



SADAG KZN NEWSLETTER

NOVEMBER/DECEMBER 2021

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



Festive Season Anxiety and Depression by The Banyans

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...

"Christmas, holidays, and the festive season can come with visions of perfect, happy families enjoying celebrations, days off, and gifts together, but this is not the reality for many of us. The global pandemic and the social and financial stresses of 2021 have added an additional tier of complexity for those already experiencing anxiety, depression, and mental health concerns. "Many people feel a huge amount of pressure to put on a happy face around Christmas and the end of the year," The Banyans Health and Wellness Clinical Director Peter Hayton says. "Trying to meet others' expectations, especially family, can be anxiety-inducing at Christmas. This often leads to excessive alcohol and drug use, along with anti-social and damaging behaviours."

If you are feeling more disconnected than ever before, you are not alone. The mental health impact of grief and sadness at this time of year is also immense, with those who have lost a loved one this year feeling the loss deeply, and those who have lost someone around Christmas experiencing even more intense emotions. Those that are estranged from their families also feel a heightened sense of loss.

Be mindful of signs of anxiety or depression, especially if it is affecting your ability to function typically during the holiday season (more info on signs of anxiety and depression visit www.sadag.org). Look after your mental health during this time:

- Acknowledge that it's been a stressful year, and that's okay.
- Drink in moderation, or not at all. Alcohol contributes to stress, anxiety and depression.
- Avoid drugs, as they can also be used as a harmful coping mechanism, and can lead to stress, anxiety and depression, and even greater harms.
- Avoid triggers like inflammatory engagements with family.
- Interact with animals and nature as much as possible.
- If you are experiencing loneliness, connect as much as you can manage with family and friends.
- Help someone else in need by volunteering your time.

<https://thebanyans.com.au/festive-season-christmas-anxiety-depression/>

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

WATCH OUT FOR SYMPOSIUM VIDEOS RELEASING EVERY SUNDAY THIS OCTOBER 2021!

7th Annual Durban Mental Health Symposium
ORGANISED BY KZN MENTAL HEALTH ADVOCACY GROUP & SADAG KZN

HOW DO WE IMPROVE MENTAL HEALTH IN AN UNEQUAL WORLD?

Watch our FREE online panel discussions, as we unpack the future of global- and community mental health.



Prof Shikhar Saxena
Professor of Global Mental Health, Harvard T.H. Chan School of Public Health



Dr Ruth Vorhey
Clinical Psychologist, Friendship Bench Zimbabwe



Anjali Singh
Clinical Psychologist & Mental Health Activist



Dr Andrew Wooyoung Kim
Anthropologist, Harvard Medical School



Tanmay Goswami
Independent Journalist & Mental Health Activist

Watch videos of these powerful discussions online anytime during the month of October!

Watch videos online: [#kzmentalthhealth](#) [@kzmentalthhealth](#) [@kzmentalthhealth](#)

Run Henry Run!
2800KM - 133 DAYS - R4 MILLION

BE #MENTALLYAWEH AND STRETCH
PAUSE HERE, FOCUS ON YOUR MENTAL HEALTH & GENTLY STRETCH YOUR BODY FOR 2-MINS.

DONATE R30
www.backupubuy.co.za/mentallyaweah




KZN MENTAL HEALTH ADVOCACY GROUP & SADAG KZN PRESENTS OUR 6TH ANNUAL MOVE FOR MENTAL HEALTH VIRTUAL WALK ON 10 OCTOBER 2021

On World Mental Health Day, Step Up for Mental Health & Show Us Your Moves!

"I MOVED FOR MENTAL HEALTH" #StepUpKZN #MovedMentalHealth @KZMentalHealth @theSADAG

We move for connection

I move for my health

[@kzmentalthhealthadvocacygroup](#) [@thesadag](#)
[@kzn_mental_health](#) [@sadag_official](#)

SADAG KWAZULU-NATAL PRESENTED IKHANDA MANDLA MIND POWER FOR YOUTH

Mental Health Literacy to 35 Peer Helpers at Mangosuthu University of Technology in KwaZulu-Natal on 30 July 2021






CREATING HOPE THROUGH ACTION

10 SEPTEMBER IS WORLD SUICIDE PREVENTION DAY

Every year, on 10 September, the world observes suicide prevention day and we are reminded of the devastating and profound impact suicide has on individuals, families and communities. The International Association of Suicide Prevention (IASP) theme this year "Creating Hope Through Action" is an optimistic message that aims to inspire confidence in people to engage with this complex subject. It signifies the resolve to impart a new sense of purpose - empowering and equipping people with the skills and confidence to connect with someone they think may be struggling.

This year, let's take action and create hope by:

1. Learning more about the myths & stigma of suicide
2. Joining or supporting a mental health support group
3. Asking for help or giving help to those around you
4. Remembering those who have lost their lives

THERE IS HOPE! You don't have to face this alone. Visit www.sadag.org or call 0800 247 247 for support for yourself or someone you know.

World Suicide Prevention Day
Creating Hope Through Action
10 September 2021 www.iasp.info

Mums Support Network

MHaGI
Mental Health and Gender Initiative

GENDER LINKS
FOR EQUALITY AND JUSTICE

www.sadag.org kznprojects@sadag.org [@sadag](#) [@kznmentalhealth](#) [@kzn_mental_health](#) [@sadag_official](#)

- 6
- Free Community Forum Talks & webinars
- 13
- Current Active support groups in KZN
- 9
- Support Group Leader Training & Forums
- 66
- Number of volunteers involved in projects & support
- 1
- 3-year community intervention project: MHaGI - creating an inter-sectoral, provincial platform for gender and mental health with a focus on refugee communities, LGBTQI+ communities & mothers
- 8
- Mental Health Talks, Workshops & Presentations
- 6
- International mental health engagements
- 4
- Corporate wellness talks & events
- 6
- Bi-monthly newsletters & 1 special Suicide Prevention edition
- 25+
- Radio, TV & Newspaper Interviews

THANK you



#MentalHealth
#StepUpKZN

SADAG KZN Team Meet
26 Nov 2021

2021 has been an incredibly challenging and busy year for SADAG KZN and our broader KZN Communities. We faced another year of a global pandemic while navigating online and in-person engagements, locally. While we faced these challenges, we were able to be responsive to the social and health climate and environments, through creative collaborations and impactful supporters.

THANK YOU to every one of you who supported the SADAG KZN team and our work, in a small way and a big way. Every way makes a HUGE difference in how we plan, design, execute and monitor our interventions and engagements. Thank you, also, for promoting mental health and wellbeing every day by supporting your families, your friends, your communities and beyond.

We salute you for your courage, strength and empathy you have shown to yourself, and those around you this year. Please be safe this festive season, we are looking forward to more inspiration from you, in 2022.

Our very best,
Prof Suvira Ramlall, Suntosh Pillay, Dr Lynn Norton,
Chantelle Booysen, Bukelwa Khuzwayo and Lori Barausse.

**PS. Kindly note that our office will be closed from
10 December 2021 to 10 January 2022.**



Images credit Val Adamson



2 November saw the end of a year long and wonderful dance project that culminated in a concert with the wonderful group of refugee youth who have worked so hard with the **Flatfoot Dance Company**. This has been one of our most successful and enduring projects during the lockdown period, with nearly 100% attendance! The concert was inspiring and we would like to give enormous thanks to the Flatfoot Dance Company, especially Lliane Loots, Jabu Siphika, and Sifiso Khumalo. We would also like to send a big thank you to Peter Buhendwa of the Tumaini Community Project, who works tirelessly with the youth in his community to bring support and hope.

On **12 November** our **District Support Group Leader project** culminated in an in-person training, following 2 online trainings. Districts across KZN were represented by both specialists and mental health care users and we hope that these groups will be up and running soon in the new year. Many thanks to Luyanda Memela for all her hard work in coordinating this project.

The **"Share Your Story" project** is also moving ahead and project leader Masoodah Mohammed held a number of follow up and feedback meetings on **7 and 8 December**.

The SADAG MHaGI would like to offer a **heartwarming thank you** to all the volunteers and collaborators that have been working with us on this project throughout 2021. This important project would not be possible without your involvement. We look forward to moving into 2022 with your ongoing involvement and support!

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.

Join our FREE

'Mind your Health' Support Group for Depression & Anxiety Launch

When Saturday, 13 November 2021
Where Nelson Mandela Community Youth Centre
RK Khan Circle, Chatsworth, Durban
Time 3pm – 5pm



THE SOUTH AFRICAN
DEPRESSION AND ANXIETY GROUP

For more Info & to RSVP Masoodah 081 419 8781



"The support group was started to meet the increased mental health difficulties caused by COVID such as complicated grief which is often compounded in the community of Chatsworth because speaking about your feelings is not encouraged.

The purpose of the support group is to create a **safe space for members of the community** to share their experiences of depression and/or anxiety. The aim is to **de-stigmatise the experience of mental ill-health** across gender, race, and class and the intention is to create mental health advocates in the community.

Anyone over the age of 18 who have experiences with depression and/or anxiety or who has family members with depression and/or anxiety are welcome to attend.

When you attend a support group **you feel a sense of belonging and it removes the feeling of isolation that often occurs when you suffer in silence.** You share your experiences with other's by honouring yourself and witness the experiences of others. Through this process, it reminds you that you are not alone, removes shame and guilt and reinforces your role as part of a greater community.

The support group comprises of many extraordinary members, all of which have rich life stories. We recognise the uniqueness that everyone brings and are flexible to how support group meetings run." by Masoodah, Support Group Leader.

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



Many thanks to all our amazing KZN support group leaders, for their dedication and commitment to supporting others throughout the year!



SUPPORT GROUPS

People supporting people

SADAG Mental Health Line - 0800 456 789
Suicide Crisis Line - 0800 567 567
www.sadag.org

What is it about?

In-person or online safe spaces or meetings, organised and hosted by non-professionals, for members to provide mental and emotional health support for each other.

How does it work?

- Helps to **alleviate isolation** by bringing people together.
- Can be a source of **motivation** and encouragement.
- Can also provide a space to create **awareness** of mental health support.

GROUPS FOCUS ON:

- Depression
- Anxiety
- Bipolar Mood Disorder
- Suicide Support
- Grief
- Chronic illness
- Mums Support
- LGBTQ+

Where to find SGs in KZN?

- Berea
- Central Durban
- Durban North
- Estcourt
- Pietermaritzburg
- Scottburgh
- Chatsworth
- Online via WhatsApp or Zoom platforms
- Other

How to sign up?

Do you want to **JOIN** or **START** a support group? Email supportgroups@anxiety.org.za or call **0800 70 80 90**





SADAG KZN Volunteers Activities 2021



2021 has brought about new and existing challenges that our small KZN management team faced during the year. Many of these challenges were tackled with the help of our amazing volunteers, who stepped up and showed up in a big way! Thank you to each and everyone of you who participated, who were proactive and who helped us to promote mental health and wellbeing in our KZN community. We appreciate you!

Volunteers
mental
health
literacy

Supporting
bi-monthly
Community
Forums

Refugee
Support
Project

Mums
Support
Project

Support
Groups
engagement

District
Support
Project

Think Tank
Support
Project

Representing
SADAG KZN
at events

Supporting
SADAG KZN
office admin

Volunteer
Fridays
online

Collecting
mental
health
resources

Research
projects &
interns

A view on Global Mental Health

by Chantelle Booyen



Wellcome Trust's Global Monitor 2020: Mental Health

The *Wellcome Trust Global Monitor: Mental Health* is the world's largest survey of how people consider and cope with anxiety and depression and explores the perceived role of science to find new solutions.

"Wellcome Trust envisions a world in which no one is held back by mental health problems. Our efforts towards improving mental health around the world includes using science to understand which approaches for alleviating mental health issues work, for whom, how and why. The answers to these questions could contribute to the development of next-generation treatments to help those with mental health problems – specifically, anxiety or depression – all over the world.

The Wellcome Global Monitor aimed to find out how important mental health is to people across the globe and their views on science's role in addressing mental health problems. It also provides an insight into the actions people with anxiety or depression take to feel better. Many of the most commonly reported methods do not yet have a robust evidence base, suggesting there are ripe areas of research for mental health scientists as they work to develop the next generation of treatments.

We set out to use the 2020 Wellcome Global Monitor to explore the following:

1. Global perceptions of the importance of mental health for overall wellbeing.
2. Global perceptions of the role of science in understanding mental health and finding solutions to anxiety and depression.
3. The different approaches people across the world with anxiety or depression use to manage their anxiety or depression and the perceived helpfulness of those approaches.

What we learned:

1. **The vast majority of people (92%) viewed mental health as being equally important to overall wellbeing as physical health, if not more so.** People from low- and lower-middle-income countries were more likely than those in higher-income countries to assign greater importance to mental health (58% compared with 28%), but there were no notable differences across age and education groups within countries (see Chapter 1).
2. **A greater proportion of people saw science as more relevant to explaining how the human body works (46%) than how feelings and emotions work (27%).** People were also more likely to say that science can treat infectious diseases or cancer (53% and 49%) rather than anxiety or depression (31%). There were no notable differences in these views across age and education groups or between low-, upper-middle-and high-income countries (see Chapter 1).
3. **Around one in five people (19%) said that they had, at some point, experienced anxiety or depression.** This proportion varied significantly by global region, from 9% in East Asia to 33% in Latin America; the results also varied by gender and other demographic characteristics (see Chapter 2).
4. **Among those who had personally experienced anxiety or depression, the three most-endorsed methods for feeling better were talking to friends or family, improving healthy lifestyle behaviours and spending time in nature/the outdoors.** These were also the approaches people said they found to be the most helpful. Talking to a mental health professional and taking prescribed medication were approaches less commonly used (see Chapter 3).

Read the full report including methodologies on Wellcome's website:

<https://wellcome.org/reports/wellcome-global-monitor-mental-health/2020/executive-summary>

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

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

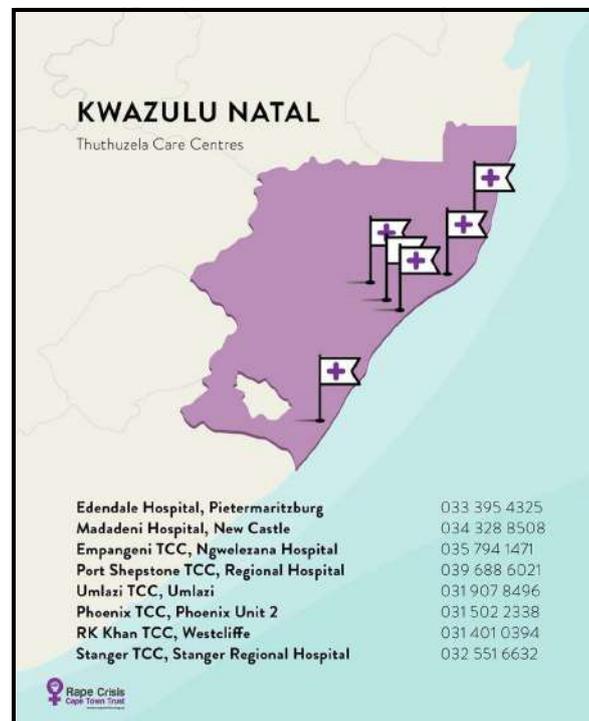
www.mobieg.co.za

Childline

24/7 crisis line: 0800 555 555

Quality Mental Health Care

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