



GENDER BASED VIOLENCE

Gender-Based Violence (GBV) which includes rape, sexual assault and femicide is a national crisis we are currently facing. It has been reported that 68,5% of reported sexual assault cases are women. It is also stated that South Africa has one of the highest rape figures in the world!

The recent murder of a first-year student in Cape Town, has once again highlighted the extreme violence faced by women in South Africa.

In light of this, the Psychology Masters students of 2019, along with hundreds of other students wore black to show unity in the fight against GBV. They also plan to arrange a march within the next month.

UNITED IN BLACK AGAINST GENDER BASED VIOLENCE



(From Left) Sne Makhathini, Lala Domleo, Carolyn Oberholzer, Nontobeko Ngcobo, Makhosozane Mashabane, Melissa Moodley, Nompumelelo Gcaza, Nokubonga Ngubane, Kerry Anderson and Lethu Nhlumayo

PSYCHOLOGY PROFESSIONS DAY

On the 16th of September, PsySSA Student division along with the SSP hosted the very first psychology professions day at Howard College.

Numerous esteemed speakers took the stage to discuss various careers and topics within the Psychology field. Vendors sharing information included but were not limited to SSP, PsySSA, Project Me, The star Academy, SACAP, SADAG, LifeLine and Coming Home. **Overall, a successful event that is hopefully one of many to come!**



Volunteers pictured above at the Psychology Professions Day.

Info on Suicide:

In order to address the stigma about Suicide we need to adjust the way we talk about it. There is an urgent need within this country to ensure that we continue sharing as much information on suicide prevention as we possibly can to spread awareness and eliminate the stigma.

What You Can Do:

- Learn about the warning signs of suicide – you never know when it could save a life.
- Know the symptoms of depression so you can identify it in a friend or loved one before it is too late.
- If you are worried about someone close to you – learn how to talk about suicide and know where to go to get help.

SADAG Suicide Helpline:

0800 567 567 is open 7 days a week, 365 days a year.

It's never too late to seek help – there is always help! There is always hope!

Interesting Facts:

Over 75% of people who die by suicide tell someone first – it is so important to know the warning signs.



CONTACT US:

The Psychology Clinic:
Tel: (031) 260 7425

E-mail: psychclinic@ukzn.ac.za

Other Lifeline

Tel: 0800 055 555 /
031 312 2323

Open Door Crisis Centre
Tel: 031 709 6688



Reach Out!

Reach Out Website:

[https://
reachoutantibullying.wixsite.com/reach-
out](https://reachoutantibullying.wixsite.com/reach-out)

Instagram Page:

ReachOutUkzn

WORLD SUICIDE PREVENTION DAY

WORLD
SUICIDE
PREVENTION
DAY ●●●

10th September

IT'S OKAY
TO TALK

People contemplating Suicide may experience anxiety, depression, hopelessness or feel that there is no other option. Talking about or threatening suicide may be a desperate cry for help.

Families, parents, loved ones and colleagues are urged to take any Suicide, comment, threat or attempt seriously.

Reach Out: Let's Talk

The Psychology Masters Class has created a cyberbullying awareness programme, **Reach Out**. Access our website to learn more about cyberbullying,
<https://reachoutantibullying.wixsite.com/reach-out>



The Psychology Clinic also provides short-term psychotherapy treatment for individuals experiencing negative effects related to cyberbullying. A hot-line will be launched soon to assist individuals who feel they are being bullied, or who think may engage in bullying behaviour.