



# SADAG KZN NEWSLETTER

## JANUARY/FEBRUARY 2022

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](http://www.sadag.org)

**TEEN SUICIDE PREVENTION WEEK**  
**14 - 21 FEBRUARY 2022**



## Making sense of my son's suicide

an extract from an IOL interview with Glynis Horning

## 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!

"Durban freelance writer Glynis Horning, her husband Chris and her younger son Ewan have made it through two years of devastating pain and heartbreak since her older son, Spencer, 25, ended his life in the early hours of September 15, 2019. In an article by IOL.com, Horning spoke about her new book, *Waterboy: Making Sense of My Son's Suicide*, saying, "if this book can help one person avoid suicide, or bring new understanding to those who have lost someone, it will have achieved its goal". The book covers exactly one year, starting with the day of Spencer's death when finding her son in his bed, she writes: "Now I hold him, and I can't weep. I can't breathe".


The book tracks the harrowing journey from the first few days when "it's all a meaningless churning blur" to Spencer's farewell, with his buddies' childhood memories, and the unwavering support of her three best friends in WhatsApp messages across continents as she stumbles through each day. "The hole gapes still. It always will. And I fall in periodically," Horning writes.

Spencer suffered from major depression and general anxiety disorder. With a 90% matric aggregate and an engineering degree with honours along the way, he had been teaching part-time and had weaned himself off his medication before his first full-time employment in the engineering field. He had also been diagnosed as having a blood disorder, thalassemia minor, which resulted in low iron levels, sapping energy, ability and mood.

"To lose a child is hard, but to lose a child in this way, there are all the questions. People cannot open up about suicide because of the huge stigma attached: was something wrong with the person, the parents, their lives? The only way to survive is to reach out to other people. I have a wonderful husband and younger son, extraordinary friends, I would message them and they would message me, it was like lancing an abscess," she said.

As an award-winning health journalist, especially in the field of mental health, Horning was all too aware of "10 warning signs of those at risk" and similar media jargon.


The book has been published by Bookstarm. All royalties are being donated to the SA Depression and Anxiety Group (SADAG)."



**COMMUNITY WEBINAR**  
**Suicide: Talking from the heart**

Presentation by:  
**Curwyn Mapaling**  
Clinical Psychologist

Talking from the heart:  
**Glynis Horning, Happi Vorster, Paula Veale**



**Thursday**  
**24 February 2022**  
**12h00 to 13h00**  
**Online via Zoom**

Join Zoom Meeting via link  
<https://us02web.zoom.us/j/82916603793?pwd=UW45a1FDNlI2Q1U1ZlUFIQXlVczNQUT09>  
or via meeting ID: 82916603793  
Passcode: 511352

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## 24 February 2022 COMMUNITY WEBINAR Suicide: Talking from the heart

SADAG KZN hosted its bi-monthly online community forum on 24 February 2022, where we had open discussions around the highly sensitive and emotive topic, suicide in young people, with women who spoke from the heart.

A heartwarming thank you to Glynis Horning, Happi Vorster and Paula Veale for your wonderful contributions and to Curwyn Mapaling for your incredible insights.

In case you missed it, you can watch the recording that will be posted to our KZN page on the [www.sadag.org](http://www.sadag.org) website or visit our Youtube channel to watch this and other related videos.



## KZN TEAM UPDATE

A BIG THANK YOU to Bukelwa Khuzwayo, who has supported us in her position as Admin Assistant this past year. Bukelwa was accepted into a Masters of Psychology at the University of KwaZulu-Natal and we cannot be more proud of her for pursuing her studies. We look forward to welcoming her back to community mental health when she graduates!

Another congratulations to our Project Manager, Chantelle Booyesen, for being accepted into a Masters of Philosophy in Transdisciplinary Health and Development Studies at the University of Stellenbosch this year. Chantelle will continue supporting the KZN team, albeit in a slightly different capacity, and remain part of the team, supporting our work.





The Mental Health and Gender Initiative (MHaGI) got off to a good start this year with our **first task team meeting held on 8 February 2022**. The meeting was well attended by our various project leaders and plans are underway to further this initiative across KZN as well as wrapping up our narrative report for 2021. Project leader Yanga Mdeleleni held a wonderful session to highlight her **LGBTQI+ Support Group on 12 February 2022**. The focus of the event was to find creative ways, using art and journaling, to promote mental health and mindfulness.


# SUPPORT GROUPS PEOPLE SUPPORTING PEOPLE

Support groups are still mostly online with a few starting in-person groups this year. Contact our **24-hour free helpline on 0800 456 789** for more info on Support Groups in your area.


Join us at a **FREE**  
**Support Group for Depression & Anxiety**  
**When** Thursday, 10 March 2022  
**Where** Northdene, Durban  
 (Contact Support Group Leaders for more information)  
**Time** 6:00 pm – 7:30 pm

For more info & to RSVP Tina 066 202 9252 or Angelique 083 788 9989 or Nevil 073 255 3737



Join us at the free online  
**Dan Pillay Memorial Support Group for Depression and Anxiety**  
**When** 1st and 3rd Saturday of the month  
**Where** Online, using Zoom  
**Time** 1pm – 2pm



For more info and to RSVP contact Farnaaz 074 767 2354

INVITATION



**SADAG KZN SUPPORT GROUP LEADERS FORUM**  
 Join us for a Lunch Hour Chat session



**Wednesday**  
**30 March 2022**  
**12.00PM - 13.00PM**

This session will be held via Zoom. The link is below.

All KZN support group leaders and those interested in starting a support group in 2022 are welcome.  
 Attendance is **FREE!**

PLEASE RSVP HERE BEFORE THE 26TH OF MARCH 2022.

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

## The KZN Support Group Leader Forum is relaunching in 2022 with a lunch time chat

Thank you to those who attended the first forum in January! It was lovely to reconnect with everyone.

The objective of this forum is to support our KZN support group leaders. Leaders are invited to join us to talk about their challenges and to share ideas for supporting their members.

The forum is hosted by Clinical Psychologist Suntosh Pillay, and will be held monthly on the last Wednesday of each month.



## My experience working with the SADAG KZN Team for a year

By Bukelwa Khuwayo

Throughout the year 2021, I worked as a part-time Office Administrator at SADAG KZN in Durban and the experience and knowledge I got I will take with me for a lifetime. I worked with a selfless and passionate team who contributed to me enjoying my job and striving to do more at all times.

While working at SADAG KZN, I learnt the importance of community engagement and its value in mental health education and fighting against mental health challenges. I spent many years in university acquiring textbook knowledge on psychology and mental health, however SADAG KZN offered me the practical experience to see mental health for what it really is in KZN. I also got to experience the amount of work the team is accomplishing and the kind of work that can be accomplished. My job mainly involved administrative work where I got to work in various projects while meeting and working with many professionals and volunteers. I would like to thank the SADAG KZN Team for seeing potential in me and I am truly grateful for the experience. I will be back to making mental health fashionable.



**THE SOUTH AFRICAN  
DEPRESSION AND ANXIETY GROUP**

**FREE  
ONLINE  
STUDENT  
SUPPORT  
GROUP**

*Open to all students over  
the age of 18*

**NEW**

**JOIN US**  
Every second  
Tuesday @  
6pm  
Online using  
Zoom

- STRUGGLING TO ADJUST TO UNIVERSITY LIFE?
- EXAMS, TESTS AND ASSIGNMENTS LEAVING YOU FEELING OVERWHELMED?
- FEELING DEPRESSED, DOWN, SAD OR ANXIOUS?
- GENERALLY FEELING LIKE YOU ARE NOT MANAGING?

**FOR MORE INFO**  
CALL: 0800 36 36 36  
EMAIL: SUPPORTGROUPS@ANXIETY.ORG.ZA



## MINDFUL MONDAYS IS BACK



**EVERY MONDAY, 7PM**  
LIVE ON INSTAGRAM

**STARTING THIS  
MONDAY, 14 FEB AT 7PM**

@shudufhadzomusida

MINDFUL  
MONDAYS  
*with Shudufhadzo*



# Coming up in 2022 & important dates



Support group leader workshops



Research projects



Corporate wellness events



Growing active support groups in KZN



Mental health talks, workshops & presentations



Monthly newsletters



Free Community Forum Talks



Mental health awareness events



Radio, TV & Newspaper Interviews

## FEB

14 - 21  
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 Durban 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 KZN Mental Health Advocacy 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



## Lancet - World Psychiatric Association (WPA) Commission: Time for united action on depression

"Depression is a leading cause of avoidable suffering, globally. Yet, too few people in communities, governments, and the health sector understand or acknowledge depression as distinct from the other troubles that people face. Not enough is done to avoid and alleviate the suffering and disadvantages linked with depression, and few governments acknowledge the effect of depression on social and economic development. This Commission synthesises evidence from diverse contexts and, in consultation with people with lived experience, generates action-oriented recommendations. Our aim is to promote concerted and united action to reduce the burden of depression and ensure that greater attention is paid to the millions of people who live with it across the globe."

- An estimated **5% of adults worldwide suffer from depression** each year, yet it remains a neglected global health crisis, that has its most frequent onset in young people.
- The Lancet-World Psychiatric Association Commission outlines **ambitious recommendations** to tackle inequities and widespread neglect in diagnosis, treatment, and prevention, including prioritising an innovative staged approach to care and early intervention, and delivering collaborative care in resource-limited and other settings
- The experts call for a **whole-of-society approach** to preventing depression to achieve benefits similar to those in other fields such as heart disease and cancer, ensuring a holistic pursuit of the UN Sustainable Development Goals.
- A Lancet and World Psychiatric Association Commission on depression, which calls for a whole-of-society response to **reducing the global burden of depression**.
- Despite abundant evidence that much can be done to prevent depression and aid recovery even in resource-limited settings, an estimated 5% of the adult population around the world in any year are living with depression [1]. In high-income countries, about half of people suffering from depression are not diagnosed or treated, and this rises to 80-90% in low- and middle-income countries. The COVID-19 pandemic has created additional challenges, with social isolation, bereavement, uncertainty, hardship, and limited access to healthcare taking a serious toll on the mental health of millions.
- Against this background, the Commission 'Time for united action on depression' calls for **concerted and collaborative efforts by governments, healthcare providers, researchers, people living with depression, and their families to improve care and prevention, fill knowledge gaps, and increase awareness to tackle one of the leading causes of avoidable suffering and premature death worldwide**. It is authored by 25 experts from 11 countries spanning disciplines from neuroscience to global health and advised by people with experience of depression.
- **"Depression is a global health crisis that demands responses at multiple levels**. This Commission offers an important opportunity for united action to transform approaches to mental health care and prevention globally. Investing in reducing the burden of depression will give millions of people the chance to become healthier, happier and more productive members of society, help to strengthen national economies, and advance the United Nation's Sustainable Development Goals for 2030", says Commission Chair Professor Helen Herrman from Orygen, National Centre for Excellence in Youth Mental Health and The University of Melbourne, Australia. [2]
- Co-author Dr Charles Reynolds from the University of Pittsburgh, USA says, "We know that most individuals with depression at all stages of life will recover if they obtain adequate support and treatment. **With sound science, political will, and shared responsibility, depression can be prevented and treated and potentially disabling consequences avoided**. We must empower people with experience of depression together with families, practitioners, policymakers and civil society to address the tsunami of unmet need—through sharing their experiences to reduce stigma, supporting others with information about the condition and possibilities for help, and advocating for greater resources for evidence-based approaches." [2]

## SADAG Social media + Helplines

Facebook: "Ask the expert" chat @TheSADAG

Online chats: [www.sadag.org](http://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](http://www.sacoronavirus.co.za)

Whatsapp: 0600 123456

## 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

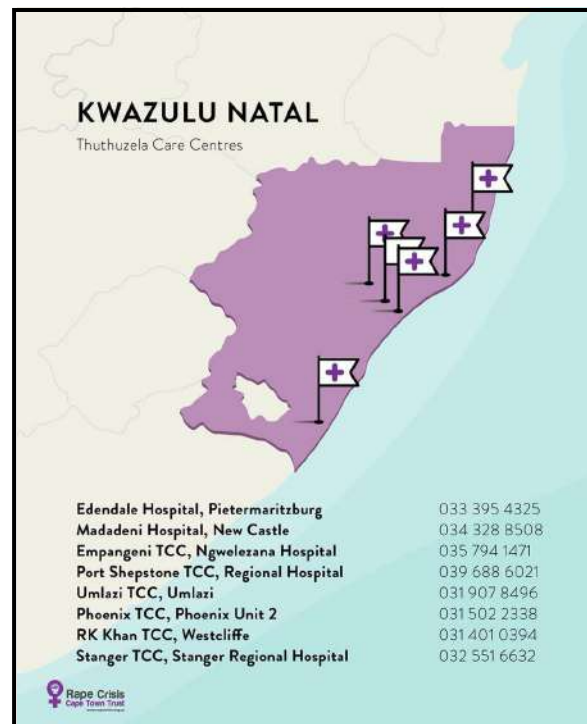
[www.mobieg.co.za](http://www.mobieg.co.za)

## Childline

24/7 crisis line: 0800 555 555

## Quality Mental Health Care

[www.lifeesidimeni.org.za/get-help](http://www.lifeesidimeni.org.za/get-help)



# Life Esidimeni


Lives Remembered ▾ What Happened? ▾ What Now? ▾ Mental Health ▾ Get Help ▾ 🏠

## Act Get Help

**Never Again**


We are concerned that all people who need quality mental health care get it. Many people don't know where to get help if they have a mental health issue. Or perhaps you have tried to get help and the system has failed you. The phone just rang. Or no-one replied to your sms or email. Tell us what you are worried about. Is it the a doctor, health care professional, facility, access or the mental health of your loved on?

Follow the buttons below to guide you further. You can also SMS 43304 or fill in the online form below. SADAG will contact you to help you.




**SMS**  
43304

SADAG (The South African Depression & Anxiety Group)




**Contacts**

Useful numbers that may help you



**Report**

Report a Public or Private Healthcare Facility; a Healthcare Professional or Mental Health Rights Violations



**Helpful Resources**

Useful Website Links