

ABOUT US

The Psychology Clinic is located at the University of KwaZulu-Natal Howard College Campus. The main objective of the clinic is to provide psychotherapy, counselling and assessment services for adults and children.

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

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

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

MENTAL HEALTH MATTERS

HOW TO INCORPORATE MENTAL HEALTH INTO YOUR DAILY ROUTINE:

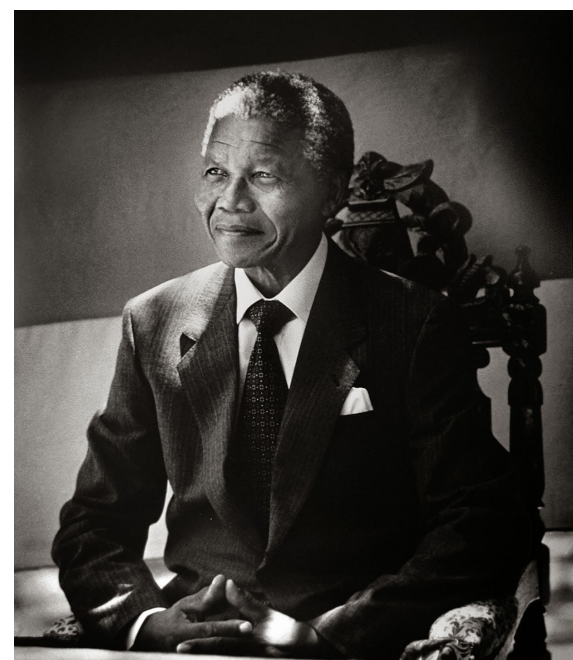
- ◆ Make sure you have time throughout the day to practice self-care. Schedule “ME” time.
- ◆ Spend time to really connect with colleagues and family members
- ◆ Engage in something that can boost your mental health eg. Exercise, meditation
- ◆ Take time to observe and assess your feelings and emotions
- ◆ If you are feeling low or anxious, don’t be afraid to talk to someone

JULY MANDELA MONTH 2019

MANDELA DAY 2019 BUSARIES FOR TATA

The spirit of Ubuntu continues to be embedded in the culture of UKZN as we celebrated Mandela Day by giving back to our community.

Mandela Day continues to be celebrated globally with the basic premise that each individual has the power to transform the world and the ability to make an impact. UKZN has played their part towards commemorating Mandela Day by joining in the R67 for Mandela campaign which was launched in 2018. The main aim of the project was to raise funds for bursaries for students who are in the missing middle. The missing middle are students who do not qualify for state funding and they are unable to afford to pay for their fees. The contributions by the UKZN foundation are an indication of how far we can go as a community just by showing compassion to the other person.



IN THIS EDITION WE FOCUS ON COPING WITH DEPRESSION

Methods of coping with depression

- ◆ Identify risk situations and stressful situations
- ◆ Be around someone who makes you feel comforted and contained
- ◆ Avoid spending long periods of time alone
- ◆ Repeat positive affirmations about yourself to yourself every day
- ◆ Seek help immediately if you are feeling overwhelmed

EMERGENCY CONTACT NUMBERS

- * Life line: 031 312 2323
- * 24 hr help line: 0800121314
- * SADAG Support group: 0800212223

INTERESTING FACTS:

DID YOU KNOW?

Depression is often linked with a high suicide rate. However suicide thoughts can be treated successfully by a trained counsellor.

Many people who are feeling depressed often experience self destructive thoughts and may tend to give verbal hints that voice their feelings that life is becoming too difficult to handle. This is what you can do when dealing with a suicide situation:

- Do not leave the suicidal person alone
- Show support by listening to their feelings and not judging them
- Call one of the emergency contact numbers noted above, and refer the person for professional help



DEPRESSION

Depression is a prolonged feeling of intense sadness that affects a persons' social, occupational, academic and physical functioning that lasts for 2 weeks or more. Depression influences a persons' thoughts, moods, feelings, behaviour and even health. Some of the causes of depression can be linked to biological factors such as chemical imbalances in the brain . Sometimes it can even be linked to lifestyle choices, relationship stresses, coping skills and the availability of support systems too.

IDENTIFYING DEPRESSION

Everyone feels sad now and again due to challenges in life or for no particular reason. Depression is not just a feeling of sadness but it also includes feelings of hopelessness and helplessness, boredom and frustration. We should be concerned with people feeling depressed for a duration of more than two weeks, coupled with some of the symptoms below:

- ◆ Decreased energy levels
- ◆ Trouble sleeping
- ◆ Low mood
- ◆ Eating problems– over eating or loss of appetite

The good news is that depression can be treated successfully through counselling or a combination of medication and counselling. Individuals feeling depressed should access the services of a trained professional.



CONTACT US:

The Psychology Clinic:
Tel: (031) 260 7425
E-mail: psychclinic@ukzn.ac.za

Reach Out!

Reach Out Website:

<https://reachoutantibullying.wixsite.com/reach-out>

Instagram Page: [ReachOutUkzn](https://www.instagram.com/ReachOutUkzn)