



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

FORT NAPIER PSYCHIATRIC HOSPITAL

P.O. Box 370
1 Devonshire Road
Pietermaritzburg, 3200
Tel.: 033-3454221, Fax.: 033-3455730
www.kznhealth.gov.za

MENTAL HEALTH AWARENESS CAMPAIGN 10 AND 12 OCTOBER 2012

The Department of Health focuses on making awareness programmes on Mental health, Breast Cancer and other illnesses affecting our community during October each year. On the 10th and 12 October 2012, Fort Napier Hospital embarked on outreach programs which was aimed at highlighting Mental Health Awareness. The Health Promotions Team visited Copesville Secondary School located in Copesville township and Gobindlovu High School in Elandskop. Mr Mthethwa and the team gave talks to learners on various topics such as mental illness, depression, stress management etc. Stalls were set up on the school grounds where the team conducted blood pressure checks, and screening for diabetes and TB.

Mental illness affects many people at different times in their lives. In this day and age it is sad that we are not more open minded or well informed about the illness.

During *Mental Health Awareness Month* professionals, organizations, schools, communities, hospitals and even media outlets must join hands in an effort to raise awareness about mental health and attempt to decrease the stigma that prevents people from getting the help they need.

Effective communities cater for the poor by ensuring their protection and education from preventable diseases

BELOW ARE PHOTOS OF THE EVENTS



Left: Ms ZP Mantiwane and Mrs DB Sabela checking Blood Pressure
Right: Mr S Mthethwa conducting health education.



Learners from Copesville Secondary School attentively listening to presentations

Mrs. N Nxaba (Fort Napier Hospital C.E.O) and Mrs. Zimu (uMgungundlovu District Mental Health Co-ordinator)



Fort Napier team at work

Ms T Mthembu from the Mental Health Society conducting a presentation.



Learners from Elandskop attentively listening to Ms G Nzuzuz's talk on Mental illness



Sr Mzimela, Mr Mthethwa, Ms Nzuzuz at Elandskop

Compiled by Mr. T.M Dlamini (P.R.O)