

Speech by KZN Health MEC, Neliswa Nkonyeni on the occasion of the World Mental Health Day at Umzimkhulu

26 October 07

Programme Director --Mr S A Cekwana

Reverend S S Mvulana

Inkosi B Zulu

Cllr J P Khoza -Mayor: Sisonke District Municipality

Cllr B M Dzanibe Mayor: Umzimkhulu Local Municipality

Mr M I Nofemela -Chairperson: Mental Health Review Board

Senior Officials from the Department

Mr BHS Makhaye Deputy Manager: Clinical Programmes

Hospital CEO's

Ms Gcina - Our District Manager

Dr L King --Chief Technical Advisor: Mental Health

All protocol observed

Ngizoqala ngokubonga amalunga e **Mental Health Review Board** akanise e Umgungundlovu ngokusebenza kwawo ngokuzimisela njengaloku eza kule District ezosekela izinhlelo eziqhubekayo.

Usuku i World Mental Health Day lugujwa umhlaba wonke ngenyanga ka 10 October, kuphakamiswa ulwazi lomphakathi mayelana nezifo zengqondo.

The theme of this year's World Mental Health Day is "**Mental health in a changing world: the impact of culture and diversity.**"

All of us need to know that Mental health problems are painful—*emotionally, spiritually and socially*—especially for children and adolescents.

SinguMnyango wezeMpilo siba nezinkinga ezinkulu uma kufanele sinikeze ngosizo kubantu abagulayo ngoba bayasaba ukuza phambili besaba i **STIGMA**.

Abantu abaphathekile okukhulunywa kabi ngezifo zabo, ikakhulukazi kulomkhakha wezengqondo basala benazinhlonzi:

- *a sense of shame,*
- *feelings of guilt, and*
- *loss of self-esteem.*

Masikhumbule ukuthi kulesimo esikhula kuso ziningi izinto eziphazamisa umqondo womuntu njengaloku sibona likhulile nezingane lezingane eziyizintandane, *orphans* kanye nama *child headed families*.

I District yethu yezeMpilo lapha e Sisonke ibhekene nomphakathi ongaphansi nje kuka **473 000**.

Ingxenye enkulu yalendawo, ingamaphandle kanti ke inabahlali abangaphezu kuka **146 000** abangasebenzi.

Kulesisimo esinje, kubalulekile ukuthi abazali kanye nalabo abaphethe ezempilo babhekelele isimo sengqondo sabantwana kanye nalabo abaku adolescents' stage.

Kule District uma kukhulunywa ngezifo eziphazamisa ukusebenza komqondo kuyatholakala ukuthi abahlali beza ezikhungwini zethu batholakale ukuthi bahlushwa yilezi ezilandelayo:

1. Depression
2. Schizophrenia
3. Psychotic disorder due to Epilepsy
4. Substance induced psychotic disorder

5. Mental Retardation

Ezinye zalezizimo ziyangqandeka uma umuntu ophathekile ethola usizo, ezinye ziyingozi ngoba umuntu angagcina ezibulele noma eba yingozi enkulu emphakathini kanye nasezihlobeni zakhe.

Sithi asinazise ngezimpawu eziyingozi okufanele siziqaphele bese siyofuna usizo kwabezeMpilo:

- Sadness that has lasted longer than two weeks;
- Loss of interest in activities once enjoyed,
- Feeling helpless, hopeless or worthless
- Consistent trouble sleeping, concentrating or making decisions; and
- Frequent trouble remembering things or feeling confused in familiar places.

Ukusiza ukuthi izingane zikhule zikhululekile emiqondweni, abadala kanye nabazali mabazinikeze isikhathi salezinhlelo:

- Learning more about mental well being in children.
- Celebrating the accomplishments and strengths of children.
- Fostering self-worth and independence in children.
- Helping children express their feelings.
- Promoting mutual respect and trust.
- Recognizing the strengths in all children.
- Appreciating each child's uniqueness.
- Encouraging individual talents.
- Helping children set goals based on their abilities and interests.
- Showing confidence in their ability to handle problems and tackle new experiences.

Uma sizimisela kulezinhlelo, nakanjani singabona lincipha izinga lalezigigaba ezilandelayo kubantwana bethu:

- teenage suicide,
- violence in schools,
- substance abuse and
- teenage pregnancy

Uma sibazi futhi sibakhulisa ngendlela abantwana sizokwazi ukusheshe sibone uma kukhona izinto ezibaphazamisayo engqondweni. Sizokwazi futhi ukuthi sibaqonde ukuthi benza njani uma bebhekene nezinkinga. We will know how they:

- communicate and manifest their symptoms,
- label and communicate distress
- show their style of coping, and
- demonstrate willingness to seek treatment.

Kuningi futhi thina esingakwenza singamalunga omphakathi ukwehlisa ijoka lalaba abasengxakini. Masibe usizo ngokukhipha ulwazi ngama:

- *Social grants*
- *Foster grants*, kanye ne
- *Indigent policy* ephathelene nokufunda kanye nokuthola I uniform mahhala
- Masivule ama *NIP Site* ezindaweni zethu

U Mnyango weze Mpilo uyalukhipha usizo lwe mental health services kuma:

- community health centres,
- primary health clinics, and
- mobile clinics.

Ngokunjalo nezibhedlela zethu ziyabasiza laba abaphazamisekile ngengqondo kufaka nezinhlelo zokubahlaziya ezithatha amahora angu 72 njengoba kusuke kudingwa i **mental health care act**.

U Mnyango futhi unohlelo lokudlulisela esibhedlela sase **Townhill** laba abadinga usizo oludlulele nabadinga okulaliswa isikhathi eside besathola ukunyangwa. [*in-patient care and treatment*].

SinguMnyango sithokoza kakhulu ngokubakhona kwe **Umzimkhulu Psychiatric Hospital** ngoba izinto sezizoshintsha. Ngaphambilini *bonke laba abadinga ama Forensic psychiatric services besibathumela e Fort Napier hospital*, kodwa manje sebezosetshezwa lapha manje.

Loko sikuthakasela kakhulu ngoba kusho ukuthi izihlobo nabangane sebezoba seduze, bakwazi futhi nokuvakashela isihlobo esiphathekile.

It is crucial that they get support and visits from family and loved ones in order to facilitate their speedy recovery.

Sifuna abantu abadala bazi ukuthi Mental illness is not a normal part of ageing.

Abantu abadala sibanikeza these **Ten tips to improve their Mental Health**

- Get plenty of rest
- Go for a walk
- Eat something new
- Exercise your mind
- Spend time with others
- Indulge yourself
- Stay in (opt to spend time with yourself once in a while)
- Make the most of leisure time
- Get involved
- Take things one at a time

I wish you good health.