



Managing mental health in Covid-19 pandemic

Mental Health & Psychology Conference

11 June 2021

Objectives of the Conference

- To highlight key approaches to addressing the rising demand for mental health
- To discuss the current preparedness for and response to the mental health consequences
- To evaluate the effectiveness of technological innovations in dealing with mental health issues.
- To discuss the importance of provision of training for health-care workers and other frontline personnel in psychosocial support
- To evaluate the need for adequate funding for mental health
- To deliberate on the need to mainstream knowledge of mental health among other health professionals

Speakers Include:

Prof Solomon Rataemane

Secretary General

World Association for Psychosocial Rehabilitation

HOD Psychiatry UFS 1998-2003

HOD Psychiatry SMU 2003 - 2019

Chair: Ministerial Advisory Committee on Mental Health

Prof Kathlyn Nel

Professor Psychology

Counselling Psychologist

University of Limpopo

Charity Mkone

Psychologist

Charity Mkone Psychology

Nolulunga Nene

Senior Clinical Psychologist

Chris Hani Baragwanath Hospital

Dr Samke J Ngcobo

Medical Doctor/Author/Speaker/Mental Health Advocate

Sisters For Mental Health

Sharlene Cassel

National Director

Epilepsy SA



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Conference Background

Mental health and psychological distress continues to emerge with the continued surge in Covid-19 pandemic well into 2021. The devastation of the pandemic — millions of deaths, economic strife and unprecedented curbs on social interaction — has already had a marked effect on people's mental health.

Researchers worldwide are investigating the causes and impacts of this stress, and some fear that the deterioration in mental health could linger long after the pandemic has subsided. These high levels of grief, stress, uncertainty and anxiety are not an exception in South Africa. A survey conducted by the South African Depression and Anxiety Group (Sadag) recently showed that two-thirds of South Africans said their mental health worsened during lockdown, and some experienced suicidal thoughts. Factors such as grief, depression, financial strain, job loss and illness during the pandemic are said to be contributing the rising mental health cases in the country. People's wellbeing has therefore been negatively affected to a greater extent given the social, relational and economic impact of the ravaging pandemic.

Globally, mental health professionals predict that Covid-19 pandemic is going to impact significantly on the mental health of the population with an increase in cases of depression, suicide and self-harm due to the pandemic. According to UNICEF, Half of all mental disorders develop before the age of 15, and the majority of the 800,000 people who die by suicide annually, are under 18s. In addition, the pandemic has disrupted or halted critical mental health services in 93 per cent of countries worldwide. This alone points to the need to tackle mental health issues seriously. There is need to develop and strengthen, as appropriate, and as part of a whole-of-society approach, the timely and quality provision of the full range of mental health services and psychosocial support.

In South Africa, there is no doubt that COVID-19 has exposed a major problem that has been growing for decades. There is need for each citizen to address mental health issues head on and speak more openly on issues pertaining to mental health. On the other hand, a more thoughtful and lasting discussion on how to better support children and families in the future is required urgently.

As a build up to this year's mental health awareness month (October 2021), Vukani Communications, yet again brings you this one day conference to discuss the developments in mental health since lockdown and the future. Various topics will be discussed that will surely give enlighten the population on where South Africa is when it comes to mental health and psychology wellness of the population

Who should attend (but not limited to)

- Academic Scientists,
- Administrators and Policy makers
- Advanced Practice Nurses
- Area managers
- Career guidance teachers
- Clinical Managers
- Clinical Psychologists
- Clinical psychologists
- Clinical Risk Managers
- Community care
- Community Care Educators & Students
- Community NGOS
- Counselling centres
- Counselling psychologists
- Counsellors
- Dieticians
- Directors of Association and Societies
- Disability experts
- Doctors
- Educational psychologists
- Educators & students
- Family Physicians
- Government departments
- Healthcare providers
- Hospital CEOs
- Industrial psychologists
- Interprofessional / Intersectoral Teams
- Learner wellbeing managers
- Mental Health Nurses
- Mental Health Personnel
- Mental Health Portfolio Managers
- Mental health service Directors
- Mental Healthcare Associations
- Mental Healthcare Providers
- NGOs
- NGOs working with psychiatrist patients
- Nurse Practitioners
- Nursing Students
- Occupational Health Practitioners
- Occupational therapists
- Pharmaceutical Industries and Healthcare Industries
- Physiotherapists
- Primary Care Providers
- Principal Psychologists
- Private care facilities
- Private educational institutions
- Professors and Nursing Lecturers
- Psychiatrists
- Psychiatry Ward Managers
- Psychologists
- Psychometrics
- Quality Assurance Managers
- Research psychologist
- Researchers
- Scientists
- Social Workers
- Independent Stakeholders
- Traditional healers
- Universities



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REGISTRATION FORM

To register, please complete form below or

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Participant 1:

Designation:

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Participant 2:

Designation:

Company / Organisation:

Email:

Phone:

Participant 3:

Designation:

Company / Organisation:

Email:

Phone:

Postal Address:

Person dealing with accounts:

Country:

Company VAT No:

Email Address:

Signature:

Date :

By completing and signing this form, the signatory accepts the terms and conditions as stated on the registration form.

Please indicate your choice of payment method

- Bank Transfer Credit Card
- Cash Deposit

Banking Details

Vukani Communication Consultancy (PTY)
 First National Bank
 Account No. 62584405867, Account Type : Cheque
 Branch Name : Randburg Square
 Branch Code: 261750

CONFERENCE FEE

R997 Per Delegate Excl. VAT

Conference fee above INCLUDES the following entitlements: Entrance to session

REGISTER NOW

Terms and Conditions

- The following terms and conditions will apply
- Vukani Communications reserves the right, due to circumstances beyond our control, to change speakers, conference content, date and venue.
 - The signed registration form is a binding contract.
 - No seats will be reserved unless Vukani Communications receives a signed registration form.

SUBSTITUTIONS:

- Delegate Substitution. Substitution is welcome at any time and do not incur any additional charges. Please notify Vukani Communications in writing of any such changes at least 3 days before the date of the event.
- Please note that the speakers and topics were confirmed at the time of publishing however circumstances beyond the control of the organizers may necessitate substitutions, alterations or cancellations of the speakers and/or topics.
- As such, Vukani Communications reserves the right to alter or modify the advertised speakers and/or topics if necessary. Any substitutions or alterations will be updated and sent to you as soon as possible.
- Delegate substitution must be made in writing 7 days before the start of the event.

CANCELLATION:

- By signing and returning the registration form, the authorising signatory on behalf of the stated company is subject to the following terms and conditions.
- Charge of 50% of the Registration Fees, plus R700 (+VAT) charge will be made for cancellations received in writing at least 14 working days prior to the event.
- For any cancellations less than 7 working days before the date of the event, the full fee will be payable and no refunds or credit notes will be given.

• If registered delegate does not cancel and fails to attend the summit, this will be treated as cancellation and no refund or credit will be issued

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