



SADAG KZN NEWSLETTER

FEBRUARY 2019

A NEWSLETTER TO ALL
SUPPORT GROUP
LEADERS, VOLUNTEERS &
SADAG SUPPORTERS

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

MENTAL HEALTH MATTERS KZN IN 2019

Monthly specialist and public
talks

Support Group Training
Workshops

Accredited Specialist
Workshops

Youth outreach projects at
schools and universities

Engaging mental health events
and platforms

AND More...

But first,
LOVE YOURSELF



Love (n):

- an intense feeling of deep affection.
- a great interest and pleasure in something.

FEBRUARY'S SELF-LOVE TIPS

Self-love is one of the best things you can do for yourself. Being in love with yourself provides you with self-confidence, self-worth and it will generally help you feel more positive. You may also find that it is easier for you to fall in love once you have learned to love yourself first.

- <3 Change negative self talk into positive self talk
- <3 Look into the mirror and tell yourself how fabulous you are!
- <3 Write yourself a love note
- <3 Create a fun adventurous time for yourself
- <3 Take a quiet time and be with yourself
- <3 Forgive yourself for your mistakes
- <3 Work on self trust
- <3 Release all the guilt
- <3 Start a journal
- <3 Make a list of your accomplishments
- <3 Create a vision board



SADAG KZN 2019

WHAT HAPPENED IN FEB?



Our team (left to right):

Chantelle Booyesen, Lynn Norton,
Suntosh Pillay, Dr Suvira Ramlall

WE HAVE MOVED!

Life St Joseph's
HEALTH CARE

We have a new home at the same address, just a different office space. Many thanks to **Life St. Joseph's Hospital** for their generosity in providing SADAG KZN with a lovely new office space within the hospital in Glenwood, Berea.

10 FEB
YOUTH MOTIVATIONAL PROGRAMME



On 19 February 2019, SADAG volunteers and members of the Queensburgh Support Group were invited to give a youth presentation by the Malvern Library for their Youth Motivational Programme. A local school was invited to bring their Grade 11 learners to attend the program consisting of presentations on depression and anxiety (SADAG KZN), drugs and alcohol abuse (AC Health and Wellness), and career development (Rosebank College). Thanks to Barbara Da Silva (Speaker), Simon Stamp and Tina Van Der Walt for their wonderful contribution in support of youth and highlighting the signs and risks of depression.

SADAG KZN was interviewed by Saffura Khan on Radio Al Ansaar on February 28 on how to prevent teen suicide as this week served as a

reminder of the importance of engaging youth in dialogue about mental health and to raise awareness around teen suicide. But, one week is not enough, if you missed the important information sent out by SADAG around how to support our young people and to become more aware around the signs of risk, please [click here](#).

11 - 18
FEB

TEEN SUICIDE PREVENTION WEEK



OUR EVENTS ARE HOSTED AT THE SADAG KZN OFFICE

Life St. Joseph's Hospital,

82 Mazisi Kunene Road, Glenwood, Durban

Venue might change, confirmation will be sent in advance

S A D A G K Z N 2 0 1 9

COMING UP IN MARCH



Who should attend: All members of the public are welcome – patients, family and friends. Entrance is free but donations are welcome

Click here to RSVP before 20 March as seats are limited - first come first served!

26th

Mental Health Community Forum Talk

Mental Health First Aid

By: Clinical Psychologist Suntosh Pillay

17.30pm to 18.30pm



Support Group Leader Training Workshop

13.00pm to 17.00pm

Who should attend: Anyone interested in starting a mental health support group

RSVP: Before 10 March to Lynn on
kznsadag@anxiety.org.za
or whatsapp 0782787047

Space is limited, please book your place!

16th

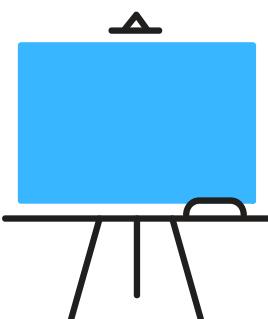
CPD Accredited workshops

>> Child and adolescent mental health

>> Narrative Therapy

>> Dementia and Neuropsychological Disorders

TBC



* *Dates to be confirmed - watch this space!



A NUMBER OF SUPPORT GROUPS OPERATE FROM SADAG KZN
Life St. Joseph's Hospital,
82 Mazisi Kunene Road, Glenwood, Durban

S A D A G K Z N 2 0 1 9

MONTHLY IN-OFFICE SUPPORT



Self care is important! We invite all Support Group Leaders to join our monthly forum with Clinical Psychologist Suntosh Pillay.

This forum offers a space for personal support and debriefing.

It also gives leaders the opportunity for supervisory and confidential support around questions and issues arising in their groups. For more info and to confirm attendance email Lynn on kznsadag@anxiety.org.za or whatsapp 078 278 7047

Depression and Anxiety Support Group

12.30pm - 14.00pm

Contact Lynn on kznsadag@anxiety.org.za
or whatsapp 078 278 7047

1st
Weds

SOLOS (Survivors of Loved One's of Suicide) and Depression group

18.00pm - 19.00pm

Contact Lori on suicideprevent@gmail.com
or whatsapp 083 652 0117

3rd
Tues

Support Group Leaders Forum

16.15pm - 17.00pm

3rd
Thurs

NEW SUPPORT GROUPS TO LOOK OUT FOR

Contact Lynne Richards on mentalhealthmatters3@gmail.com for more information

**Support Group
with Revania & Krisanya**
11.00am - 12.00pm

18
Mar

**Support Group
with Rivendri & Lynne**
09.00am - 10.30am

**Support Group
with Noor & Wandisa**
14.00pm - 15.30pm

23
Mar

**Support Group
with Micaela & Lorelle**
16.30pm - 18.00pm



SADAG KZN 2019

NOTICE BOARD

SADAG KZN invites all individuals, organisations and groups supporting mental health in KZN to send us notice of their services & events for sharing on our monthly notice board.

TOGETHER WE CAN DO MORE!

VOLUNTEERS CORNER

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



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](mailto: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:

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

Support groups are available for:

- Anxiety
- Depression
- HIV/AIDS

ARYA SAMAJ WOMEN'S FORUM

**TEENAGE DEPRESSION AND SUBSTANCE ABUSE:
YOU ARE NOT ALONE**

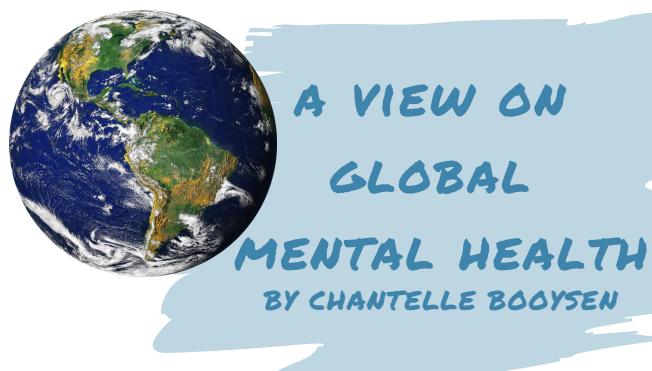
Attend our free drug awareness and prevention seminar

SUNDAY 17 MARCH 2019, 9H00-12H30, WEMBLEY PRIMARY SCHOOL HALL, CNR ALLERFORD & WHITFORD RD, PHOENIX

Contact Serela 0826548936 / Sunitha 0833896284

16
Mar

Volunteer Training
Saturday, 8.30am - 12.00pm
 For all volunteers interested in taking part in our mental health programmes, including our schools projects, community talks and wellness events.



Calling all registered health professionals to CLICK HERE TO JOIN US!

In order to make a tangible difference to under-served communities, SADAG KZN relies on a wide network of health professionals who are willing to help us. If you can spare a minimum of an hour a month to assist us, we would highly appreciate it!

Some of the ways you can help:

- Support our support group leaders
 - Do a talk or run a workshop
 - Supervise or train our volunteers
 - Engage with the media
- Help fundraise to keep our doors open
- Accept referrals from the community
 - Conduct research or evaluation

Email: kznsadag@anxiety.org.za or
Whatsapp: 078 278 7047

Dr Suvira Ramlall, KZN Director,
Specialist Psychiatrist
Suntosh Pillay, KZN Director,
Clinical Psychologist
Dr Lynn Norton, KZN Project
Manager and Fundraiser

The Lancet Commission on Global Mental Health and Sustainable Development was released in October 2018. This critical document was put together, over 3 years, by international mental health specialists in an effort to call for partnership to transform and reframe mental health globally.

The commission identified the following foundational pillars to reframe mental health:

1. Mental health is a **global public good** and is relevant to sustainable development in all countries, as all countries are thought of as developing countries in the context of mental health.
2. Mental health problems exist along a continuum from **mild, time-limited distress to chronic**, progressive, and severely disabling conditions.
3. Mental health of each individual is the **unique product of social and environmental influences**, particular during early life course, interacting with genetic, neuro-developmental, and psychological processes and affecting biological pathways in the brain.
4. Mental health is a **fundamental human right** for all people that requires a rights-based approach to protect the welfare of people with mental disorders and those at risk of poor mental health, to enable an environment that promotes mental health for all.

© The Lancet Commission on Global Mental Health and Sustainable Development



Newsletter designed by: Chantelle Booyse

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SADAG NATIONAL HELPLINE

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