

Is mental health in South Africa moving forward?

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A landmark South African Mental Health Conference took place in April 2023, marking the first national collaborative conference between government and mental health professionals. The theme was Join the Movement, and a 'whole of society' approach was emphasised, imploring various sectors to collaborate in relieving the country's burden of mental illness. Challenges in mental health were raised and possible solutions presented. This article discusses the conference, aspects of psychiatric care in South Africa, South Africa's health system issues and the importance of moving forward measurably.

For the first time in South African history, government collaborated with mental health professionals to host a conference dedicated to mental health. This landmark South African Mental Health Conference (SAMHC) was held in Johannesburg in April 2023.¹ It signified a milestone in acknowledging the magnitude of mental illness, its impact in South Africa and the need for action, similar to the role of the first South Africa AIDS Conference 11 years ago. The true litmus test in determining the success of the SAMHC venture will lie in how much change will be implemented. But how do we measure this change? And who can be held accountable for it?

The SAMHC comes at an important time in South Africa as common mental illnesses are estimated to have increased three- to seven-fold since the onset of the coronavirus disease 2019 (COVID-19).² In the recent Mental State of the World Report released by Sapient Labs, South Africa ranked second lowest on the Mental Health Quotient and highest in terms of the percentage of those stressed/distressed out of 64 countries.³

Factors contributing to the causation and exacerbation of mental illness in South Africa include poverty, unemployment, inequality, violence, gender-based violence and political upheaval (both in the past and currently).⁴ Between 2000 and 2022 the unemployment rate in the country rose from 20.3 to 29.8%.⁵ A multi-sectoral approach to the aetiology and impact of mental illness in South Africa is needed, requiring participation of the South African Department of Social Development and South African Department of Justice and Constitutional Development, among others.

Access to health services

The most recent national prevalence study, the South Africa Stress and Health (SASH) study, was conducted almost 20 years ago, in 2004.⁶ The lifetime prevalence of any mental disorder was found to be 30.3%, with anxiety disorders being the most prevalent, at 15.8%. Substance use disorders were next, at 13.3%, followed by mood disorders at 9.8%.⁶ Although the SASH study found a treatment gap of 75%, a national costing study conducted in 2016–2017 found a treatment gap of 91% among those who cannot afford private healthcare.⁶ Current epidemiological data are sorely needed if adequate services are to be planned, also noting that socioeconomic factors have worsened for many since 2004.

Problematic access to healthcare services occurs at both a systemic level and an individual level.⁷ At the systemic level, possible solutions include: (a) stratifying plans and policies in a sequential order, (b) determining costs of implementation, (c) indicating responsible persons and timelines for plans, (d) setting up monitoring teams for each step of the entire implementation programme, (e) training and retraining healthcare managers and health authorities in mental health-related matters, as these managers are the persons to turn strategy into action by providing resources for the action and monitoring it, and finally (f) providing feedback to higher authorities on the success or failure of the strategy. On an individual level, internalised and externalised stigma play a major role, and this was correctly highlighted numerous times during the SAMHC.⁸

The current health system

South Africa currently employs a two-tier health system: a government-funded public sector and private funders.⁹ 84% of the population use the government-funded public sector and 16% access private care using private funding mechanisms. National Health Insurance (NHI) seeks to unify the health system through pooling of private and public funds.⁷ The recently passed NHI Bill was put forward during the conference as a possible solution to inadequate access to healthcare services experienced by most of the South African population.¹ However, the South African Medical Association (SAMA) has expressed major concerns regarding NHI.⁸ Issues such as contracting units for primary healthcare and benefit packages and reimbursement models have not been finalised.⁸

Life Esidimeni, a private healthcare provider, provides long-term psychiatric facilities to patients

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Gideon Van Dyk



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Mental Health Nursing L. R. Uys, Lyn Middleton, 2010-09-08 This book is the result of a co operative effort by mental health nurses from all over the country to produce a textbook for the teaching and learning of mental health nursing This 5th edition has been updated and expanded to take into account various curricula in mental health nursing The text is written in easy to understand language and provides an approach that will suit local circumstances Rich in evidence based practice and practical examples Mental Health Nursing will facilitate an active learning experience of the subject Features of the new edition include New chapter People with mental illness who have co morbid medical conditions New chapter Mental health of people living with HIV AIDs

The Handbook of Forensic Mental Health in Africa Adegboyega Ogunwale, Adegboyega Ogunlesi, Stephane Shepherd, Katrina Serpa, Jay Singh, 2021-06-17 The Handbook of Forensic Mental Health in Africa traces the history of forensic mental health in Africa discussing the importance of considering cultural differences when implementing Western validated practices on the continent while establishing state of the art assessment and treatment of justice involved persons Experts in the field of forensic mental health throughout Africa explore the current state of forensic mental health policy and service provision as well as the unique ethical challenges which have arisen with the recent growth of interest in the field The African and international research literature on violence risk assessment competency to stand trial malingering assessment Not Guilty by Reason of Insanity NGRI evaluations report writing as an expert witness and mental health legislation in the context of forensic practice are explored throughout Finally future directions for forensic mental health in Africa are discussed for juvenile female and elderly offenders This text is ideal for mental health criminal justice and legal professionals working in clinical research and policy contexts

International Handbook of Emotions Claude-Hélène Mayer, Elisabeth Vanderheiden, 2025-05-10 Volume 2 of this two volume handbook extends the foundational understanding of emotional well being through the lens of positive psychology into the realms of cultural diversity societal impacts and the influence of technology This volume offers an in depth examination of the societal impact of emotions cultural interpretations and the emerging significance of digital and robotic interactions with emotions It encompasses a wide range of topics including the effects of global crises on emotional well being the role of art and literature in understanding emotions and the future of emotional intelligence in the age of digital technology Studies featured in this Volume 2 provide insight into emotional experiences across diverse cultures the resilience of immigrants and refugees and the psychological dynamics of collective behaviour alongside considerations of how technology is reshaping our emotional lives The volume stands as a critical academic resource enriching the discourse on the global and transcultural dimensions of emotional well being It highlights the pivotal role of cultural and technological considerations in advancing our understanding of emotions and sets a new benchmark for research and practice in the field Aimed at scholars researchers and practitioners in psychology cultural studies and technological innovation this volume also addresses educators

policymakers and anyone with a keen interest in understanding the complex interplay between emotion culture and technology By bridging gaps between disciplines this volume fosters a more comprehensive and nuanced understanding of emotional well being across different cultural contexts and technological environments It prompts interdisciplinary dialogue offering evidence based insights for mental health practices educational strategies and policymaking Emotion science has progressed enormously in the last decade For those wishing to get insight into the depth and breadth of this progress this is a terrific edited 2 volume overview brought together by two internationally recognised emotion researchers It takes a biopsychosocial approach exploring the multiple dimensions of emotion science and how it can be applied to many different aspects of human life from therapy through to the organisation of communities It will be a must have book for anyone interested in understanding the complexities of emotions Prof Paul Gilbert PhD FBPsS OBE Centre for Compassion Research and Training College of Health Psychology and Social Care University of Derby United Kingdom [Military Psychology for Africa](#) Gideon Van Dyk,2016-03-17 Military Psychology for Africa is the first textbook of its kind from Africa Selected authors with competent military psychology knowledge skills expertise and experience each contributed a chapter to this unique book The book empowers academics students and military fellows to apply this knowledge at academic institutions and military units during operations and in presenting short courses The book will also equip soldiers with new knowledge for advancing peace on the continent and abroad **The Mental Health of Refugees** Kenneth E. Miller,Lisa M. Rasco,2004-05-20 It is estimated that at least 33 million people around the world have been displaced from their homes by war or persecution Numerous studies have documented high rates of psychological distress among these survivors of extreme violence and forced migration yet very few have access to clinic based mental health care In any case clinic based services cannot adequately address the constellation of displacement related stressors that affect refugees daily whether in a new region of their homeland or a new country stressors such as social isolation the loss of previously valued social roles poverty and a lack of employment opportunities and difficulties obtaining education and medical care Additionally many refugees from non western societies find western methods of psychiatric and psychological healing culturally alien or stigmatizing and therefore underutilize such services This book brings together an international group of experts on the mental health of refugees who have pioneered a new approach to healing the psychological wounds of war and forced migration Their work is guided by an ecological model which in contrast to the prevailing medical model of psychiatry and clinical psychology emphasizes the development of culturally grounded mental health interventions in non stigmatized community settings The ecological model also prioritizes synergy with natural community resources to promote adaptation prevention over treatment the active involvement of community members in all phases of the intervention process and the empowerment of marginalized communities to address their own mental health needs Drawing on their expertise in community psychology prevention science anthropology social psychology social psychiatry public health and child development the authors present a variety of

highly innovative culturally grounded interventions designed to improve the mental health and psychosocial well being of communities that have survived the nightmares of political repression civil war and genocide They discuss the various conceptions of well being and distress that have informed their projects their own integrations of western and indigenous approaches to understanding and relieving psychological distress and in several instances their creative use of well trained paraprofessionals They examine with remarkable candor the challenges they have faced in carrying out their work in extraordinarily demanding conditions An extended introductory chapter reviews and analyzes what we know about the impact of political violence and exile on mental health and lays out the ecological model in rich theoretical and empirical context The first of two concluding chapters addresses the critical and often neglected issue of the evaluation of community based interventions in conflict and post conflict settings the second sums up the implications of the achievements and limitations of the programs described poses questions that must be answered such as How adequate is the PTSD construct in capturing the nature of refugee trauma and suggests numerous directions for future research and practice The Mental Health of Refugees Ecological Approaches to Healing and Adaptation is an essential reference for all professionals who seek to serve members of this vulnerable population for those who train and supervise them and for program administrators and policymakers concerned with refugee well being It is also an excellent resource for graduate courses in public mental health community psychology and psychiatry refugee and immigrant studies psychological trauma medical anthropology and ethnopolitical violence

Creek's Occupational Therapy and Mental Health E-Book Wendy Bryant, Jon Fieldhouse, Nicola Plastow, 2022-05-28 Promoting and maintaining mental health continues to be a key challenge in the world today Creek's Occupational Therapy and Mental Health is essential reading for students and practitioners across a wide range of health professions capturing contemporary practice in mental health settings Now fully updated in its sixth edition it retains the clarity and scholarship associated with the renowned occupational therapist Jennifer Creek while delivering new knowledge in a fresh perspective Here readers can find everything they need on mental health for learning practice and continuing professional development Complex topics are presented in an accessible and concise style without being oversimplified aided by summaries case studies and questions that prompt critical reflection The text has been carefully authored and edited by expert international educators and practitioners of occupational therapy as well as a diverse range of other backgrounds Service users have also co authored chapters and commentaries Evidence based links between theory and practice are reinforced throughout This popular title will be an indispensable staple that OTs will keep and refer to time and again Relevant to practice outlines a variety of therapeutic interventions and discusses the implications of a wide range of contexts New chapters on eating disorders cognitive learning based approaches and being a therapist Extended service user commentaries Expanded scope to accommodate diverse psychosocial perspectives and culturally sensitive practices New questions for readers in every chapter Key reading and reference lists to encourage and facilitate in depth study

Culture, Health and Illness, Fifth edition Cecil Helman, 2007-01-26 Culture Health and Illness is the leading international textbook on the role of cultural and social factors in health illness and medical care Since first published in 1984 it has been used in over 40 countries within universities medical schools and nursing colleges This new edition meets the ever growing need for a clear starting point in Theorising Occupational Therapy Practice in Diverse Settings Jennifer Creek, Nick Pollard, Michael Allen, 2022-11-29 Practice theory provides a way of understanding everyday life but until now its application in occupational therapy has not been much developed Theorising Occupational Therapy Practice in Diverse Settings draws on practice theory to explore the conditions for occupational therapy practice in a variety of clinical and non traditional settings With examples from around the globe the chapters of the first section unfold practice theory perspectives of occupational therapy history the management of occupational therapists in health systems professional roles and working contexts A bridging chapter reviews this development and sets out some of the global social phenomena that shaped occupational therapy including colonialism and social inequality The authors look forward to where the profession finds itself at present in terms of social and health needs power structures occupational therapy theory and emerging areas of practice The second section of the book considers how occupational therapists are responding to the challenges facing the profession in relation to issues of access resources and change A final chapter reviews how occupational therapy can meet the health related occupational needs of individuals communities and populations throughout the 21st century While acknowledging the complexity of occupational health and social needs the book enables readers to relate occupational therapy aims and objectives effectively to pragmatic strategies for dealing with the realities of working in different settings With numerous case examples this is an important new text for students and practitioners of occupational therapy It is relevant both for those working in or preparing for placements in mainstream health and social care services or in community interest companies charities and social enterprises

Reconstructing Trauma and Meaning Ileana Carmen Rogobete, 2015-09-04 Repressive regimes regardless of their nature and geographic location have a destructive and dehumanizing effect on people's lives Oppression and political violence shatter victims identities their relationships communities and the meaning of their world as a safe and coherent place However while some people suffer traumatising long term effects others become stronger and more resilient able to rebuild their lives in the aftermath of tragedy Reconstructing Trauma and Meaning is an invitation to revisit bear witness and listen to the stories of suffering and healing of survivors of apartheid repression in South Africa This work is an exploration of the life trajectories of former victims of gross human rights violations during apartheid and their creative ways of reconstructing meaning after trauma Their life narratives shaped by social political and cultural realities are a valuable contribution to the collective memory of the nation as an intrinsic part of the continuous process of reconciliation and transformation in South Africa

Counseling People of African Ancestry Elias Mpofu, 2011-06-27 This volume advances a uniquely Afro centric sociocultural understanding of health maintenance and risk reduction in African

cultural heritage populations It unites a diverse group of leading African and Africanist scholars in an exploration of common cultural values in African heritage communities and their practical applications in contemporary counseling The chapters highlight the prominent health issues faced in Africanist settings today and use real world experiences to illustrate core lessons for effective community action The approach spans complex cultural milieus from diversity counseling to conflict resolution Each chapter includes field based experiential tasks discussion boxes research boxes and case studies which serve as valuable resources in both coursework and casework Counseling People of African Ancestry is an essential primer for community health workers counselors and educators seeking a better understanding of African cultural heritage settings to promote community health well being and development **Journal of Psychology in Africa** ,2007 **Review of General Psychiatry, Fifth Edition** Howard H. Goldman,2000-07-20 This edition of this popular text continues as a comprehensive and balanced introduction to general psychiatry for students and practitioners Updated features include the latest diagnostic algorithms new nomenclature from DSM IV updated coverage of neuroscience and psychopharmacology Includes extensive clinical vignettes and case summaries African Journal of Reproductive Health ,2002 International Books in Print ,1997 The South African Journal of Communication Disorders ,2007 **Contextualising Community Psychology in South Africa** Maretha Visser,2007 **Medical Books and Serials in Print** ,1984 **Human Behavior** Alan Stoudemire,1994 Now in its revised updated Third Edition Dr Stoudemire s introduction to behavioral science remains the ideal text for the human behavior course taken by first year and second year medical students The book emphasizes a biopsychosocial model that enables students to fully understand behavior in health and illness Over half of the chapters have been completely rewritten for this edition This text is an excellent companion to the Third Edition of Stoudemire s Clinical Psychiatry for Medical Students **Bowker's Medical Books in Print** ,1975 Psychology. Sielkunde ,1987

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