

SADAG COUNSELLING CONTAINER IN DIEPSLOOT

Data was drawn from an analysis of 186 patient reports and associated follow-up reports between 2015 and 2017

*All names that appear in this document are pseudonyms, used to protect the identity of the patients



DURATION OF INITIAL COUNSELLING SESSION FOR 96% OF THE SAMPLE



AGE RANGE - 10 TO 86



Estimated Diepsloot population
350 000

DEPRESSION

Noni* was brought to the container by her sister, who explained that she's not doing well and that they need help. Noni* was spending most of each day crying, and she was also not eating or sleeping well.

ANGER

Bongani* has been having anger outbursts. His anger is extreme. He is struggling to sleep, instead thinking about all the people he argued with at work during the day.

SUICIDALITY

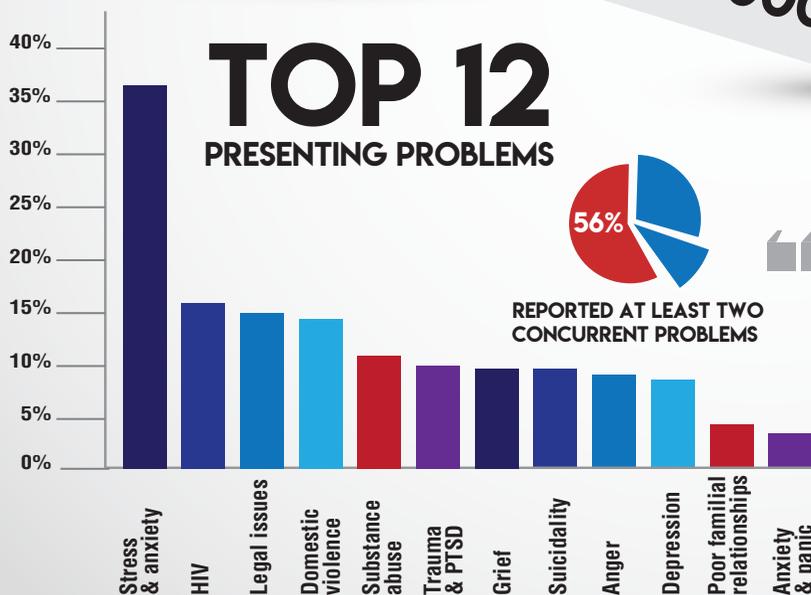
Clarence* attempted suicide on Tuesday by drinking paraffin after his girlfriend told him she's moving out, as she is pregnant with another man's child.

STRESS

Mondli* feels very stressed as he left school in Grade 2 and has no skills. He keeps asking himself what he is living for?

LEGAL ISSUES

Maria* is from Mozambique. Her husband left her for another woman and she wants to know how to get IDs and birth certificates for her children.



SCHIZOPHRENIA

Gertrude* was brought in by her husband. She was talking to herself saying that she has to kill her two children and kill herself as Satan is coming. Her husband mentioned that she was treated for depression two years ago but did not go back for follow-up.

SUBSTANCE ABUSE

David* has been smoking Nyaope since 2009 due to peer pressure. Two guys from his peer group passed away. He said he needs help otherwise he's going to be killed because he has been stealing from people.

DOMESTIC VIOLENCE

Nosipho* is in an abusive relationship. Her boyfriend beats and kicks her in front of her children.

GRIEF

Max* is happy he came to the container with his sister, it makes the grieving process easier. In the evenings, they sit and talk about their deceased mother without crying or being angry.



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PATIENT SATISFACTION

99% OF PATIENTS

WHO INDEPENDENTLY STATED THEIR SATISFACTION WERE EITHER **VERY SATISFIED** OR **SATISFIED** WITH THE SERVICES OFFERED AT THE DIEPSLOOT COUNSELLING CONTAINER.

“ PANIC DISORDER

Sara* is a 30-year-old female suffering from panic disorder. She has been feeling so good, as she has not had an attack since she started coming to the container and practising the breathing exercises she has learnt here. She said she would refer her friends and family to SADAG. Who would have thought that she would get help from this small container? She was expecting a big hospital. She is really happy about the work we are doing, saying 'a small container, but big hearts'.

KEY SADAG DIEPSLOOT ACTIVITIES

SCHOOL TALKS AT PRIMARY & HIGH SCHOOLS

CLINIC LIAISON & TALKS

CHURCH TALKS

COMMUNITY TALKS

POLICE JOINT INITIATIVES

SUPPORT GROUPS FOR MEN, WOMEN, ELDERLY, YOUTH

AWARENESS DAYS



“ BIPOLAR

Lesiba* is a 26-year-old man diagnosed with bipolar. He said he loves SADAG, we changed his life when he had already given up on himself. He loves the counsellor for not giving up on him, and he feels SADAG is the best NGO in Diepsloot.



IMPACT ON THE INDIVIDUAL

PATIENT DISTRESS

77% of patients reported feeling *Distressed* or *Extremely Distressed* during their first counselling session. This number dropped to 25% at follow-up sessions.



PATIENT DEPENDENCE ON SADAG

86% of patients indicated *Dependence* or *Extreme Dependence* on SADAG for help in the first counselling session. This dropped to 29% at follow-up.



IMPACT IN THE WORKPLACE



Thabo* is a 23-year-old male patient who reported in a follow-up counselling session that he feels very good about himself and his status after talking to HR at his place of work. It turns out that there are 6 other men who had already disclosed their status to HR, so Thabo* was asked to start a support group to be held once a month. He was excited that the other men were very supportive of the idea too.



IMPACT ON THE COMMUNITY

Masego* is a 34-year-old woman who had heard about SADAG from her boss, but she never knew that SADAG was running the container in Diepsloot, which is so active in the community. She feels the community of Diepsloot depends on the container, and knows of so many people in her Extension who visit it for help. She said we are really life savers.

CULTURAL SENSITIVITY

Counselling at the Diepsloot Container makes Western psychological services available to the population, whilst respecting local traditional practices.



Tshepi* is 31-year-old female struggling with grief, who was assisted in an integrated way at the container. In later sessions she reported that she is feeling much better. She was able to perform the suggested cleansing ceremony for her son, who had passed away. Since that day, she has been able to sleep and to concentrate at work. Coming to the container has given her the courage to say goodbye to her child one last time, without blaming herself.



COMMUNITY TRUST IN SADAG

Lerato* is a 33-year-old woman who visited the container and said she doesn't know how to thank SADAG. She keeps asking herself what would have happened if she didn't come to the container. She said we are the best, that we did what the clinic could not do after she went to them with her problem for a year.

Gloria* is a 34-year-old female patient who shared that this morning, she'd been practising what to say to thank us, but when she came closer to the container her speech disappeared. Now that she is sitting here, she is thinking that it will be good to talk about SADAG, so that people can know what a difference SADAG is making in Diepsloot. Even the clinic staff respect SADAG and refer patients to the container for help.



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