



SADAG KZN NEWSLETTER JANUARY/FEBRUARY 2021

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

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SADAG NATIONAL HELPLINE

0800 456 789

www.sadag.org



Shake off tension with Trauma Release Exercises (TRE)

by Todd Plummer for Boston Magazine

"...As I spent the next 20 minutes frozen in that position, I felt my knees involuntarily shaking in the darkness as Gerow guided our collective breathing and coached us through the experience. Turns out, those warm-ups were hardly rote at all—they were part of a carefully organized sequence known as Tension and Trauma Release Exercises (TRE), which claims to relieve muscle pain through a physiological process called neurogenic tremoring. Yes, you read that right—tremoring.

Unlike the wellness crazes that popped up every few months pre-COVID —“lymphatic drainage” trampoline classes, aerial yoga, indoor surfing— TRE sessions have been slowly gaining momentum in recent years without ever becoming trendy, remaining something of an insider secret. The exercise specifically focuses on releasing tension in the psoas, a large muscle running from the femur through the pelvic bowl that holistic experts have long believed seizes up in response to physical, emotional, and mental distress. “When our psoas is tight, you can feel it in your back and maybe you hunch over,” Gerow says. “Over time, if we keep carrying our traumas, the body will break down. We gain weight; we won’t sleep; we can’t let go; we aren’t creative.”

The class marked the first time I was able to stop thinking about the 50 things I had to do that week and truly feel the relaxation I sought at the resort that weekend. Still, Gerow advises that TRE is “not a panacea” or a one-and-done cure-all for physical and emotional discomfort. “This is a process,” he says. “And as we go into 2021, I think people are really going to seek out ways to deal with everything we went through collectively in 2020.”

<https://www.bostonmagazine.com/health/2020/10/27/tension-trauma-release-exercises/>

Trauma Release Exercise is a simple but profound process that is not only used to ‘release’ stress & trauma after the fact, but just as importantly prevent chronic stress and burnout by building capacity and physiological resilience in the nervous system through ongoing and regular use.

<https://patient.info/news-and-features/can-tension-release-exercises-improve-stress-and-ptsd#:~:text=Tension%20and%20Trauma%20Release%20Exercises,a%20means%20of%20managing%20stress>

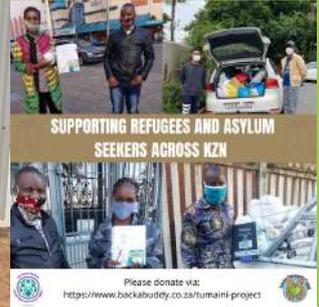
MENTAL HEALTH MATTERS IN KZN

- 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...

Click here to
show your
ACT OF KINDNESS
by donating to
our community
projects!

SADAG KZN

Looking back at 2020



ACT with NCDs

SADAG KZN & My Mind Our Humanity
invites YOUNG PEOPLE to a FREE WHATSAPP 'WHABINAR'

Youth Mental Health + NCDs
Accountability: Pushing for Progress

Friday, 11 Sept 2020 @ 14.00pm - 15.00pm SAT

Join us on our FIRST WHATSAPP WHABINAR in South Africa, discussing 2020's theme for Global Week of Action on NCDs. We want to hear youth experiences, ideas & solutions on promoting & securing accountability of Local and National Government to ensure young people's health & wellbeing is prioritised & actioned.

Chantelle Boyson
Prof Thuli Podobada
Dineo Et'hemati
Nandipana Ntshunah
Dr George Masing
Dr Dineo a Chosha
Sumbak Pillay
Dr Fitchelle Farmer
Alexandro Daly
Darian Juma
Bokhemu Mphahlele
Dr Vusi Pankwaj-Akpan
Agapi Singa
Mathew Jackman

****LIMITED SPACES AVAILABLE ON WHATSAPP GROUP, REGISTER NOW!*****
Click link to register your number, Whatsapp link will be shared with those who registered by 10 September 2020. Email kznprojects@sadag.org for info.



CARE The C.A.R.E. Team
CONNECTING THE DOTS IN RESIDENTIAL ENVIRONMENTS



KZN Mental Health #StepUpKZN
19 subscribers

HOME VIDEOS PLAYLISTS CHANNELS DISCUS

Uploads PLAY ALL

VIRTUAL MENTAL HEALTH WALK & WELLNESS FAIR
FREE ONLINE ZUMBA SESSION with licensed Zumba Instructor Corvinn Pilley
24 October 2020 20:39

VIRTUAL MENTAL HEALTH WALK & WELLNESS FAIR
FREE BEGINNERS' YOGA AND MEDITATION SESSION with yoga master Christine Withel
17 October 2020 27:37

VIRTUAL MENTAL HEALTH WALK & WELLNESS FAIR
INTRODUCTORY MINDFULNESS SESSION with specialist psychiatrist Dr Peter Milligan
31 October 2020 57:41

Zumba for Mental Health
6 views • 4 weeks ago

Yoga for Mental Health
2 views • 4 weeks ago

Mindfulness for Mental Health
8 views • 4 weeks ago



6th Durban Mental Health Symposium
DANIELLE BURGESS in conversation with SUNTOAHI PILLAY
October 2020 57:07

6th Durban Mental Health Symposium
Neneke Madonsela & Grace Gatera in conversation with Lonzo Mofokeng
October 2020 49:42

6th Durban Mental Health Symposium
Prof Miranda Wolpert & Prof Vikram Patel in conversation with Chantelle Boyson & Darian Juma
October 2020 52:18

Interview - Rochelle Burgess - Durban Mental Health...

Interview - Wenzile Madonsela & Grace Gatera - ...

Interview - Miranda Wolpert & Vikram Patel: Durban Mental...

Suicide: A Fierce Goodbye. Let's talk about it!
Friday, 18 September 2020
13.00pm to 14:15pm

Presented by SADAG KZN
Special guest speaker: Dr Sergi Nieto
Psychologist and lecturer at University of Zululand

MHaGI Mental Health and Gender Initiative

GENDER LINKS FOR EQUALITY AND JUSTICE

- 59** Support Group Leaders trained
- 79+** Direct people reached in community intervention programmes
- 11** International mental health engagements
- 28** Support groups in KZN
- 4** Research Projects
- 9** Corporate wellness events
- 2** Support Group Leader & CPD Workshop
- 8** Mental Health Talks, Workshops & Presentations
- 9** Monthly newsletters & 1 special COVID edition
- 12** Free Community Forum Talks
- 600+** Direct people reached with our mental health awareness events
- 20+** Radio, TV & Newspaper Interviews

Coming up in 2021 & NB dates



Support group leader workshops



Youth community intervention programmes



International mental health engagements



Growing active support groups in KZN



Research projects



Corporate wellness events



Free Community Forum Talks



Mental health talks, workshops & presentations



Monthly newsletters



CPD Workshops



Mental health awareness events



Radio, TV & Newspaper Interviews

FEB

11-18
Teen Suicide Prevention week

MAR

8
International Women's Day

30
International Bipolar Awareness Day

APR

2
World Autism Day

7
World Health Day

MAY

24
World Schizophrenia Day

17
International Day against Homophobia

JUN

16
Youth Day

20
World Refugee Day

JUL

Annual Mental Health Symposium

10
Panic Awareness Day

AUG

9
National Women's Day

12
International Youth Day

SEP

10
World Suicide Prevention Day

21
World Alzheimer's Day

OCT

Annual Mental Health Walk

10
World Mental Health Day

NOV

3
World Kindness Day
Disability Awareness Month (Begins)

25
16 Days of Activism against gender-violence (Begins)

DEC

5
International Volunteers Day



The first 6 months of our Mental Health and Gender Initiative (MHaGI) have flown by but we have had an incredibly successful start to our project. On January 30, we submitted our first evaluation report to Gender Links, who is coordinating the Women's Voice and Leadership South Africa (WVL-SA) grant, and we are eagerly awaiting our next tranche payment.

In 2020, our main achievements were:

- Developing and designing a Needs Analysis and Research Proposal in collaboration with the University of KwaZulu-Natal (UKZN) Psychology Department, with Dr Ruwayda Petrus
- Setting up the KZN Gender and Mental Health Task Team, which includes various collaborative organisations.
- Supporting the Tumaini Community Project by facilitating 3 workshops for refugee youth and contributing towards their homework centre initiative and buying school supplies for the children.
- Setting up and facilitating 8 workshops for the Refugee Women's Sewing Group. This has set the foundation for a Women's Psychosocial Support Group and small business enterprise, and has been generously facilitated by Sandy Kalyan, a dedicated SADAG volunteer and retired clinical psychologist.
- Hosting four Community Forum presentations and awareness initiatives for the general public, including the Durban Mental Health Symposium, with a focus on including the voices and stories of women.

Our plans for 2021 include:

- Setting up Mental Health Support Groups across all 10 districts in KZN
- Setting up an LGBTI+ mental health initiative – including a support group and awareness campaign
- Supporting the Mums Support Network, a non-profit organisation, to raise awareness about perinatal distress
- Continuing to support the refugee community in Durban with a range of mental health projects, including partnership with the Flatfoot Dance Company
- Hosting 'Mental Health Champions' training later in the year for community activists If you would like to get involved and support the MHaGI in any way, please contact us for further information.

INVITATION



SADAG KZN PRESENTS

Support Group Leader Training

By Suntosh Pillay and Lynn Norton

FREE ONLINE TRAINING
Thursday, 25 February 2021
09:00 - 12:00

Apply before
12 February
2021.

A full morning dedicated to train support group leaders in establishing, facilitating and sustaining mental health support groups.

All login details will be sent to invited applicants ahead of time.

Limited spaces available

KZNSADAG@ANXIETY.ORG.ZA | 078 278 7047

INVITATION



SADAG KZN PRESENTS

A Virtual Support Group Leaders Forum & Upskilling Session

Support Groups for the New Decade.

Facilitated by

Suntosh Pillay

Clinical Psychologist

Wednesday, 17 February 2021
16:30 - 17:30



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

KZNSADAG@ANXIETY.ORG.ZA | 078 278 7047

TAKE NOTE

Make a note in your diary for our upcoming Community Forum this month:

COVID-19 and Complicated Grief
Friday, 26 Feb
13.00 to 14.00pm

*RSVP details to follow

NB Dates

- 14-21 Teen Suicide Prevention week
- 12 World Epilepsy Day
- 17 Random Act of Kindness Day
- 20 World Day of Social Justice

Volunteering

Volunteering Fridays are running again this year. JOIN US for our next "lunch time" session on:

Friday, 19 Feb
13.00 to 14.00pm

*RSVP details to follow
Email
mentalhealthmatters3@gmail.com
for more info

SUPPORT GROUPS

PEOPLE SUPPORTING PEOPLE

During the time of Covid-19, some support groups are inactive with many Support Groups now hosted online and through WhatsApp groups.

Contact our **24-hour free helpline on 0800 456 789** for more info on Support Groups in your area.

5 questions for Alexandra Wallis from Mum's Support Network

Support

"Sometimes just being at a meeting with others who are on a similar journey is enough. It's not always about sharing your own story, but knowing that you are not the only one going through this pain, and you don't have to face it alone."

ALEXANDRA WALLIS
FOUNDER OF KZN'S MUMS
SUPPORT NETWORK

THE SOUTH AFRICAN
FOUNDATION FOR WOMEN
AND CHILDREN

SADAG SUPPORT GROUPS

HEY MUMS AND MUMS-TO-BE!

Is 2021 giving you anxiety already?!

Join us for our weekly online support group meetings

Every Thursday 10AM-11AM on ZOOM

FREE OF CHARGE!

Contact Alex for login details on **083 788 0689** or email alexandra@mumsupport.co.za

Mums Support Network is an NPO focused on providing maternal mental health support and education to those in need. Our meetings provide a safe space for mums to discuss their issues without judgement.

What motivated you to become a support group leader?

I founded Mums Support Network just over 4 years ago. I had suffered from perinatal distress (PND) and from my own experiences I realized that many mothers do not have a safe space in which to share their true feelings. There were no PND support groups in my area, so I decided to start one myself.

What are you especially proud of?

We have walked with women through their darkest days of PND, and because of the support they received from us, were able to come out alive on the other side. To have saved a mother and child, and to have been able to keep a family from such a tragedy, is a feeling beyond words.

Do you use virtual groups as well?

We realised that there were mothers and mothers-to-be who wanted to attend our meetings but were unable to, so we set up a WhatsApp group. It is a group where mums can connect at any time of the day or night (because there is always someone else awake at 3AM!) and find support wherever they are. From a funny parenting meme to coping skills for anxiety, it's like having a support group in your pocket! The group became so popular and busy that we had to break it up into smaller regional groups.

How do you increase awareness about perinatal distress?

We realised how misunderstood perinatal distress is, even by medical professionals. Together with Lauren Shapiro and Hayls Lieberthal we decided that we would try to do talks around the topic of PND and the challenges of modern motherhood. Not the usual facts from the textbooks, but rather from our own raw and real experiences.

What advice do you have for new support group leaders?

If no one attends, don't give up. There are people out there who need your group, they just may not know about it yet. Keep setting that time aside for a meeting, keep showing up, and eventually word WILL get around.



10 WAYS TO PROCESS GRIEF AFTER DEATH DURING A GLOBAL PANDEMIC

"COVID-19 has obstructed the vital usual manner of being present with a dying loved one—at their bedside, holding their hand and speaking comforting words"

Karen Anderson, Edith Cowan University Lecturer and Psychotherapist

"The COVID-19 pandemic has significantly disrupted our experiences of, and our rituals associated with dying, death and bereavement. Edith Cowan University Lecturer and Psychotherapist Karen Anderson has used key research and her own observations working on the frontline of counseling to explain the impact of this pandemic on the grief process, and how we can better manage our grief when the usual rites of passage are not possible. Karen Anderson's advice on coping with grief during COVID-19:

1. Remember that grief is a **highly personal experience unique to your own self**. People grieve in a variety of ways and there is no right or wrong way to grieve.
2. **Grief by its nature is reflective and isolating**. It can be a lonely experience. You are not alone because of your grief only but due to a broader reality impacted by COVID-19 and physical distancing.
3. Do give yourself permission to experience the range of thoughts and feelings that you have whilst always taking care to stay safe. Use **rituals that are meaningful to you** (it may be to light a candle, to browse through photos, to buy a plant in honour for your loved one).
4. Recognise that grief will dominate your emotions and thoughts during the early weeks and months. Grief is a process that **takes time to adapt and integrate into your life**. Most people learn to cope with and manage their grief as they go about their daily lives.
5. Grief is not a mental health issue but it may become one if it's not acknowledged and addressed. Take additional care during this period of COVID-19 to look **after yourself emotionally, mentally and physically**. Maintain good health—daily exercise, normal sleep patterns, eat healthy meals even if you eat less, stay hydrated and limit alcohol use.
6. **Allow yourself to receive care and support offered by others**, albeit this may come through different ways than usual—meals, pot plants, flowers candles etc. left at your door, letters, notes and cards in your letterbox, social media, telephone and text messages.
7. Ask for help and reach out to others when you need to. **Stay connected with others as regularly as you can**.
8. Try to stick with your **regular routine** as much as is possible—getting up and going to bed at the same time is helpful.
9. **Do not indulge feeling guilty** about a funeral which may not have been as your loved one or you wanted. These COVID-19 influenced times are abnormal times and hence the type of funeral has been dictated by a much broader public health necessity.
10. Stay focused on what is important to you – your own loss and grief. **Limit the amount of news and social media** you use. News involving constant distressing updates can be difficult when you are feeling sad.

Finally, **take care**, step gently and have kind consideration of, and for yourself as you grieve the loss of your loved one in a **respectful and meaningful way**."

SADAG Social media + Helplines

Facebook: "Ask the expert" chat @TheSADAG
 Online chats: www.sadag.org
 Tel: 0800 21 22 23
 24/7 helpline: 0800 456 789
 24/7 Suicide Line: 0800 567 567
 Sms: 32312

COVID-19 National Contacts

Toll-free helpline: 0800 029 999
 Website: www.sacoronavirus.co.za
 Whatsapp: 0600 123456

Department of Social Development Substance Abuse Line 24hr helpline

Tel: 0800 12 13 14
 SMS: 32312

Narcotics Anonymous KZN

Helpline: 086 100 6962
 WhatsApp: 079 592 2294

Alcoholics Anonymous South Africa

www.aasouthafrica.org.za
 Tel: 031 301 4959 / 301 9830
 24/7 helpline: 0861 435 722

Safer Spaces National Safety Services

www.saferspaces.org.za/safety-services

Gender Based Violence Helplines

24/7 helpline: 0800 428 428 / 0800 150 150
 Call back: *120*7867#
 Tears GBV SMS: *134*7355#

MobieG Counseling for Teens

www.mobieg.co.za

Childline

24/7 crisis line: 0800 555 555

KWAZULU NATAL
 Thuthuzela Care Centres

Edendale Hospital, Pietermaritzburg	033 395 4325
Madadeni Hospital, New Castle	034 328 8508
Empangeni TCC, Ngwelezana Hospital	035 794 1471
Port Shepstone TCC, Regional Hospital	039 688 6021
Umlazi TCC, Umlazi	031 907 8496
Phoenix TCC, Phoenix Unit 2	031 502 2338
RK Khan TCC, Westcliffe	031 401 0394
Stanger TCC, Stanger Regional Hospital	032 551 6632

Rape Crisis
 Cape Town Trust

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 South Africa

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Meals on Wheels
 Donate here:
www.mow.org.za

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

health
 Department:
 Health
 PROVINCE OF KWAZULU-NATAL

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Home / Mental Health / COVID-19 / COVID-19 Mental Health Toolkit

COVID-19 Mental Health Toolkit