

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)
- Personality Disorders
- Couple and marriage counselling

#ENOUGHISENOUGH

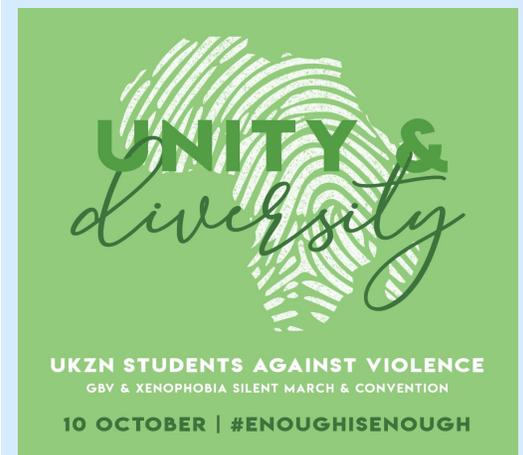
STANDING UP AGAINST
GENDER BASED VIOLENCE AND
XENOPHOBIA

TAKING A STAND AGAINST GBV AND XENOPHOBIA

On the 10th of October The Clinical and Counselling Masters Class worked in tandem with the Health Promotions Masters class to march against the violence and abuse that has recently spiked in South Africa against women and fellow Africans from neighbouring countries.

The day consisted of a march around Howard campus, talks by various guest speakers, and performances by Trulife drama productions and UKZN music students. The event was a success and proposed to raise awareness about GBV and Xenophob-

RAISING AWARENESS AGAINST GBV AND XENOPHOBIA



How to prevent common mental illnesses:

LOOK AFTER YOUR BODY: Exercising and a healthy diet can go a long way for your body and mind! Also getting enough sleep and avoiding harmful substances can really help.

MANAGE STRESS: Stress can put you under immense mental pressure. Manage stress by doing things such as: knowing your stress triggers, learning time management, taking a break, and BREATHE!

ENGAGE: Surround yourself with positive people who uplift you. Be involved in your community and the lives of others. Engage in clubs and societies about your interests.

RECHARGE: Take time to engage in activities that will boost you physically or spiritually. Pray, meditate, go to church, and find ways to keep you going.

KNOW THYSELF: Take time to get to know yourself. Understand what upsets you, makes you angry and, what keeps you happy and serene.

This Month's Topic: Mental Health Awareness Month



Mental Health MATTERS

WHY IS MENTAL HEALTH A BIG DEAL?

According to SADAG, as many as one in six South Africans suffer from anxiety, depression or substance-use issues. The prevalence of mental health illnesses can be greater when factors such as HIV and AIDS, crime, and poverty are considered. Mental health illnesses are more prevalent in our society than what we really know! This means that someone you know or have encountered suffers from a mental health issue. Early detection can be vital in bettering someone's life and possibly saving it!

http://www.sadag.org/index.php?option=com_content&view=article&id=2178:sa-sick-state-of-mental-health&catid=74&Itemid=132

WHAT DO YOU DO?

If you know someone who has a mental health issue, be supportive and caring, show concern and be with them. Encourage them to seek professional help or look for help on their behalf if they are in serious distress. Involve trusted individuals such as family members and members of the community. **You can make a difference in someone's life if you speak up!**

Interesting Facts:

According to 'the South African' website South Africa is the 5th most depressed country in Africa!

<https://www.thesouthafrican.com/lifestyle/mental-health-awareness->

Stigma is the negative perception and attitude concerning a particular issue. Stigma surrounding mental health issues is pervasive and can send the wrong image about people living with mental disorders. People fear and stigmatise mental health issues because they are not well educated on them. However, if we take the time to understand mental health issues we will see that people living with mental illnesses should not be feared. If you know someone living with mental health issues it is important to support them and understand that the mental illness does not define that person.

Break the stigma!

CONTACT US:

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Other

Lifeline

Tel: 0800 055 555 /

031 312 2323

Open Door Crisis Centre

Tel: 031 709 6688

South African Depression and Anxiety Group

(SADAG)

SADAG Website:

<http://www.sadag.org/>