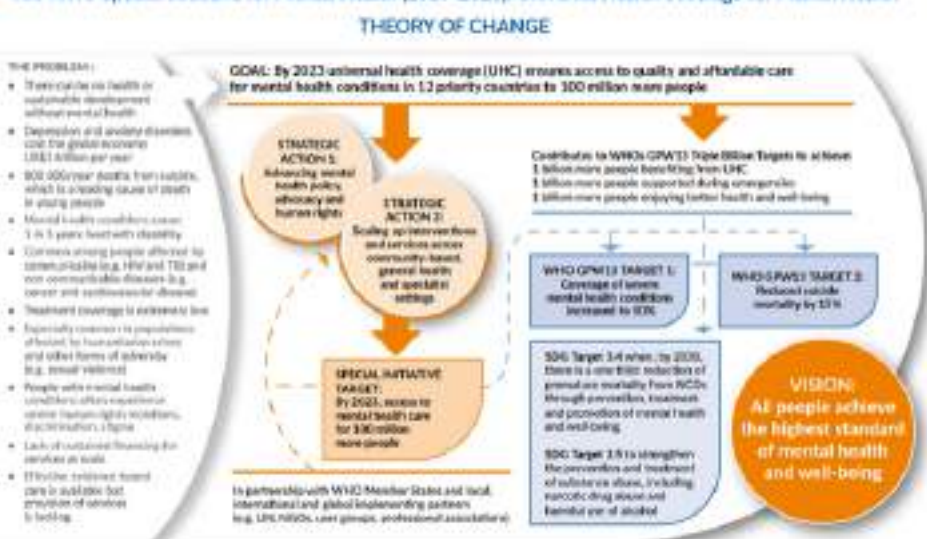
SADAG KZN 2020

A view on Global Mental Health

by Chantelle Booyesen

WHO SPECIAL INITIATIVE FOR MENTAL HEALTH (2019 - 2023)

The WHO Special Initiative for Mental Health (2019-2023): Universal Health Coverage for Mental Health



"In 2018 the WHO Director-General identified mental health for accelerated implementation within WHO's work. This WHO Special Initiative seeks to ensure universal health coverage involving access to quality and affordable care for mental health conditions in 12 countries to 100 million more people. The initiative will advance policies, advocacy and human rights, and scale-up quality interventions and services for people with mental health conditions, including substance use and neurological disorders.

Mental health conditions contribute to poor health outcomes, premature death, human rights violations, and global and national economic loss. The WHO Director-General, Dr Tedros Adhanom Ghebreyesus, has identified mental health for accelerated implementation of the 13th General Programme of Work (GPW13), covering 2019-2023. The time to act is now to empower communities and individuals to attain the highest standard of health, which can only be achieved when their mental health and well-being is ensured, and their rights respected. The vision of the WHO Special Initiative for Mental Health is that all people achieve the highest standard of mental health and well-being.

To implement the WHO Special Initiative for Mental Health over 5 years, WHO aims to raise US\$ 60 million. Anchored by a clear goal, the initiative seeks to ensure universal health coverage involving access to quality and affordable care for mental health conditions in 12 priority countries to 100 million more people. The WHO Special Initiative for Mental Health will advance mental health policies, advocacy and human rights, and scale up quality interventions and services for individuals with mental health conditions, including substance use and neurological disorders. For continued scale up and global learning, WHO will implement this work in 12 priority countries, working in partnership with Member States, local, and international partners, as well as organizations of people with lived experience. This WHO Special Initiative for Mental Health is summarized in Figure 1, which demonstrates how the programme will contribute towards the wider goals of the GPW13 and the Sustainable Development Goals (SDGs).

This special initiative is designed with multiple assumptions for the success of the WHO Special Initiative for Mental Health. These include:

- Priority efforts being needed to integrate mental health care across all levels of health care, including community, primary, non-specialist hospital, and specialist services. Such integration of care will be critical to achieving universal health coverage and ensures optimal reach to as many individuals, families and communities as possible.
- Affordable services and interventions for mental health conditions refers to care that does not expose people using services to financial hardship.
- Focusing across the life-course, leaving no-one behind. This includes women, men, girls and boys across cultures, contexts, health conditions and in all phases of life.
- Respecting international human rights standards, particularly the UN Convention on the Rights of Persons with Disabilities, and the principles of legal capacity, liberty, nondiscrimination, participation and inclusion of people with mental health conditions.
- Respecting humanitarian principles of humanity, neutrality, impartiality and independence; in addition to other global frameworks and standards for mental health and psychosocial support implemented in emergency settings.
- Being adaptable to local context and their available resources, culture, language, social structures, gender and ability; and in response to social, environmental and economic determinants of health.
- Commitment to a multi-sectoral approach, which may mean the need to work with individuals, families and communities on a prioritized set of interventions at critical phases based on country-specific needs.
- Commitment to collaboration with Member States' ministries of health and other relevant government entities, in addition to other local stakeholders.
- Commitment to collaborating with governments, UN organisations and NGOs, research institutions, global partnerships, and donors."

<https://apps.who.int/iris/bitstream/handle/10665/310981/WHO-MSD-19.1-eng.pdf?ua=1>

SADAG KZN OFFICE CONTACT

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SADAG NATIONAL HELPLINE

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