



SADAG KZN

Supportive resources in KZN during COVID-19

“ Around me markets tumble. The cupboard shelves are bare.
But we still have the sky above. And breath its tender air.
Its tender air. Antony Osler - Zen Dust ”

We have collated a few resources that you can access to enable to you, your family or your friends to cope. They are all available online or over the phone:

SOCIAL MEDIA / ONLINE

Facebook: "Ask the expert" chat - follow @TheSADAG

Online chats: www.sadag.org

HELPLINES

Tel: 0800 21 22 23 or 0800 456 789 (24-hour)

24-hour Suicide Tel: 0800 567 567

Sms: 32312 or Whatsapp: 076 882 2775

Support Groups: 087 278 7047

COVID-19 CONTACTS

Toll-free helpline: 0800 029 999

Website: www.sacoronavirus.co.za

Whatsapp: 0600 123456

RESOURCE DIRECTORY



- Online support groups



- Free counselling - General Public



- Free counselling - Healthcare Workers



- Social Support



- Substance Abuse and Violence

SADAG KZN OFFICE CONTACT

Lynn Norton - kznsadag@anxiety.org.za

Chantelle Booysen - kznprojects@sadag.org

+27 78 278 7047

ONLINE SUPPORT GROUPS

Physical meetings of our support groups have been suspended during lock down until further notice for the safety of our leaders and their members. SG Leaders are helping their members in various ways through phone calls, Whatsapp support and some online meetings. Please contact **Krisanya on 0641394303** if you need more information on KZN support groups, stay in touch with your SG Leader if you are needing support during this time.

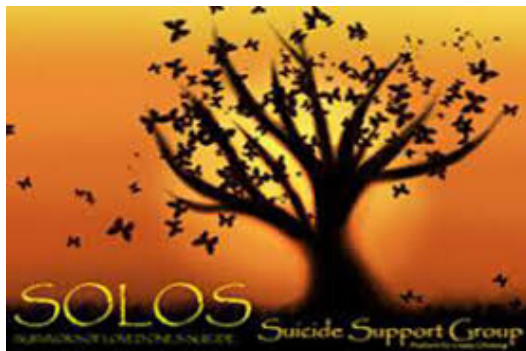


LGBTQIA+ SUPPORT

Connect through social media where this group provides a safe space to those who need support during this time. WhatsApp on 0845800489.

THE GAY AND LESBIAN MEMORY IN ACTION (GALA) ORGANIZATION

invites LGBTQIA+ people to submit their experiences of life during lockdown. Email queervoices20@gmail.com.



SURVIVORS OF LOVED ONES OF SUICIDE (SOLOS) SUPPORT

Join this Whatsapp support group for those wanting additional support and connection during this period. Contact Lynn on 0782787047 or Lori at suicideprevent@gmail.com



MUMS SUPPORT NETWORK

Online support for mothers and mothers-to-be. Online meeting every Monday and Thursday during Lockdown at 10AM on Zoom. Contact Alex on 0837880689 or email alexandra@mumsupport.co.za.

DISCLAIMER

SADAG is nonpartisan, respecting a diversity of practices and the right to informed choices. The views and opinions of organisations represented in this guide are those of the organisation concerned and do not necessarily mirror the views and the opinions of SADAG. We have tried as much as possible to ensure that the resources are valid and up to date, please consult with the organisation concerned for further details.

FREE COUNSELLING



UNIVERSITY OF
KWAZULU-NATAL
INYUVESI
YAKWAZULU-NATALI



DURBAN PRACTISING
PSYCHOLOGISTS' GROUP

The world has changed
but we will get through this...
together

We are Offering Free
Online Support (3 sessions):

Individual counselling

Group Support

Support for Health
Care Workers

Feeling anxious,
uncertain or just want
to connect?

Talk to us

Doreen Hattingle:
hattingle@ukzn.ac.za

Whatsapp
078 512 1959

Google Sign Up Document
bit.ly/UKZNpsych

The UKZN Psychology Clinic is run by registered psychologists and trainees
The support groups will be run over three weeks over the Zoom Platform



Private psychologists offer free support

Your mental health matters during the national lockdown and Covid-19 outbreak. If you are suffering from unmanageable anxiety, depression, loneliness, isolation, grief or trauma – make contact with us and we will find someone to assist you. This will not replace an in-depth, diagnostic consultation; and is only a brief intervention for immediate support and/or education.

Email: exec@dppg.org.za

If you can afford to pay for a consultation, a list of psychologists can be found on our website: www.dppg.org.za



For a national list of
psychologists, email
Fatima@psyssa.com

COUNSELLING SERVICES

For survivors of rape and abuse
Cape Town and KZN

NAME	E-MAIL	CONTACT NR.	AREA
Kayla-Tess Pattenden	kaylatesspattenden@theconnectgroup.co.za	079 513 7015	Cape Town
Manguvhewa Mutshinye	mutshinyem@gmail.com	082 658 8189 / 063 601 1801 / 021 466 1588	Cape Town
Cindy-Lee Visagie	raphajhva@gmail.com	082 469 3915	Cape Town - Kraaifontein/ Bellville/Bothasig, Brackenfell/Durbanville/ Edgemead/Kuils River/Joostenberg Vlaakte
Lisa Roese	lisaroes@yahoo.com	073 544 5372	Cape Town - Vredenhoeck
Ntokozo Msomi	ntkzmsomi@gmail.com	071 032 3260	KZN
Yolanda Shiers	yshiers@gmail.com	031 764 0492 / 083 564 7262	KZN
Nomcebyu Busisiwe Biyela	nomcebyubusiwe@gmail.com	063 221 1558	KZN - Richards Bay

082 940 6230
info@epicfoundation.org.za
www.epicfoundation.org.za
www.facebook.com/theepicfoundation



COVID-19 DOCTORS ON CALL

**COVID-19
DOCTORS ON CALL
HELPLINE**

If you have coronavirus queries
Call: 087 0550 234
Monday to Friday 8am - 5pm
Doctors advice is free
Calls charged at local call rates

Epic Foundation (KZN)

Ntokozo Msomi

Email: ntkzmsomi@gmail.com

Tel: 071 032 3260

FREE COUNSELLING - HEALTHCARE WORKERS



THE SOUTH AFRICAN
DBT INSTITUTE

ONLINE

THE SOUTH AFRICAN DBT INSTITUTE'S Invitation to all Healthcare Professionals



We would like to recognise the courageous work all healthcare professionals are doing in the midst of all the mayhem. You are the modern day heroes at the frontline of the battle.

As The South African DBT Institute we wish to support healthcare professionals in the following ways:

Free live online RENEW groups focused on healthcare professionals for the duration of the lockdown.

What will the content be?

The focus will be on helping you as a healthcare professional rejuvenate, feel supported and encouraged.

The teaching will be based on the Dialectical Behaviour Therapy (DBT) skills of mindfulness and distress tolerance as emotional and cognitive resources.

www.dbtinstitute.co.za

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SECONDARY TRAUMA IS REAL



COUNSELLING
WHATSAPP LINE
FOR MEDICAL
PERSONNEL

079-513-7015
MESSAGE US AND WE WILL CONTACT YOU!

** COMPLIMENTARY SERVICE

**Free psychiatrists and
psychologists for healthcare
workers**

careforkzn@gmail.com or
fatima@psyssa.com

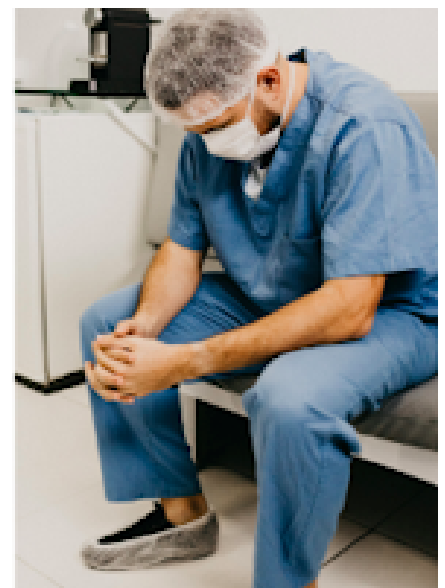
Calling all health care workers! Are you taking strain?

Be brave! Email counselling@grace.org.za for mental health SUPPORT!

#Care4CovidCarers

An initiative connecting health care workers with mental health professionals offering free counselling during the COVID-19 crisis.

Grace | COUNSELLING



SOCIAL SUPPORT



Solidarity Fund
www.solidarityfund.co.za
Tel: 0860 001 001



Meals on Wheels
Community Services
South Africa

Registered as a not-for profit since 1964
NPO Number 070-786 • PBO Number 930032581

Meals on Wheels
Donate here:
www.mow.org.za

Do you want to make a difference today?

Tafta and KindnessCan invite you to make someone's day...

All you need to do is send a short voice note or video saying thank you to the selfless emergency, health and support staff who continue to bravely serve the elderly and vulnerable.

0871537079

f TAFTA.KZN Kindnesscan

NARRATIVE
FOUNDATION



Tumaini, a project of **the Narrative Foundation NPC**, is doing a drive for funds urgently needed by members of the refugee community living in Durban during this time of social distancing and quarantine as a result of COVID-19.

URGENT CALL: DONATIONS NEEDED

Funds are needed for essentials for daily living during lock down: Food, hygiene products, rental, sanitizers and medication.

Caring during Covid-19

TO DONATE

Narrative Foundation NPC
FNB
Acc 62093076406
Branch code: 250655
Swift code: FIRNZAJJ
Ref: COVID-19 Tumaini
Email:
admin@narrativefoundation.org



For more information call or message:
Yvonne: 0824989343
Lynn: 0837871477

Are your rights being violated during the 21-day lockdown?

ACCESS TO JUSTICE AND SA LOCKDOWN

ACCESS TO JUSTICE CONTINUES!

Have you observed a rights violation during the lockdown?

CALL THE LEGAL SUPPORT HOTLINE:
+27 66 076 8845

CALS **CENTRE FOR CHILD LAW** **Centre for Environmental Rights** **CONSTITUTION** **EELC** **Centre for Environmental Rights** **INDIPINA URWAZI** **ProBono.Org** **SECTION27** **SERI** **WOMEN'S RIGHTS CENTRE**

A public interest law organisation may be available to assist you, free of charge.

COVID-19 PANDEMIC



Call centres and Hotlines

National Institute for Communicable Diseases:
0800 029 999

South African Police Service
08600 10111

Department of Home Affairs:
0800 601 190

Gender-based violence command centre
0800 428 428 or
*120*7867# (free)

National Crisis Line:
0861 322 322

Department of Water Affairs:
0800 200 200

Reporting undue price increases:
0800 141 880

Department of Tourism:
0860 868 747

Support to SMMEs in distress:
0860 663 7867

WhatsApp:
060 012 3456

Presidential Hotline
17737

SUBSTANCE ABUSE & VIOLENCE



Department of Social Development Substance Abuse Line 24hr helpline

Tel: 0800 12 13 14

SMS: 32312

Narcotics Anonymous KZN

Helpline: 086 100 6962

WhatsApp: 079 592 2294

Online meetings: <http://na.org.za/online/>

Alcoholics Anonymous South Africa

www.aasouthafrica.org.za/

Tel: (031) 301-4959 / 301 9830

24/7 helpline: 0861435722

24/7 online chat: <https://aachats.org/>

Email: kzn@aasouthafrica.org.za



Free Telephonic Counselling
24 hrs a day, 7 days a week
Nationwide Referrals

GBV Services open during national lockdown

WESTERN CAPE

Athlone House of Strength
telephonic counseling
021 862 9983

Badisa
telephonic counseling
021 957 7130

Mosaic
counseling, legal aid
021 761 7585

National Shelter Movement
Bernadine 082 903 8739
Joy 071 906 3949

Sex Workers Education & Advocacy Taskforce (SWEAT)
telephonic counseling
021-448 7875

GAUTENG

Gauteng Province
food support
0800 428 8364

Lifeline Vaal Triangle
telephonic counseling
016 428 1640

National Shelter Movement
Rudo 083 684 7737
Zubeda 083 289 9818

Teddy Bear Clinic
crisis support for children
011 660 3077

MPUMALANGA

National Shelter Movement
Fisani 079 310 9633

KWAZULU-NATAL

National Shelter Movement
Sabera 072 446 3337

FREE STATE

National Shelter Movement
Sarah Lekale 072 144 7171

EASTERN CAPE

National Shelter Movement
081 247 6056

NORTH WEST

National Shelter Movement
Rina 072 348 6526

NORTHERN CAPE

National Shelter Movement
Rose Clair 080 021 2321
Roseline 073 888 8738

NATIONAL

Childline
24 hr Crisis line & counselling
080 055 5555

Women Abuse Helpline
Toll-Free Helpline
0800 150 150

**Gender Based Violence
Helpline Command Centre**
24 hour helpline
0800 428 428
*120*7867# for call-back

Lifeline Crisis
24-hour crisis service
0861 322 322

Lifeline Counseling
WhatsApp call counselling
065 989 9238

MobieG
Live chat counseling for teens
www.mobieg.co.za
*Sun from 18h00
*Mon-Thu from 19h00



NISAA
telephonic counseling
Batsi 083 303 1291
Yvonne 063 083 6061
Nokwethu 011 850 0637

**South African Depression &
Anxiety Group (SADAG)**
24 hour helpline
0800 456789
SMS: 31393

SADAG Suicide crisis line
24 hour helpline
0800 567567

TEARS GBV SMS help line
*134*7355#

"During the Covid-19 lockdown, we cannot ignore the increased risks for victims of domestic violence and abuse. Victims and survivors can be assured that there are resources available to assist during this high-risk period."
- National Shelter Movement

You can help someone during the Lockdown:

Call or text them. Checking in means you care about their safety and wellbeing. Let them bring up the violence, only if they want to. Help them think about ways to get to a safe place - and for kids to find safety - if violence erupts.

Help them find a place to stay in your own home or a shelter. Shelters are working in all provinces, even during the Covid crisis. Remember that moving out can be more dangerous - so let them decide what is best.

Phone the police 10111 if you hear a cry or scream. Emergency staffing at police stations will stay the same during the lockdown and social workers will be available.

Report Xenophobia in Times of COVID-19

Have you experienced any form of discrimination in relation to COVID-19 because of where you come from, your nationality and/or ethnicity?

Have you been denied access to health care services because of where you come from, your nationality and/or ethnicity? This may include being denied access to testing for Covid-19, or to other services or opportunities for support.

Have you experienced discrimination/abuse by the police/army because of where you come from, your nationality and/or ethnicity?

If you have answered yes to any of the above, you can report your experiences to Xenowatch.

Send us a description of your experience, date of incident and location of any past, current and potential xenophobic incidents to:

Free SMS	44705
E-mail	report@xenowatch.ac.za
Website	xenowatch.ac.za
Mobile app	Xenowatch
WhatsApp/Call	+27 (0)60 794 9882
In case of emergency	08600 10111 / 10111

Reports are verified, anonymised and passed on to authorities.

Xenowatch is based at the African Centre for Migration & Society at the University of the Witwatersrand
PO Box 76, Wits 2050 | +27 (0)11 717 4017 | info@xenowatch.ac.za

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