



SADAG KZN NEWSLETTER NOVEMBER 2019

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

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



THE POWER OF A WELL-RUN SUPPORT GROUP BY SUNTOSH R. PILLAY

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...

No matter how many support groups I run, I never stop hearing new members say, "Wow, I can't believe I'm not the only one going through this!"

People experience deep feelings of isolation and disconnection when living with mental illnesses, such as mood and anxiety disorders. They often withdraw from social life. As human beings, we are designed to be social animals that live, work and play with other people. When these social bonds are disrupted, people feel abandoned, as if stuck on an island, without the energy or motivation to find a way out.

It's a vicious cycle. The worse we feel the more we retreat into isolation; the more isolated we become, the worse we feel. And the cycle continues. This deep disconnect is unnatural and unhealthy - we are biologically wired through evolution to be tribal creatures. Support groups, therefore, help restore these social bonds.

I've run groups for many years, and I've seen the incredible benefits of strangers becoming friends. I've had the privilege of journeying through the ups and downs of groups' emotional rollercoasters. And I've celebrated in the successes and joys of recovery, stability and happiness. A well-run support group has the power to not only provide a space for catharsis and relief, but to empower and educate, to foster hope, to build community, and to even evolve into a vehicle for social advocacy.

This is why one of the core functions of SADAG KZN is to invest our time, energy and resources into setting up support groups in this province. It's not always easy, but it's always worth it.



Over 20 Support Group Leaders completed their **FREE TRAINING** in October



SADAG KZN's VISION is "to create a province where every community and individual is supported towards achieving and maintaining optimal mental health, and where every individual affected by mental illness is holistically supported in their journey of recovery". To help achieve our vision a core focus of our work is to extend the reach of mental health support across KZN through the establishment of mental health support groups run by non-specialists who are trained and supported by SADAG.

SADAG SUPPORT GROUPS...

- ...are gatherings of people who share common experiences
- ...are led by trained SADAG volunteers who are passionate about supporting others
- ...provide a safe space for sharing stories, empathic understanding, and building coping skills
- ...help you to connect with others and build social networks
- ...are offered free to anyone needing mental health support, including patients and care-givers

WHAT CAN YOU DO?



- **JOIN** a support group - if you would like additional mental health, social & emotional support
- **START** a support group - if you are passionate about supporting others, no need to be a doctor or professional
- **SUPERVISE** a support group - if you are a mental health specialist you can offer an hour a month to help supervise a group leader or take on a pro-bono case for a member who needs individual support
- **DONATE** towards starting a new group, a training, or to support an existing group

SUPPORT GROUP LEADER SUPPORT AND SUPERVISION

- FREE Support group leader training workshops 4 times a year
- Support group leader packs including our ABCD of Starting a Support Group
- Monthly Support Group Leader Forum with clinical psychologist Suntosh Pillay (3rd Thursday's of the month)
- Additional electronic and telephonic support for leaders by clinical psychologist Kristy Greener






SPOTLIGHT: SUPPORT GROUPS PEOPLE SUPPORTING PEOPLE



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

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

 <p>Every 3rd Thurs</p> <p>Monthly Support Group Leader Forum Clinical Psychologist Suntosh Pillay 16.15pm - 17.00pm</p>	 <p>1 & 15 Nov</p> <p>Support Group with Rivendri & Lynne 09.00am - 10.30am</p>	 <p>2 & 16 Nov</p> <p>Support Group with Noor & Wandiswa 16.30pm - 18.00pm</p>
 <p>4 & 18 Nov</p> <p>Support Group with Revania & Krisanya 17.00am - 18.00pm</p>	 <p>14 Nov</p> <p>Support Group with Micaela & Lorelle 16.30pm - 18.00pm</p>	

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 relevant Support Group Leader as dates and times might change:

 <p>Every 3rd Friday</p> <p>UKZN Student Support Group • 13.00pm - 14.00pm Howard College Campus Contact Noor on 081 206 3482</p>	 <p>Every 1st Monday</p> <p>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</p>
 <p>Every Week</p> <p>The Mum's Support Network • Thursdays & Saturdays La Lucia Library Contact Alexandra on Alexandra@mumsupport.co.za</p>	 <p>11 & 25 Nov</p> <p>Support Group for Care Givers • 2nd & 4th Mondays 17.00pm - 18.00pm Contact Ashley on 072 364 4063 or Kerry on 083 776 0772</p>
 <p>Monthly Last Saturday</p> <p>OASIS LGBTQIA+ Support Group • 14.45pm - 16.15pm Contact Michelle on 084 580 0489 or oasis.kzn.dbn@gmail.com</p>	 <p>Every Wed</p> <p>TAFTA Support Group for the Elderly • 14.00 to 15.00pm Contact Maryam or Vashnie on maryangat@gmail.com or vashniesithambaram@gmail.com</p>
 <p>Every Monday</p> <p>Refugee Support Group • 15.00pm - 16.00pm Contact Peter on 076 662 9899</p>	 <p>Every Week</p> <p>Social Anxiety Support Group A FREE 6-week support • 11.00am - 12.30pm Contact Azeeza or Kerusha on Azz_rawat@hotmail.com or kerushaharidut6@gmail.com</p>

SUPPORT GROUPS

18 OCT

2nd Support Group Leader
Training for 2019



26 OCT

Launch of the Dan Pillay
Memorial Support Group in
Chatsworth with Farnaaz Hamid



WELLNESS EVENTS & TALKS

9 OCT

UNILEVER
Wellness Day



9 - 11 OCT

SPAR
Wellness Week



SUICIDE PREVENTION TALKS

10 OCT

DSI-NRF Centre of Excellence in
Indigenous Knowledge Systems



12 OCT

Edgewood
Community Event



25 OCT

Vega School
Public & Private
Counsellors



COMING UP IN NOVEMBER



Nov. 23, 2019

Survivor Day Events are planned around the world on this day, in which suicide loss survivors come together to find connection, understanding and hope through their shared experience.

Where: LIFE St. Joseph Hospital - SADAG KZN (Nazareth House entrance), 82 Mazisi Kunene Road, Durban
Time: 10 – 11am
Event: Film and Discussion

To RSVP and for more information contact:

Joy Chiang
 joymariechiang@gmail.com
 +27 83 256 5993

Lori Barausse
 suicideprevent@gmail.com
 +27 83 652 0117



- 3 National Children's Day
- 4-8 SADC Malaria Week
- 6 SADC Malaria Day
- 8 World Radiography Day
- 11-17 World Antibiotic Awareness Week
- 14 World Diabetes Day
- 14 World Quality Day
- 17 World Prematurity Day

25 International Day for the Elimination of Violence against Women

25 Nov - 10 Dec South Africa: 16 Days of Activism for No Violence Against Women and Children



A large poster for the 16 Days of Activism. On the left, a white ribbon with text is set against a green background. The text reads: "16 DAYS of Activism for no violence against Women and Children". On the right, a black and white photograph shows a group of people at a protest. At the top right, the text "KNOW THE SIGNS" is above "GBV ROBOT" in large, colorful letters. To the right of "GBV ROBOT" is a traffic light graphic with three lights (green, yellow, red) and corresponding labels: "#KnowTheSigns", "#HearMeToo", and "#ThankYouTo". Below this, it says "#HearMeToo! A Woman of Fortitude" and "25 NOVEMBER – 10 DECEMBER". At the bottom, a green bar contains the hashtags: "#NGIZWE #NDIVE #NKUTLWE #HOOR-MY #YINGISEZA #THETSHELESA".

A SPECIAL THANK YOU TO



For your donation in support of SADAG KZN's commitment to develop and promote sustainable mental health programmes in our communities.



CENTRE for
APPLIED
PSYCHOLOGY



UKZN PSYCHOLOGY CLINIC

The Clinic is run by registered psychologists and trainee psychologists under supervision.

Operating hours: Mondays to Fridays from 8:00am - 4:00pm (by appointment only)

Cost: Services are offered at a **low cost** to the community (please contact the clinic telephonically or via email for more information)

Contact: T: 031 2607425
E: hattinghd@ukzn.ac.za

Address: Psychology Clinic, Room B18, Lower Ground Floor, Memorial Tower Building, King George V Avenue, Durban.

The Clinic offers short-term treatment for the following concerns:

- o Depression
- o Interpersonal Conflict
- o Anxiety
- o Trauma
- o Behavioral Concerns
- o HIV/AIDS (pre, post and ongoing counselling)
- o Personality Disorders
- o Couple and marriage counselling

Support groups are available for:

- o Anxiety
- o Depression
- o HIV/AIDS

SADAG KZN 2019

NOTICE BOARD

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

NB PLEASE NOTE:

First Friday for November is cancelled. Please look out for our volunteers event coming up in early December!

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!



Free Social Anxiety Support Group

Join us for our 6-week support group every Saturday from 11:00 - 12:30, beginning 9th November 2019

SOCIAL ANXIETY 101: THE FREEDOM TO EXPRESS YOURSELF

COME AND SHARE YOUR STORIES THROUGH ART AND RELAXATION, AROMA THERAPY AND LIVING WITH ANXIETY WORKSHEET EXERCISES

Facilitated by SADAG Volunteers
Azeza Rawat & Kerusha Haridut

Place:
SADAG KZN office, Life St
Joseph's Hospital 82 Mazisi
Kunene Road, Glenwood

How to join?

Email Azz_rawat@hotmail.com or kerushaharidut6@gmail.com for more information and to reserve a place

*Note:

This is not a professional therapy group & is run by non-specialists with the intention of creating a safe space to share psychoeducational information & coping skills through social support, art and creative exercises.



Whatsapp line by Cipla
076 882 2776
24-Hour Helpline
0800 456 789
Suicide Crisis Line
0800 567 567

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

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



Artwork for the UN Women interactive website, Violence Against Women: Facts Everyone Should Know
Image: UN Women

ELIMINATION OF VIOLENCE AGAINST WOMEN + GIRLS

"Not until the half of our population represented by women and girls can live free from fear, violence and everyday insecurity, can we truly say we live in a fair and equal world."

- UN Secretary-General António Guterres -

"Violence against women and girls (VAWG) is one of the most widespread, persistent and devastating human rights violations in our world today remains largely unreported due to the impunity, silence, stigma and shame surrounding it. In general terms, it manifests itself in physical, sexual and psychological forms, encompassing:

>Intimate partner violence
>Female genital mutilation

>Sexual violence and harassment
>Child marriage

>Human trafficking

The adverse psychological, sexual and reproductive health consequences of VAWG affect women at all stages of their life. While gender-based violence can happen to anyone, anywhere, some women and girls are particularly vulnerable - for instance, young girls and older women, women who identify as lesbian, bisexual, transgender or intersex, migrants and refugees, indigenous women and ethnic minorities, or women and girls living with HIV and disabilities, and those living through humanitarian crises. Violence against women continues to be an obstacle to achieving equality, development, peace as well as to the fulfillment of women and girls' human rights. 25 November marks the launch of 16 days of activism that will conclude on 10 December, International Human Rights Day."

Read more on www.un.org/en/events/endviolenceday/



WHAT CAN YOU DO?

Together, let us take actions to support the **16 Days of Activism for No Violence Against Women and Children campaign!**

Support the campaign by **wearing the red ribbon during the 16-day period**. A white ribbon is a symbol of peace and symbolizes the commitment of the wearer to never commit or condone violence against women and children.

**Stop Gender Based Violence helpline
(0800 150 150).**

Read more on www.gov.za/16DaysofActivism2019

- **Participate** in the 16 Days of Activism events & activities.
- **Volunteer** in support of NGOs and community groups.
- **Help plant a garden** at a shelter.
- **Join an organisation** as a counsellor.
- **Use your skills** & knowledge to help the victims of abuse.
- **Speak out** against woman and child abuse.
- **Encourage** silent female victims to talk about abuse and ensure that they get help.
- **Report** child abuse to the police.
- **Encourage children** to report bully behaviour.
- **Men and boys** are encouraged to talk about abuse and actively discourage abusive behaviour.
- **Seek help** if you are emotionally, physically or sexually abusive to your partner and/or children.
- **Talk to friends**, relatives and colleagues to take a stand against abuse of women and children.
- **Try and understand** how your own attitudes and actions might perpetuate sexism and violence.
- **Spread the message** on social media.

SADAG KZN OFFICE CONTACT

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SADAG NATIONAL HELPLINE

0800 567 567
www.sadag.org
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