

**INSTITUTE**

HEALTH & DEVELOPMENT  
COMMUNICATION

# Depression

## You can beat it



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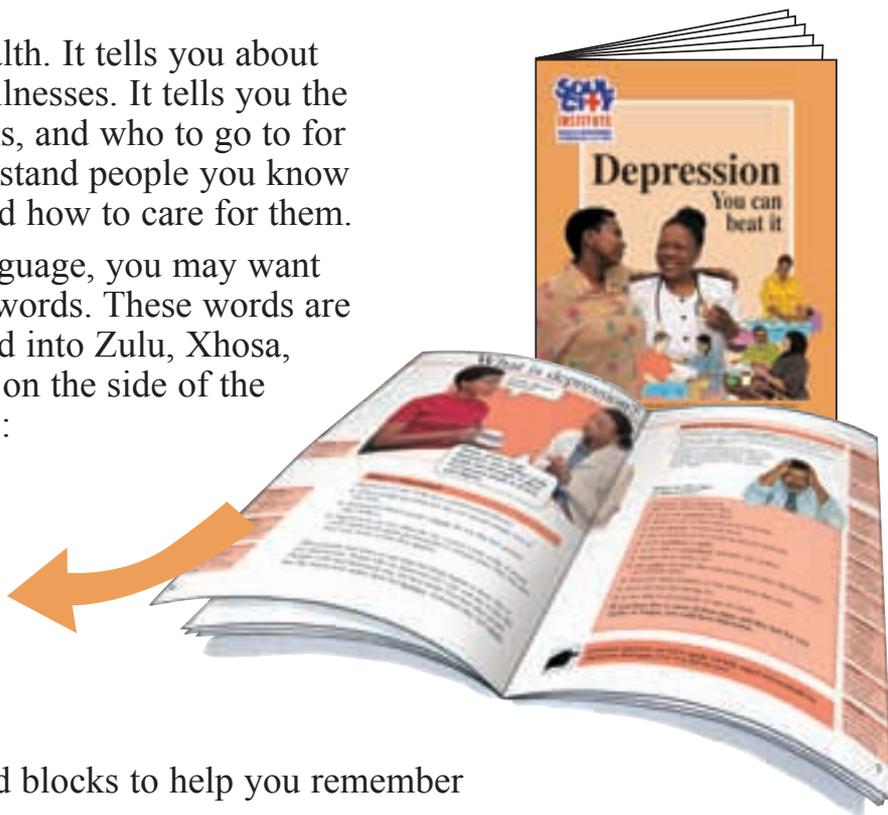


# How to use this book

This book is about mental health. It tells you about depression and other mental illnesses. It tells you the signs of these mental problems, and who to go to for help. It will help you to understand people you know who have mental illnesses, and how to care for them.

If English is not your first language, you may want translations of some difficult words. These words are underlined. They are translated into Zulu, Xhosa, Sotho and Afrikaans in boxes on the side of the page. The boxes look like this:

English
▪ Zulu
▪ Xhosa
▪ Sotho
▪ Afrikaans



In this book there are coloured blocks to help you remember important things:



**Our mental health affects our relationships with our families and our communities.**



**How to help your child who is depressed:  
Take the child to see a counsellor or social worker.**

## TIP BOX

There are also tip boxes that will give you ideas:

### Tips for parents and carers:

**Make time to talk to your teenager. Get treatment and support quickly if you notice signs of depression.**

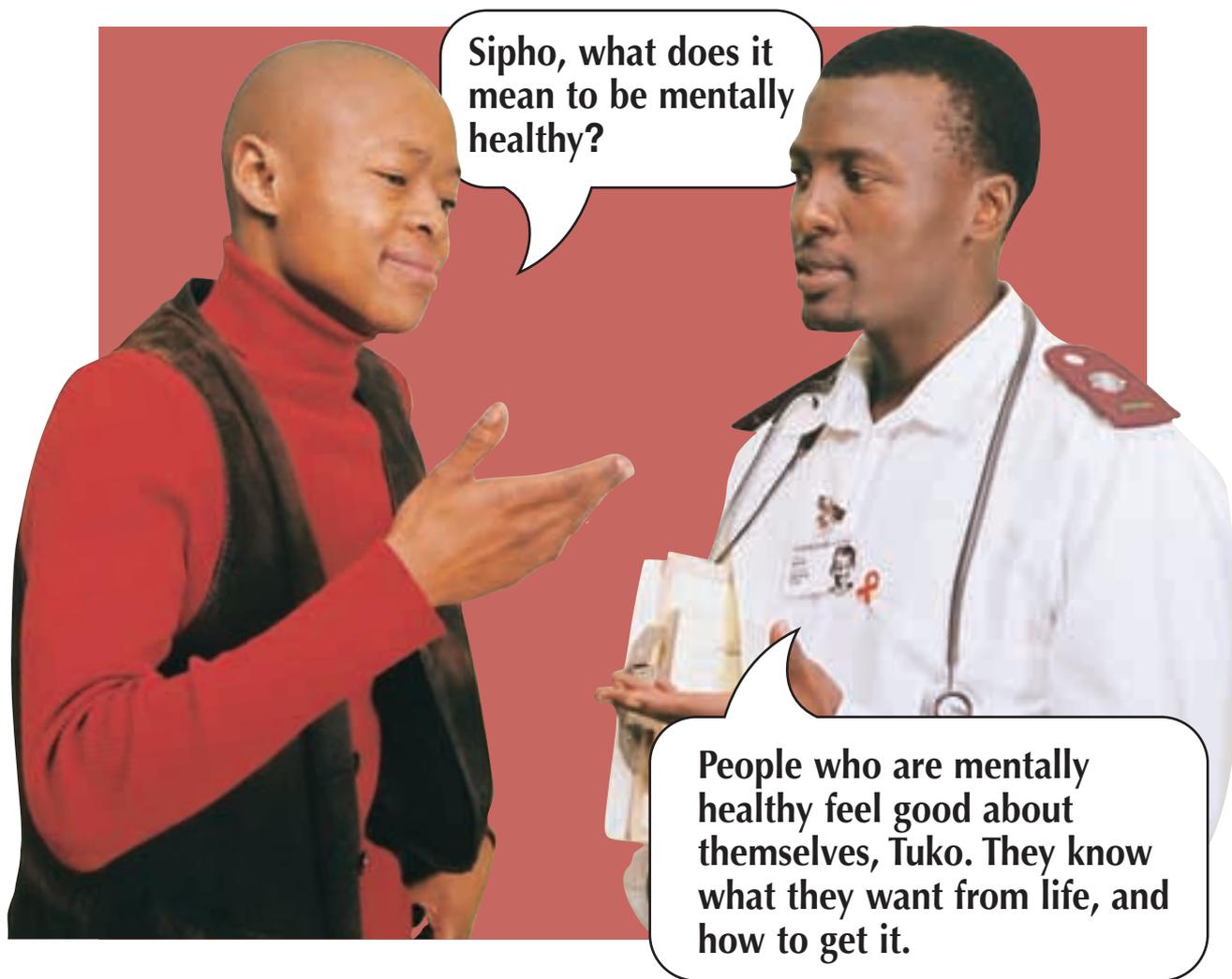


# Contents

<b>What is mental health? .....</b>	<b>2</b>
<b>What is mental illness? .....</b>	<b>4</b>
<b>What is depression? .....</b>	<b>6</b>
<b>How depression can affect your life .....</b>	<b>8</b>
<b>Wrong ideas about depression .....</b>	<b>10</b>
<b>How to treat depression .....</b>	<b>12</b>
<b>How to help someone who has depression .....</b>	<b>14</b>
<b>Living with depression or any other mental illness .....</b>	<b>16</b>
<b>Coping with someone who is suicidal .....</b>	<b>18</b>
<b>Children and depression .....</b>	<b>20</b>
<b>Teenagers and depression .....</b>	<b>22</b>
<b>Post-natal depression.....</b>	<b>24</b>
<b>Older people and depression .....</b>	<b>26</b>
<b>Other mental illnesses.....</b>	<b>28</b>
– Panic disorder .....	28
– Post-traumatic stress disorder .....	29
– Schizophrenia .....	30
– Bipolar disorder .....	31
<b>List of places to help you .....</b>	<b>32</b>



# What is mental health?



## stress

- ukuxineka
- udandatheko engqondweni
- kгатello moyeng
- stres

## trust

- omethembayo
- omthembayo
- tshang
- vertrou

## accept

- ukwamukela
- yamkela
- amohela
- aanvaar

## cope

- ukubhekana nesimo
- melana
- ho kgona ho etsa ntho
- hanteer

## How to stay healthy

If we want to stay healthy, we must take care of our bodies. But we also need to take care of our mental health. Our mental health is the way we think and feel about ourselves.

People who are mentally healthy can deal with problems and stress.

- They can trust and accept other people.
- They can cope with problems.
- They can talk about how they feel.
- They can be happy.

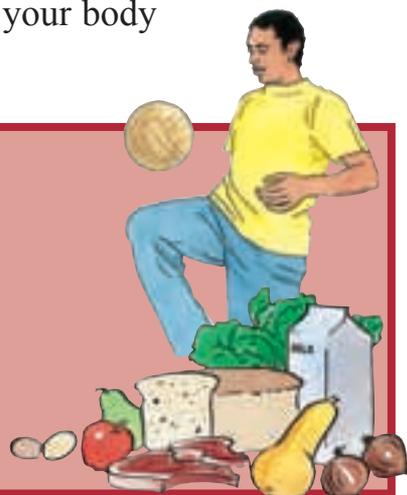
They know what makes them stressed. They ask for help and support when they need it.

## Ways to care for your mental health

Caring for your mental health means caring for your body and your mind.

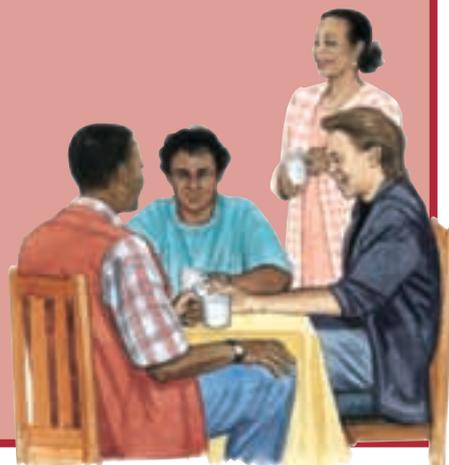
### Care for your body

- Have regular exercise.
- Eat plenty of fruit and vegetables.
- Take time to relax, and get enough sleep.
- Don't smoke, or drink too much alcohol, and don't take drugs.



### Care for your mind

- Value your friends and your family. Share your love, laughter and stories with them.
- Set goals, and work to reach them. But don't let these goals make you feel stressed.
- Try to balance your work, your home-life and your friends.
- Ask your friends and family for help when you need it.
- Talk about how you feel.
- Show respect for the people around you.
- If you do not have a job, learn new skills, or do something that interests you.
- Find ways to deal with your problems.
- Don't avoid important decisions.
- Try to find beauty and joy in your life.
- Look for peace and spiritual well-being.
- Get religious support.



#### value

- ukhlonipha
- xabisa
- nka e le ba bohlokwa
- waardeer

#### goals

- izinjongo
- iinjongo
- seo o batlang ho se fihlela
- doelwitte

#### balance

- ukuhlela kahle
- ukulungelelanisa
- lekanya
- balanseer

#### respect

- ngenhlonipho
- ngentlonipho
- hlomphe
- respek

#### decisions

- izinqumo
- izigqibo
- diqeto
- besluite

#### well-being

- impilo
- ulonwabo
- thabo
- welstand



Our mental health affects our relationships with our families and our communities.

# What is mental illness?



**chemicals**

- amakhemikhali
- imichiza / iikhemikhali
- dikhemikhale
- chemiese bestanddele

**brain**

- ubuchopho
- ubuchopho
- boko
- brein

**cruel**

- ngesihluku
- khohlakele
- sehloho
- wreed

## What is mental illness?

- Mental illness affects a lot of people. Most mental illnesses happen when something goes wrong with the chemicals in your brain.
- A person with a mental illness cannot help being sick. People who are mentally ill find it hard to cope with what is happening in their lives.
- People who have mental problems need help. There is no reason to be cruel to them.

Depression is a common mental illness. There are also other mental illnesses – read pages 28 to 31 to find out about these.



There is no need to be afraid of mental illness. Nearly half the people in the world will have mental illness at some time in their lives.

## How does mental illness start?

Sometimes big changes cause stress in people's lives. Sometimes a lot of small things build up and become stressful. When something happens that starts off a mental illness, it is called a trigger.

- Triggers do not cause mental illness – they cause changes that can result in mental illness over time.
- If someone is already vulnerable to mental illness, a trigger can make the problem show itself.

### Stress can trigger mental illness.

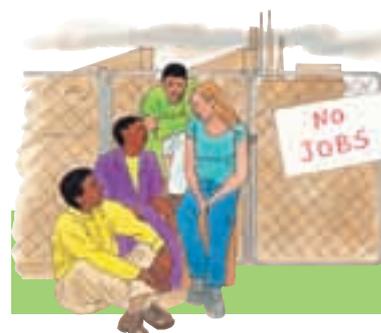


- When this happens you don't sleep enough, or you try to keep going even when you need to rest. You may pretend you have no worries.
- Some people think alcohol or drugs will help them cope with the stress.

### Events can trigger mental illness.

They can be events like these:

- A trauma like rape, violence or robbery.
- Being unemployed, losing a job or having money problems.
- A big event or life-change like a wedding, a death or having a baby.
- A seasonal event like Christmas or exams.



### How are mental illnesses treated?

Mental illnesses can be treated with medicines.

- People with a mental illness often take medicine, and go for therapy or to a support group. Read page 13.
  - Sometimes people need to take medicine for a long time. This is like someone with asthma or high blood pressure.

If you think you, or someone you know, has a mental illness, get help. Go to a clinic or contact one of the organisations on pages 32 and 33.



#### trigger

- isiqalo
- inkcukumiso
- qhomme
- sneller

#### vulnerable

- ukuba sesimeni
- ukuba sesichengeni
- ho se sireletsehe
- kwetsbaar

#### worries

- amawari
- iinkxalabo
- matshwenyeho
- bekommernisse

#### events

- izehlakalo/ izenzakalo
- iziganeko
- diketsahalo
- gebeurtenisse

#### trauma

- inhlekelele
- ukuxhwaleka
- tsieleho
- trauma

#### seasonal

- okwenzeka ngezikhathi ezithile
- yexesha elithile lonyaka
- ya sehla
- seisoenale

#### therapy

- i-therapy
- unyango
- kalafong
- terapie

#### support group

- iqembu elisekelayo
- iqela lokuxhasana
- sehlopha sa tshetsetso
- ondersteunings-groep

# What is depression?



## affects

- luphatha kabi
- ichaphazela
- ama
- affekteer

## What is depression?

Depression is one of the most common mental illnesses.

- When people get depressed, they feel sad and unhappy most of the time.
- Depression affects people's moods, the way they feel, and how they behave.
- Depression can also affect the way a person's body works. A person with depression might get headaches or stomach aches. They may also feel very tired, or lose their appetite.

Most people feel down or sad when bad things happen to them. This is not depression. People who are depressed can't cope with day-to-day life. People with bad depression may not have harder lives than other people, but the depression makes them feel hopeless. Sometimes they feel empty.

## moods

- umqondo omuhle
- isimo esiguqakayo
- maikutlo
- buie

## hopeless

- ukungabi nathemba
- ngabinathemba
- hloka tshepo
- hopeloos

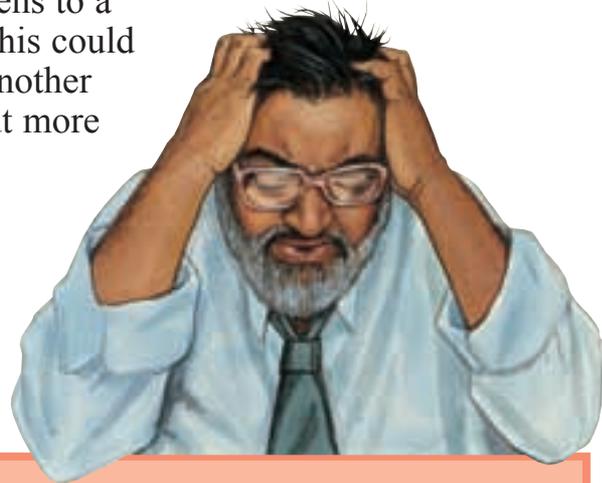
## empty

- ukungabi nathemba
- lambatha
- ba se na letho
- leeg

## What causes depression?

Depression is caused by a chemical imbalance in the brain. This causes very sad feelings, and it also changes the way the person behaves.

- A person has a bigger risk of getting depression if someone else in their family has had it.
- Sometimes something that happens to a person can trigger depression. This could be death, a bad relationship or another problem. Read page 5 to find out more about triggers.



## What are the signs of depression?

A person who is depressed may show some of these signs:

- Feels sad, rejected and alone.
- Wants to cry, or feels angry most of the time.
- Feels anxious, worried and afraid.
- Has no interest in life or gets no pleasure from life.
- Feels worthless or guilty.
- Is not able to concentrate, and feels very restless.
- Thinks about dying a lot.
- Has aches and pains that seem to have no cause, like headaches or stomach aches.
- Does not sleep properly, or may sleep more than usual.
- Does not feel like having sex.
- Is not able to eat properly or eats too much.

**If you have five or more of these signs, and they last for two weeks or longer, you could have depression.**

### chemical imbalance

- ukungabhalansi kahle kwama-khemikhali
- ukungalungelelan kweekhemikhali
- ho se lekane ha dikhemikhale
- chemiese wanbalans

### risk

- ingozi
- umngcipheko
- ho ba kotsing
- risiko

### rejected

- ukulahlwa/ ukwaliwa
- baliwe
- qheletswe ecaleni
- verstoot

### anxious

- ixhala
- xhalabile
- tshwenyehile
- angstig

### worthless

- ukuba yize
- bengaxa-bisekanga
- ba se na molemo
- niks werd

### guilty

- ukuzizwa unecala
- netyala
- molato
- skuldig

### concentrate

- ukugxilisa umqondo
- zinzisa ingqondo
- ho beha maikutlo nthong e iseng
- konsentreer

### aches

- izinhlungu
- iintlungu
- bohloko
- pyne en skete

### suicide

- ukuzibulala
- ukuzibulala
- ho ipolaya
- selfmoord



Sometimes depression can lead to suicide. Get help, support and treatment for depression. Read pages 12 to 19 to find out more.

# How depression can

Depression can affect you in many ways. Men and women may show depression in different ways – women may get tired and sad, while men get aggressive or angry. Depression is treatable, but don't ignore the signs.



## Depression can affect your health

- Depression affects your immune system. This means that you may get sick more easily.
- It can also affect your sleep, your appetite and your memory.
- You may get pains, headaches or stomach problems that don't go away.

## Depression can affect your family and friends

- You may withdraw from your family and friends. You may not want to go out with them.
- You may withdraw from your partner or lose interest in sex. Your partner may have to look after the children, and do the daily jobs alone. This can cause anger, frustration and loneliness for your partner.
- Children may blame themselves if their parent is depressed. They may feel confused and hurt if their parent is angry, or has big mood changes.



**aggressive**  
■ ukuba nolaka  
■ noburhalarhume  
■ halefa  
■ aggressief

**treatable**  
■ ukwelapheka  
■ iyanyangeka  
■ alafeha  
■ kan behandel word

**immune system**  
■ amasosha omzimba  
■ imo yokukhusela  
■ masole a mmele  
■ immuunstelsel

**memory**  
■ ukukhumbula  
■ ukugcina ngentloko  
■ mohopolo  
■ geheue

**withdraw**  
■ ukuhoxa  
■ rhoxa  
■ ikgula  
■ onttrek

**frustration**  
■ ukukhathazeka  
■ ukuhlupheka  
■ sitisana  
■ frustrasie

**blame**  
■ ukusola  
■ sola  
■ ho beha molato  
■ blameer

**confused**  
■ ukudideka  
■ didekile  
■ ferekane  
■ verward

# affect your life



## Depression can affect your work

- You may take many days of sick leave.
- You may feel sad, and not be able to do anything with confidence.
- You may not work as hard or as well as you did before you were depressed.
- You may argue with others, feel criticised, or believe that you are being treated unfairly.

### confidence

- ukuzethemba
- ukuzithemba
- tshepo
- selfvertroue

### criticised

- ukusolwa
- uyagxekwa
- o sehollwa
- gekritiseer

It can be hard to do, but talking about your feelings will help you to cope. You can talk to a counsellor, health worker or religious leader. You can also join a support group or go for talk therapy. This will teach you new ways to understand and cope with your problems.

# Wrong ideas about

Pretending you are happy will not take away your depression. It is an illness that is caused by a chemical imbalance in the brain. It can be treated.

Because it is hard to talk about depression, there are many wrong ideas about it. These wrong ideas mean that depression is often ignored or not taken seriously. Here are some of the wrong ideas about depression.



**X** Children can't get depressed

**✓** Children **can** get depressed. At least 2 in every 100 children get depressed.

Depressed children will behave differently from the way they usually behave.



**X** It is not manly to talk about your feelings

**✓** It is important for everyone to be able to talk about their feelings. Many men try to hide depression by drinking alcohol or by not seeing their friends.

Some men who are depressed get angry and violent. Getting treatment for depression can change this behaviour.



**X** You can cope with depression by yourself

**✓** It is very hard to cope with depression alone. There is no shame in getting help for depression.

If you get help, your depression will not affect your family, your work and your friendships.

## behave

- ukuziphatha
- baziphatha
- ho itshwara
- optree

## shame

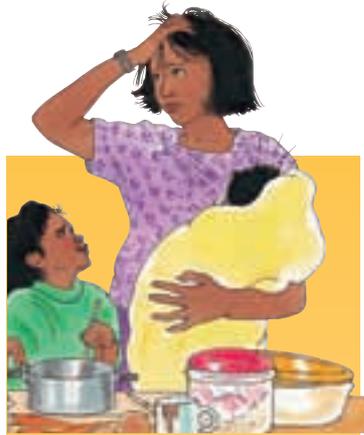
- uphoxa
- phoxa
- tlontlolla
- skande

# depression



**X** All teenagers are withdrawn and moody

**✓** Not all teenagers are withdrawn and moody. Those who are may be depressed. Adults should be aware of the signs of teenage depression, and try to get help. Read pages 22 and 23.



**X** It is wrong for a woman to feel sad when she has a new baby

**✓** Having a baby is a big life change for a woman. The changes in hormones can make many women feel depressed when they are pregnant or after they have had their baby. If you feel depressed when you are pregnant, getting treatment can help to stop problems after the birth.



**X** Older people cannot get depressed

**✓** As people get older, they may have many more triggers of depression, like illness or losing a partner. They may have coped when they were younger. But having to rely on others may make them feel more helpless and dependent. This may make them give up on life.

## withdrawn

- ukuhoxa
- ukuba wedwa
- ho se ikamahanye
- teruggetrokke

## moody

- ukushintsha shintsha
- banesimo esiguqukayo
- maikutlo a sa hlakang
- buierig

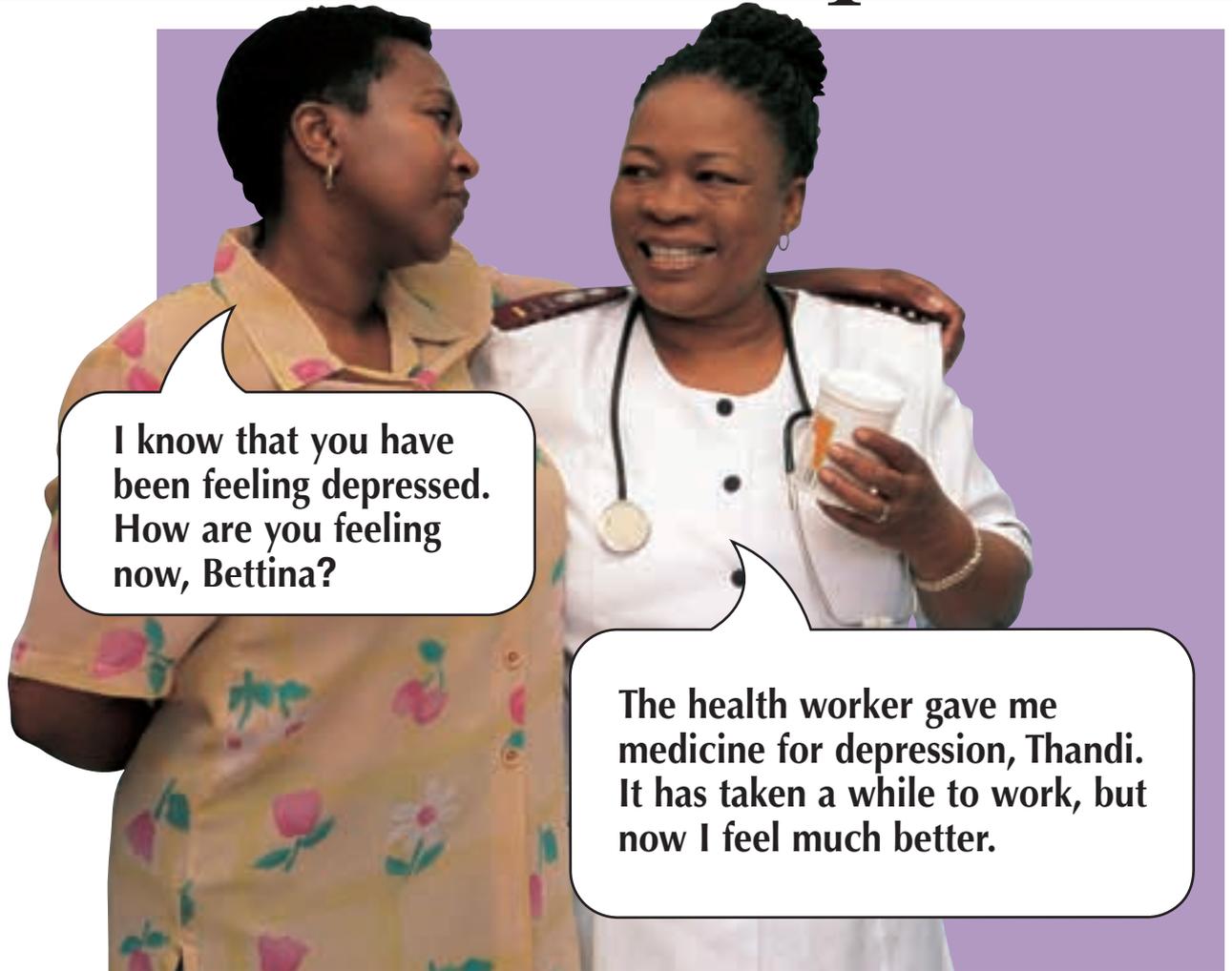
## hormones

- ama-hormone
- amadlala oluvo/ii-hormone
- dihormone
- hormone

## dependent

- ukuncika
- ukuxhomekeka
- ba tshepetse mothong e mong
- afhanklik

# How to treat depression



## courage

- isibindi
- inkuthazo
- kgothaletsa
- moed

## shy

- ukuba namahloni
- khuthaza
- dihlong
- skaam

## strong

- ukuba namandla
- womelele
- matla
- sterk

## Depression can be treated

Depression can be treated, but it takes time and courage.

Getting help for depression begins when you are able to tell someone about it. This can be hard, because we do not always have the words to describe our feelings.

Most people are shy to talk about how they feel. They find it easier to talk about a problem that can be seen, like a broken leg.

However, hiding your feelings can make the depression worse. A strong person will ask for help.



The best way to treat depression is to talk about it, to take your medicines, and to make small changes that make your life easier.



## How to treat depression

### Talk to someone who takes the illness seriously

- Talking is an important way to treat depression. Some clinics and community organisations give counselling and talk therapy.
- Talk therapy is special counselling where you can talk about your problems. This can teach you to cope better with life. It will help you to develop, and to avoid depression in the future.
- Start by talking to a friend or spiritual leader or priest about how you feel. Talk to other people who have had treatment for depression.

#### seriously

- kanzulu
- ngokuqiniseka
- nkela hodimo
- ernstig

#### develop

- ukukhula
- phuhlisa
- tswelapele
- ontwikkel



### Get medicines to treat your depression

Anti-depressants are the most common medicine for depression.

They need to be taken for a long time. It can take between 3 and 4 weeks before you feel them work. Anti-depressants are not addictive, but they may have side-effects. Side-effects are different for everyone.

- You may feel thirsty.
- You may not want to eat.
- You may want to sleep a lot.

Talk to your doctor about the medicine and side-effects.



#### anti-depressants

- imithi evimbela
- izidodobalisi kudakumba
- ho lwantsha ho tetebela ha maikutlo
- anti-depressante

#### addictive

- ukuhuha
- iyarhurhisa
- bokgoba
- gewoonte-vormend

#### side-effects

- imiphumela engemihle
- iziphene
- ditlamorao
- nowe-effekte

### Make small changes to make you feel better

- Go for walks.
- Eat regular, healthy meals.
- Hug your children, family and friends.
- Make time to relax and enjoy yourself.



#### regular

- njalo-njalo
- ngokuthe rhoqo
- kgafetsa
- gereelde



# How to help someone



## People with depression may try to hide it

- People with depression may blame their feelings on the difficult things that are happening to them.
- People with depression may feel embarrassed about it, and may not be able to talk about what they feel.
- They may try to hide the depression from their friends and families.

### blame

- ukusola
- sola
- ho beha molato
- blameer

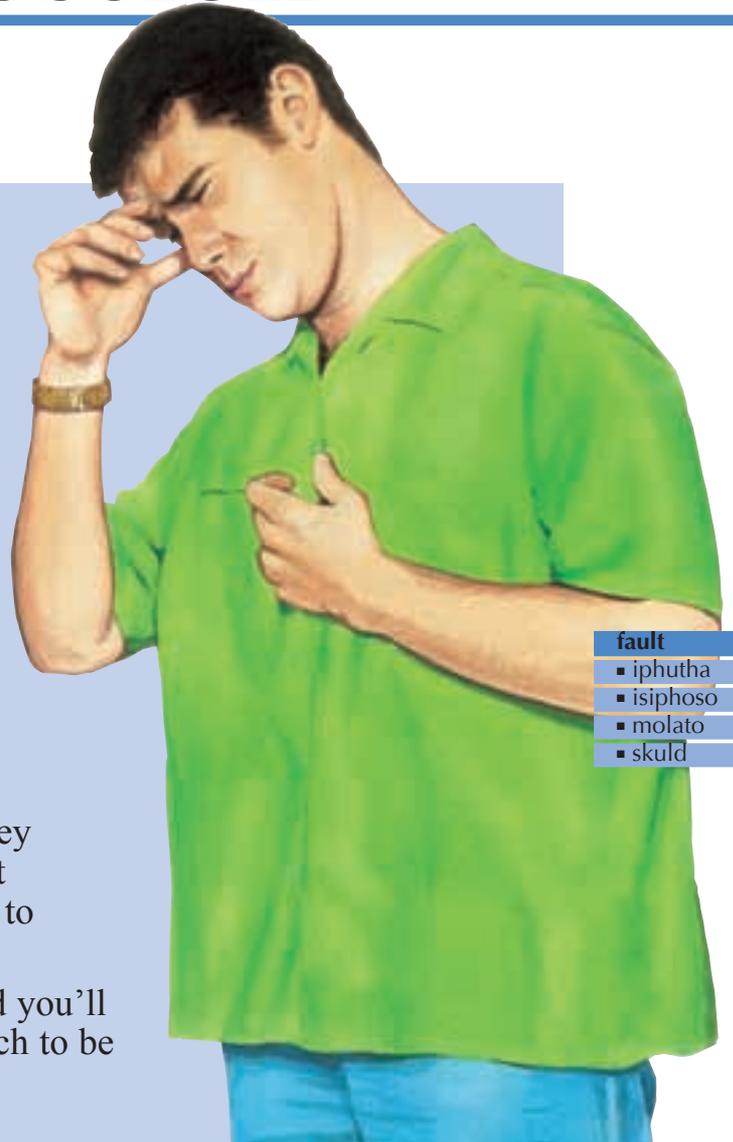
### embarrassed

- ukuba namahloni
- baneentloni
- swabile
- verleë

# who has depression

## How to talk to someone who may be depressed

- Talk to them when you are alone together.
- Ask them if they would like to talk about what's wrong.
- Tell them that you think they might have depression.
- Give them some examples of the signs you have noticed.
- Explain to them that depression is an illness, and it is not their fault.
- Help them to get treatment and support. Read pages 12 and 13.
- Don't be afraid to ask them if they are thinking about suicide. Don't ignore the fact that they may try to kill themselves.
- Don't say things like: "smile and you'll feel better", or "you have so much to be happy about."



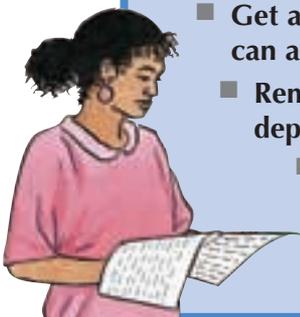
### fault

- iphutha
- isiphoso
- molato
- skuld

### TIP BOX

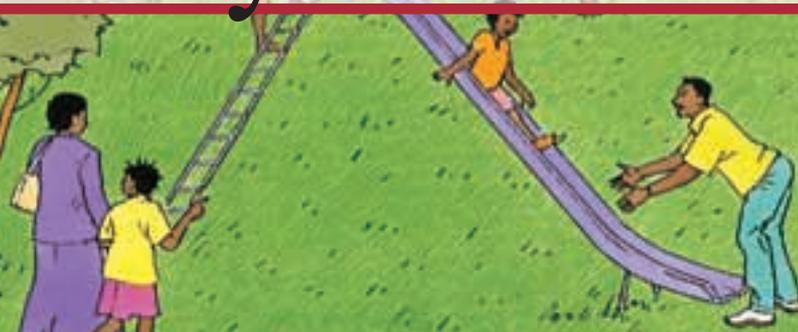
#### Tips for people who are supporting a person who is depressed:

- Get support for yourself. Don't give up your own life to support the depressed person.
- Get as much information as you can about depression so that you understand the illness.
- Remember that it is not your fault that the person is depressed, and you can't change the illness.
  - Even though you try very hard to help, the person may get worse before starting to get better.
  - Don't forget to do things you enjoy. This will help you cope.





# or any other mental illness



Try to do something nice with your children, your family or your friends every day.



Stay away from people and situations that make you feel worse.



Spend time with people you care about, and who care about you.



Stay away from alcohol and drugs.

No thanks.



Eat a healthy diet that includes fruit and vegetables. This will help you feel less tired and run-down.



If you think you have a problem and don't know what to do, phone one of the Helplines at the back of this book. They are run by trained people who will give you support and information.



# Coping with someone

## How to cope when someone you know wants to commit suicide

Suicide is when a person kills himself or herself. Most people who commit suicide show warning signs. It is important to know what these signs are, to see them as serious, and to know what to do about them.

Mental illnesses can sometimes make people feel that there is no hope, and that they want to kill themselves. If a person talks about committing suicide, it is very important to listen and to take them seriously.



## The danger signs of suicide

A person may try to kill himself:

- If he has tried to kill himself before.
- If he talks about death, about suicide, or about how he has let other people down.
- If he has bad depression, and no longer takes pleasure in life.
- If he makes a will, gives away special things, or prepares for death in other ways.

Sometimes people will commit suicide when they have started to get better after being depressed. When they were very ill, they did not have the energy to do it. When they start to feel better, they can plan the suicide, and they have the energy to carry it out.

Don't ever be polite about suicide. If someone who is at risk starts talking about not being around, ask them directly if they have plans to kill themselves. If they do, take action. Next time may be too late.

### commit

- ukwenza into ethize
- enza
- ho etsa ntho
- pleeg

### will

- isinqumo somthetho ngamafa
- umnikelo womyolelo
- thato ya mofu
- testament

# who is suicidal

## What to do if a person talks about killing himself or herself

- Don't try to tell them not to do it. Instead, let them know that you care about them.
- Don't say "You have so much to live for", or make them feel guilty about their family.
- Tell the person that they are not alone, and that they need to get help.
- If you really cannot talk to the person, ask someone else to try.
- Help the person to get professional help from a religious leader, or call a Helpline. There is a list of organisations that can help on pages 32 and 33.
- Don't keep what you know a secret. Tell someone else about it.
- If you find a person who has tried to kill himself or herself, do not leave the person alone. Try to get medical help. Call your local emergency numbers, or send someone else to get help.

### guilty

- ukuzisola/  
ukuzibona icala
- ukuba nesazela
- molato
- skuldig

### professional

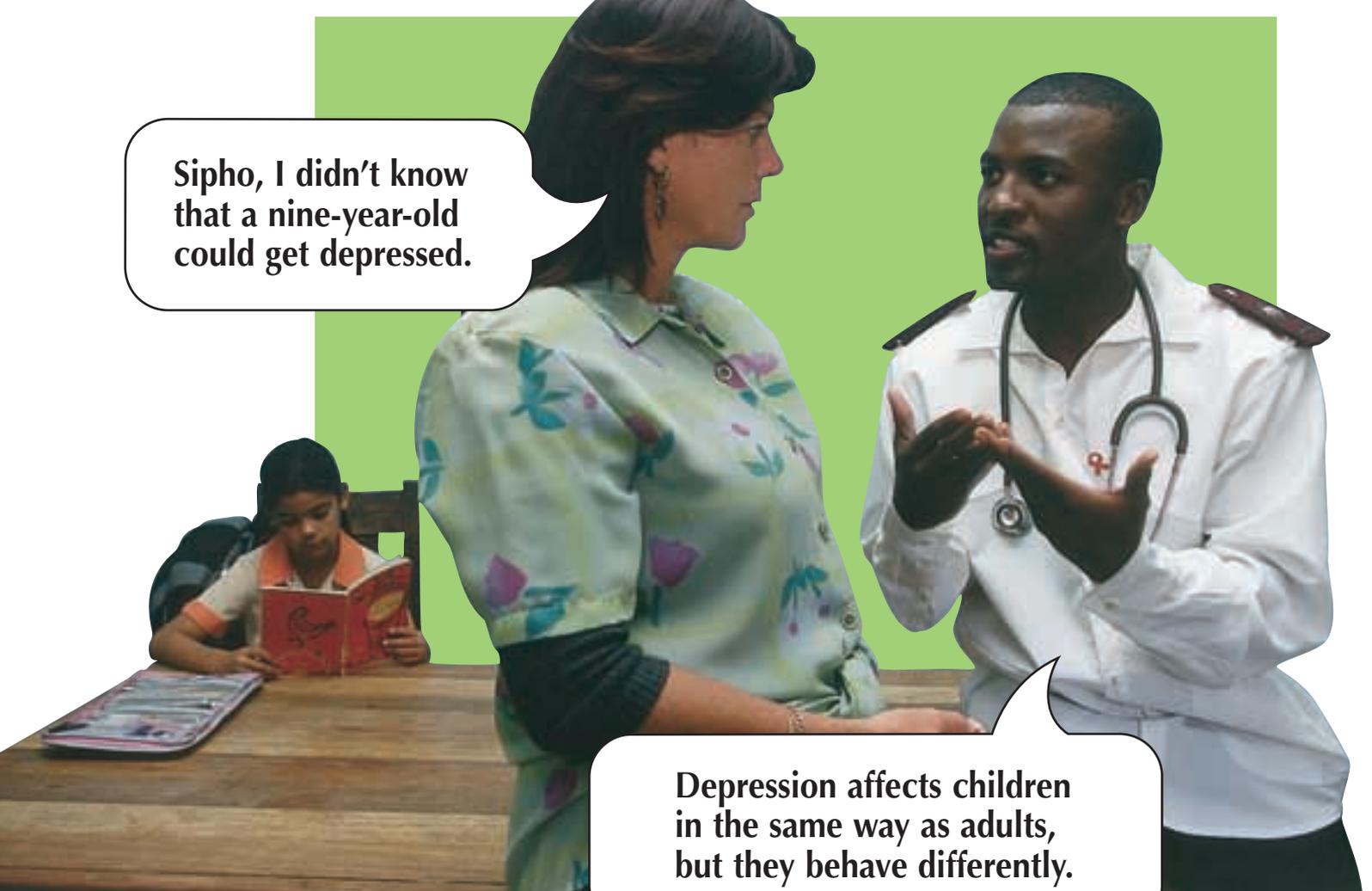
- ulwazi  
nekhono  
elifundelwe
- ngokuqeqe-  
shiveyo
- seprofeshenale
- professionele

Sometimes the person you have tried to help will still commit suicide. If this happens, it is **not** your fault. In the end, the person makes his or her own choice.

If someone you know commits suicide, you will feel very sad and upset, and you will need support. Phone a Helpline, or talk to a religious counsellor, a friend, a therapist or a support group.



# Children and depression



Sipho, I didn't know that a nine-year-old could get depressed.

Depression affects children in the same way as adults, but they behave differently.

## mood

- umqondo omuhle
- isimo esiguqukayo
- maikutlo
- bui

## behaviour

- indlela yokuziphatha
- isimilo
- mekgwa
- gedrag

## cope

- ukwamukela
- melana
- ho kgona ho etsa ntho
- hanteer

## How does depression affect children?

Big life changes can trigger depression in children. For example, this can happen when someone they love dies, or when their parents get divorced.

- Parents and other carers often miss depression in children because they think the child is just behaving badly.
- When a child's mood or behaviour changes so that it affects his or her daily life, the child could be depressed.
- Depressed children often behave badly because they do not know how to talk about their feelings. They do not know how to find other ways to cope with their feelings.

## Signs of depression in children

- getting sick a lot, having headaches or a sore stomach
- whining and crying a lot
- gaining or losing weight
- wetting the bed
- having bad dreams or nightmares
- not sleeping, sleeping a lot, or not being able to wake up after sleep
- eating more or less than usual
- losing interest in friends, school or other activities
- becoming very quiet and shy, or acting wildly
- not wanting to speak to people or wanting to be alone
- getting angry, irritable, and having sudden changes in mood

A child who shows any of these signs for more than a few weeks needs help, support and treatment for depression. Many growing children show these signs sometimes.

### But a child who is depressed:

- could have more than one sign
- could have had the signs for a long time
- could have had a big change in his or her life



#### whining

- ukutetema
- bayakhwina
- bobola
- kerm

#### wildly

- ubudlova
- ngobudlo-  
ngodlongo
- mokgwa  
o hlaha
- wild

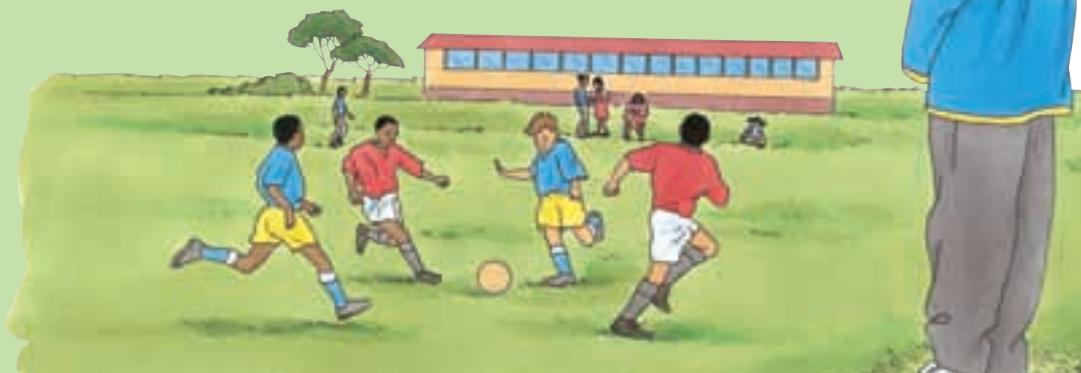
#### irritable

- ukucasuka
- chukumiseka
- kgopiseha
- geirriteerd

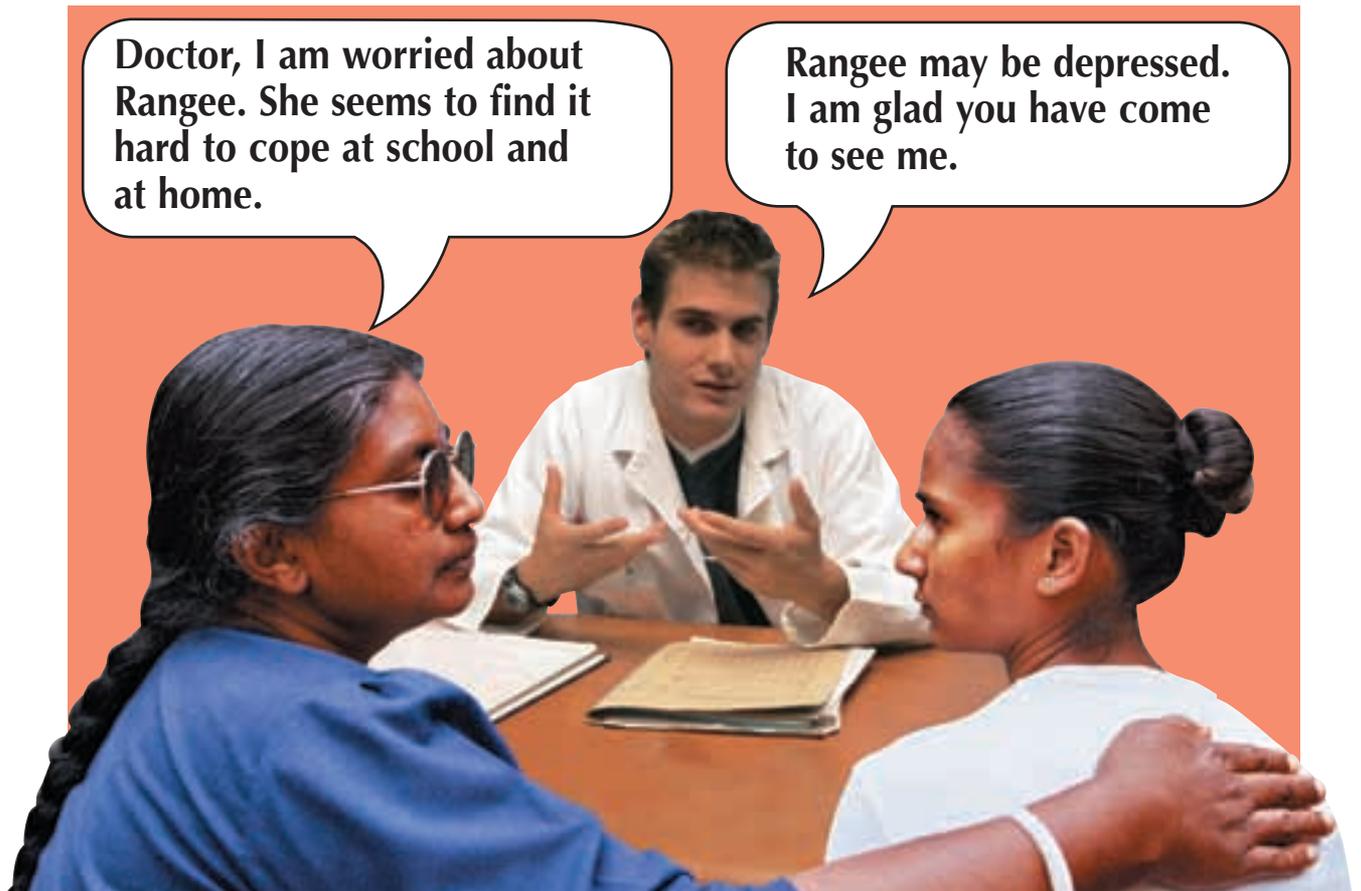


## How to help your child who is depressed

- Take the child to see a counsellor or a social worker.
- Help the child to relax and play.
- Help the child to make drawings that show how he or she feels.
- Help the child to feel good about himself or herself by showing that he or she is special to you.



# Teenagers and depression



## explore their independence

- ukuthungatha imizwa
- bakhangela ukukhululeka kwabo
- hlahloba boikemelo ba bona
- verken hul onafhanklikheid

## accepted

- ukwamukeleka
- ukwamukeleka
- amohelwa
- aanvaar

## rebellious

- ukulwisa
- banovukelo
- ho se mamele
- opstandig

## Depression is common in teenagers

Many teenagers explore their independence. They try to be accepted by their friends. Sometimes they feel unhappy or rebellious. But this is not depression. Depression is when they cannot cope with day-to-day living.

Teenage depression is common. Almost 5 out of every 100 teenagers are depressed. This means that many teenagers find it hard to cope with life, and do badly at school. They may also feel bad about themselves because they are depressed. However, depression can be treated.

### TIP BOX

#### Tips for parents and carers:

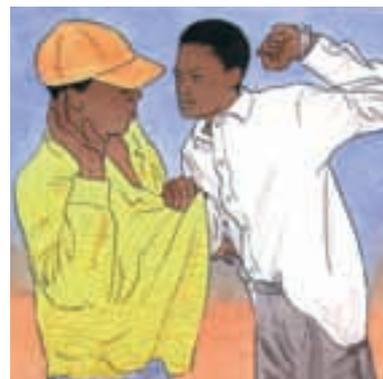
Make time to talk to your teenager. Get treatment and support quickly if you notice signs of depression. Go for counselling to help you and your teenager cope together.

## Signs of teenage depression



Many of the signs of teenage depression are the same as the signs of adult depression. However, there are some signs that are different. Teenagers may do these things:

- Get into trouble or do badly at school.
  - Lose interest in friends, sport and things they used to care about.
  - Change their talk and attitude, and the way they dress.
  - Lose concentration and find it hard to listen.
- Talk about death or suicide.
  - Think the future is hopeless.



### attitude

- indlela yokucabanga/umqondo
- indlela yokucinga
- tsela ya boitshwara/tsela ya ho nahana
- houding

### concentration

- ukugxilisa umqondo
- ingqalelo
- tsepamiso-monahano
- konsentrasie



## How to help a teenager who is depressed

- Listen to what the teenager is trying to say.
- Try not to be critical. Notice the good things, and say so.
- Support them, but allow them to make their own mistakes.
- Don't think their problems are silly – they are important to the teenager.
- Do things together to build trust and confidence.
- Be patient and know that healing takes time.
- Don't push the person to achieve things that he or she can't do or really doesn't want to do.

### critical

- ukungasoli
- nogxeko
- seholla
- krities

### mistakes

- amaphutha
- iimpazamo
- diphoso
- foute

### patient

- ukuba nesineke
- yiba nomonde
- mamello
- geduldig

### achieve

- ukufeza
- fezekisa
- fihlela
- bereik

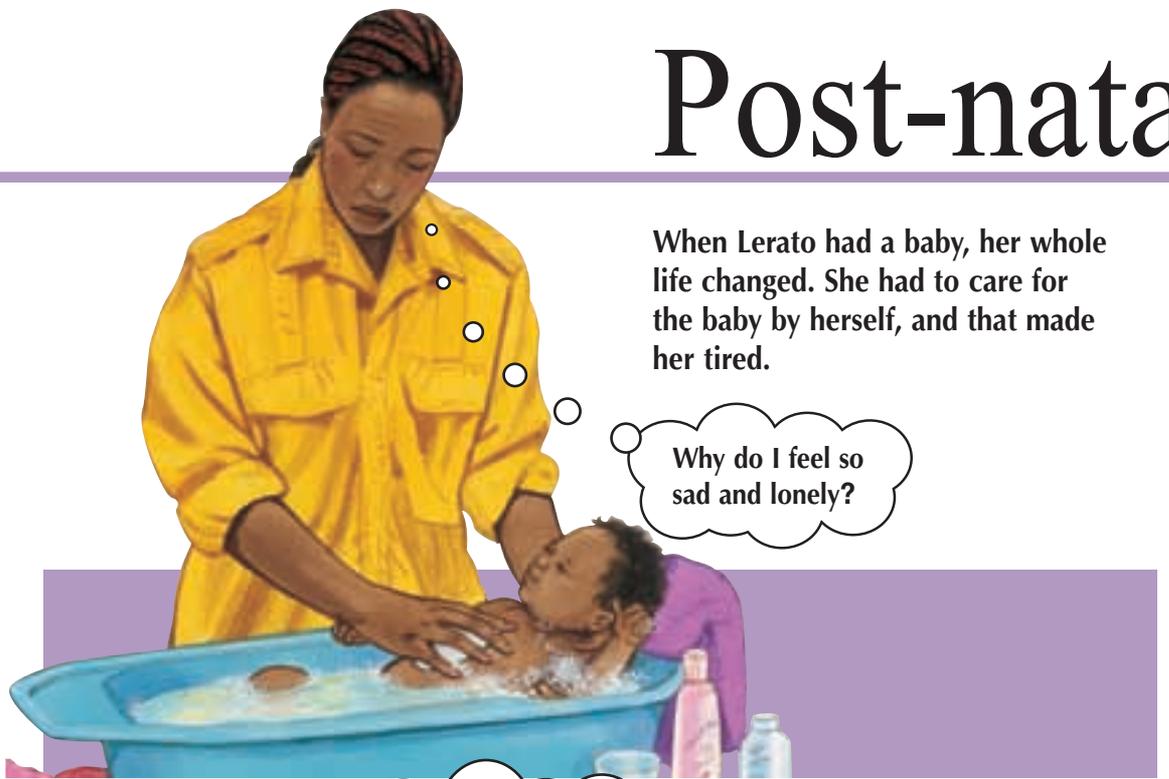
### TIP BOX

#### Tips for teenagers:

Teenage depression can lead to suicide. If your friend is depressed, take him or her to get treatment. Talk to an adult you trust so that you also have support.



# Post-natal

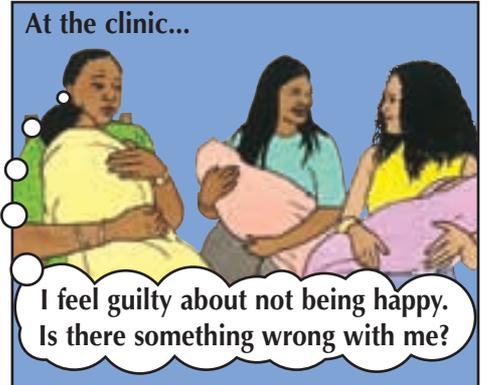


When Lerato had a baby, her whole life changed. She had to care for the baby by herself, and that made her tired.

Why do I feel so sad and lonely?

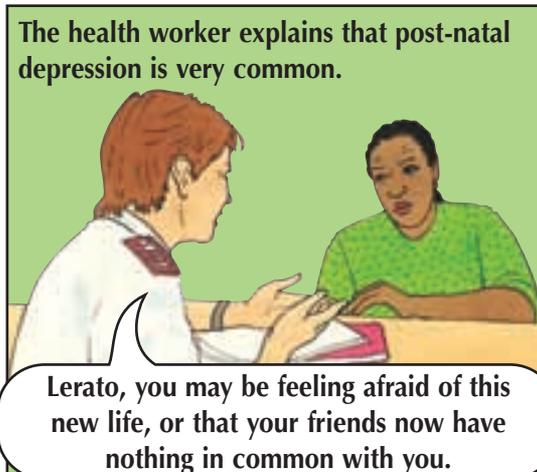


I really miss the fun Simon and I had together.



At the clinic...

I feel guilty about not being happy. Is there something wrong with me?



The health worker explains that post-natal depression is very common.

Lerato, you may be feeling afraid of this new life, or that your friends now have nothing in common with you.



Treatment helped me to feel much better. I feel closer to my family now.

## Other triggers of post-natal depression:

- Being depressed even before you got pregnant
  - Wanting things to be **perfect**
  - Having problems when the baby is born
  - Having difficulties with the baby's father
  - Coping with a baby alone
  - Generally having big worries and stresses
  - Giving up breast-feeding
  - Going back to work
- There may also be no trigger at all.

- perfect**
- seqophelweni eliphezulu
  - gqibelelekile
  - phethahetseng
  - perfek

# depression

There are three types of depression that can affect a woman after she has had a baby:

- The “baby blues” – most women feel very down and sad a few days after the baby is born. This usually goes away after a few days.
- **Post-natal depression (PND)** – this can happen any time in the first year after a woman has had a baby. It can change what should be a happy time into a very difficult time.
- **Post-natal psychosis** – this is very unusual, but it is very serious. When a woman has post-natal psychosis, her behaviour changes a lot, and she may become violent. She needs urgent medical help.

## unusual

- akuvamile
- ayiqhelekanga
- ha ho a tlwaeleha
- ongewoon

## urgent

- ukuphuthuma
- ngxamisekile
- ka potlako
- dringende

## Signs of post-natal depression (PND)

Women who have PND have the same signs as anyone else who has depression (see page 7). But they may also:

- Feel like a bad mother.
- Feel no love for, or take no pleasure in, their baby.
- Feel guilty for not being happy about the new baby.
- Feel very anxious and out of control.
- Feel frustrated and angry, or cry a lot.

If you have some of these signs for more than two weeks, talk to a health worker. If it is not treated, PND can affect the relationship between a mother and her baby.



## anxious

- ukukhathazeka
- baxhalabile
- ba lakatsa ho tseba
- angstig

## out of control

- ukuhluleka ukuzithiba
- ukungalawuleki
- a se taolong
- buitebeheer

## frustrated

- ukuphatheka kabi
- dandathekile
- nyahame
- gefrustreerd



## How to help a woman who has PND

- Be patient with her. Show her that you love her and your new baby.
- Encourage her to talk about her problems and feelings, and to go for counselling.
- Tell her she’s a good mother. Help her with the housework and with taking care of the baby.



Getting treatment for depression while you are pregnant can help prevent depression after the birth of the baby.

# Older people and

Sol, can old people get depression?

Yes, Baba D, they have many life changes to cope with at one time. This can trigger depression.



## Depression affects many older men and women

Older people have to cope with many things that could trigger depression, like the death of a partner, money problems or a long illness.

Because depression affects memory and concentration, people think that a depressed older person is just old and senile. Sometimes doctors treat older people for another problem, without noticing that they have depression. But depression is not a normal part of getting old. It can be treated at any age.

### concentration

- ukugxilisa umqondo
- ukuzinzisa ingqondo
- ho se kgone ho nahanisisa
- konsentrasie

### senile

- umqondo ongasebenzi kahle
- nobuthathaka
- bofokodi ba boqheku
- seniel



The highest rate of suicide in South Africa is among older men.

# depression

## Signs of depression in older people

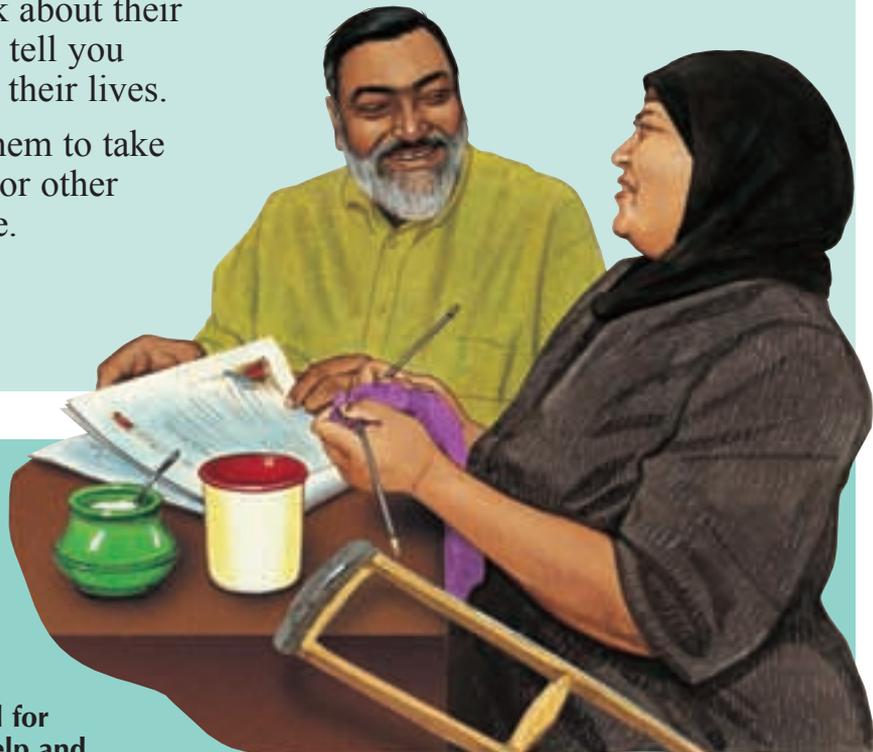
The signs of depression in older people are the same as the signs of depression for other age groups – read page 7. But older people who are depressed may also do these things:

- They sit and stare for most of the day.
- They forget to wash or dress.
- Sometimes they forget who people are.
- Often they think that nothing is worth doing because soon they will be dead.



## How to help older people who are depressed

- Play games, read aloud, or do puzzles with them.
- Get them to help you at home and in community life.
- Visit them often, just to talk or to help with jobs around the home.
- Ask them for advice.
- Let them know that you value them and care about them.
- Listen to what they have to say.
- Let them talk about their feelings, and tell you stories about their lives.
- Encourage them to take short walks, or other light exercise.



Some older people think that depression is a weakness, or that it is wrong to be depressed. This makes it hard for them to ask for help and support. Take time to talk to them, and encourage them to get help.

### worth

- ukuchitha isikhathi
- fanelekile
- bohlokwa
- werd

### advice

- izeluleko
- icebiso
- keletso
- advies

### value

- ukubabona/ukubathatha njengabantu ababalulekile
- ukubaxabisa/indlela ebekekileyo
- ho ba nka ba e le ba bohlokwa
- waardeer

### encourage

- khuthaza
- khuthaza
- kgothatsa
- aanmoedig

### weakness

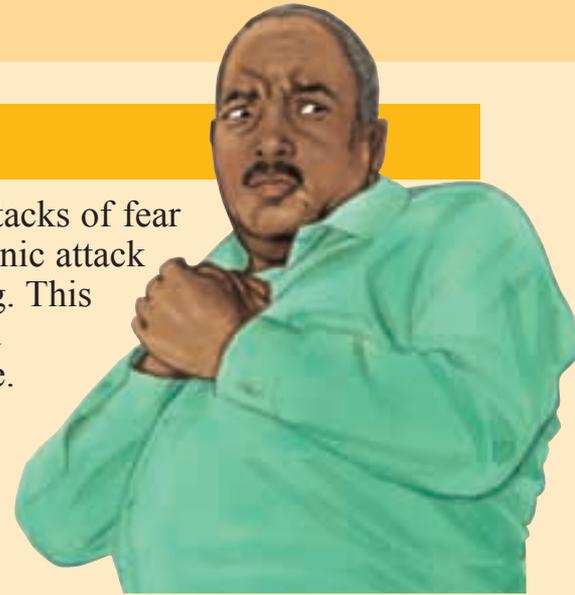
- ubuthakathaka
- ukuthamba
- bofokodi
- swakheid

# Other mental illnesses

Here are some other mental illnesses.  
If you think you or someone you know  
has a mental illness, don't wait.  
Get treatment and help.

## Panic disorder

Zakes has a panic disorder. This causes attacks of fear called panic attacks. When Zakes has a panic attack he feels very afraid, and thinks he is dying. This happens because his brain gets ready for a dangerous situation, even if there isn't one. Sometimes stress causes Zakes's panic attacks, but usually they happen for no reason. A panic attack can last about five minutes.



### panic attacks

- ukuhlaelwa wuvalo
- uhlaselo oluxhwilayo
- phutuhelo ya letshoho
- paniekaanvalle

### dizzy

- ukuba nesiyezi
- ukuba nesiyezi
- ho tsekela
- duiselig

### tingles

- ukuluma noma
- iyantlontlozela
- tjhwatjhwasele
- tintel

### numb

- ukuphelelwa ngamandla
- undindisholo
- ho shwa bohatsu
- dood

### losing control

- ukulahlekelwa ukuzithiba
- ukungakwazi ukuzilawula
- lahlehelwa ke taolo
- beheer verloor

### anxiety

- ukukhathazeka
- ixhala
- ho tshwenyeha
- angs

## These things happen when Zakes has a panic attack:

- His heart beats fast, he has chest pains, and he has difficulty breathing.
- He feels dizzy and sick.
- His body tingles, or feels numb.
- He feels very hot or very cold.
- He is afraid of losing control of his life.
- He is afraid he might die.

A panic disorder is not dangerous. The panic attacks are just the way a person's body reacts to stress. Panic disorder is treated with medicines to control or prevent the attacks. It is also treated with talk therapy.



## Anxiety disorder

A person who feels so worried that it stops him or her from doing certain things could have an anxiety disorder. People who have any anxiety disorder need to get help from a doctor.



## Post-traumatic stress disorder (PTSD)

Trauma is when something very bad happens to you. It makes you feel afraid and hopeless. In South Africa, violence and trauma happen to a lot of people.

Sometimes, after something very bad or shocking has happened, a person can get PTSD. This usually happens soon after the trauma, but can happen years later.



### trauma

- inhlekelele
- ukuxhwaleka
- tsieleho
- trauma

**Patricia was hijacked in her car. Very soon after this she started getting the following signs:**

- She re-lived what happened and had flashbacks to the event.
- She had bad dreams, and couldn't sleep.
- She had panic attacks.
- She felt very afraid.

### flashbacks

- ukuthi shazi komqondo
- iinkazimlo zezikhumbuzi
- ho kgutlela morao o hopola ntho
- terugflitse

**Other things that happen to people with post-traumatic stress disorder:**

- They feel depressed.
- Sometimes they feel they can't trust other people.
- They seem to be unfriendly to their family and friends, and do not want to go out.
- They get frightened by sudden movements and loud noises.
- Often they avoid things, places or people that remind them of what happened.

### remind

- ukuba khumbuza
- khumbuza
- hopotsang
- herinner

Having PTSD does not mean that a person is weak. This is the way the person's mind and body is trying to accept what has happened to them.



If something very bad happens to you, it is very important to get help from a doctor or a counsellor. If you do not get help, you may have bigger problems later.

# Other mental illnesses

**Here are two other mental illnesses that need treatment and help**

## Schizophrenia

Shamina is 22 years old, and has schizophrenia. Schizophrenia is a common mental illness that usually begins when people are between 15 and 35 years.

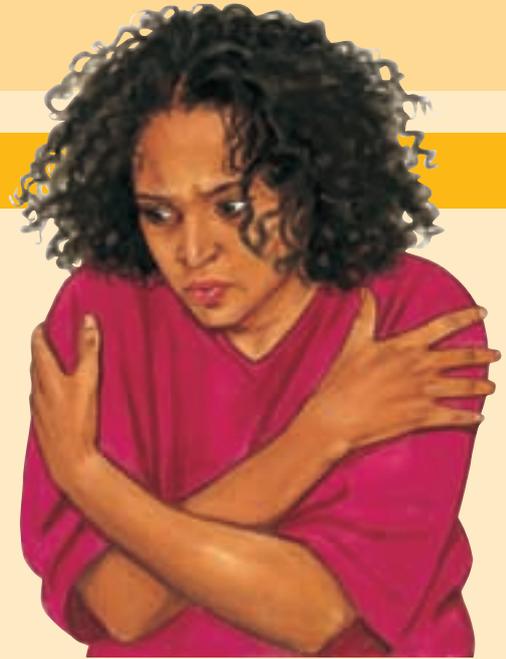
**People with schizophrenia have some of the following symptoms:**

- They hear voices or see and taste things that aren't there.
- They believe that they have special powers.
- They feel that someone wants to kill them.

**People with untreated schizophrenia may also do these things:**

- Not take care of themselves.
- Stay away from other people.
- Not be able to do their work.
- Feel very worried about everyday events.
- Have confused thoughts and confused speech.
- Have emotions that are out of place.
- Be more of a danger to themselves than to others.

Shamina's schizophrenia is controlled, so she won't show the symptoms. She will have to take medicine her whole life so that she will not have these symptoms. Group therapy and support groups can be a big help for Shamina and her family.



**Families and communities should not be afraid of people living with schizophrenia. They have an illness that can be treated. People with schizophrenia need care, support and respect, the same as a person with any other illness.**



## Bipolar disorder

John has bipolar disorder. Bipolar disorder is also called manic depression. People with bipolar disorder have big changes in mood, from being very high, energetic and happy (manic) to a very low, deep depression. They change between being manic and being depressed.

### When John is manic:

- He feels very high, happy and full of energy.
- He does not sleep.
- He thinks fast and talks fast.
- Sometimes he feels that he is more important or powerful than he is.
- He acts in a reckless way, without thinking about the results of his actions.
- Often he can't focus on what he is doing or can't finish things.

#### reckless

- budedengu/  
budlabha
- ukungakhathali
- bohlaswa
- roekeloos

### When John is depressed:

- He feels very sad, and cries a lot.
- He can't focus on what he is doing.
- He has very little energy, and sleeps a lot.
- He takes no interest in himself or his work.

People with bipolar disorder can live normal lives if they are treated with medicine. Bipolar disorder does not go away. John and other people who have the illness will need to take medicine for the rest of their lives. Sometimes they will have to spend a short time in hospital.



If you think you have bipolar disorder, it is very important to see a doctor, because the different stages of the illness need different treatments.

# List of places to

Mental Health  
Information  
Centre

021 938 9229

Department of  
Health

Find out about  
Community  
Psychiatric  
Services in  
your area

## Provincial Organisations

### EASTERN CAPE

**Port Elizabeth Mental Health**  
21 William Street, Cotswold, 6045  
Tel: 041 365 0502

**Uitenhage Mental Health**  
4 Henrietta Lane, Uitenhage  
Tel: 041 922 8025

**Lifeline Offices**  
East London  
Tel: 043 722 1811

### FREE STATE

**Northern Free State Mental Health**  
Round Table Building,  
Cnr. Koppies Alleen & Langenhoven Strs.  
Jan Cilliers Park, Welkom  
Tel: 057 352 1046

**Lifeline Offices**  
Welkom  
Tel: 057 357 2746

### GAUTENG

**North Gauteng Mental Health**  
716 Fry Street, Waverley  
Tel: 012 332 3927

**Vaal Triangle Mental Health**  
10 Daudet Street, Vanderbijlpark  
Tel: 016 931 2910

**Central Gauteng Mental Health Society**  
PO Box 10443, Johannesburg, 2000  
Tel: 011 614 9890

**Lifeline Offices**  
Alexandra Tel: 011 443 3555  
East Rand Tel: 011 421 0384  
Johannesburg Tel: 011 728 1331  
Pretoria Tel: 012 342 9000/9111

### KWAZULU-NATAL

**Durban & Coastal Region Mental Health**  
3 Hatton Avenue, Sherwood  
Tel: 031 207 2717

**Lifeline Offices**  
Durban Tel: 031 303 1344  
Pietermaritzburg Tel: 033 394 4444  
Tel: 033 342 4447

### LIMPOPO

**SA Federation of Mental Health**  
Central Park,  
30 Crown Avenue, Tzaneen  
Tel: 015 307 4732/5941

### MPUMALANGA

**Mpumalanga Mental Health (Middelburg)**  
SADC, Longmark Building  
Suite 3A, Middelburg  
Tel: 013 282 7177

**Mpumalanga Mental Health (Nelspruit)**  
Jacaranda Avenue, Nelspruit  
Tel: 013 752 4811

**Mpumalanga Mental Health (Piet Retief)**  
Piet Retief High School Hostel  
Room 60, Meyer Street, Piet Retief  
Tel: 017 826 3199

**Lifeline Offices**  
Nelspruit  
Tel: 013 755 3606

### NORTHERN CAPE

**Northern Cape Mental Health**  
Central Avenue, Kenilworth, Kimberley  
Tel: 053 841 0537

### NORTH-WEST

**North-West Mental Health**  
29 Du Plooy Street, Potchefstroom, 2531  
Tel: 018 297 5270

**Lifeline Offices**  
Mafikeng  
Tel: 018 381 4263

### WESTERN CAPE

**Cape Mental Health**  
22 Ivy Street, Observatory  
Tel: 021 447 9040

**Lifeline Offices**  
Bishop Lavis Tel: 021 934 4822  
Cape Town City Tel: 021 461 1113  
Khayelitsha Tel: 021 361 9197

# help you

## Other Organisations

### **Bipolar Support Group**

Cape Town

Tel: 072 424 1812 /  
082 412 4448

Pretoria

Tel: 082 884 8071

### **Post-Natal Depression Support Association**

Cape Town

Tel: 021 797 4498  
082 882 0072

### **Bipolar & Schizophrenia Support Group**

Tel: 011 463 9901  
011 883 9542

### **South African Federation for Mental Health**

Private Bag X3053,  
Randburg 2125

Tel: 011 781 1852 / 7263

### **Eating Disorders Unit**

Tel: 011 535 3000/3043

### **Family and Marriage Society of South Africa**

Tel: 011 975 7106

### **South African Sexual Health Association (SASHA)**

Tel: 0860 100 262

### **Rape and Trauma line**

Tel: 011 728 1347 /  
0861 322 322  
011 403 5102

### **South African Depression and Anxiety Support Group**

PO Box 652548, Benmore  
2010

Tel: 011 262 6396  
0800 567 567 (toll free)

### **Elim Drug and Alcohol Rehabilitation Centre**

Tel: 011 975 2951

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If you need more information, speak to one of the organisations on this page. Soul City and Jacana Media cannot be held responsible for any problems.

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# Beyond HIV and AIDS there's hope.

The OneLove campaign is spreading its message of staying with one partner for the greater good of South Africans and all the people of Southern Africa. Soul City Institute of Health and Development Communication believes this is one way that HIV and AIDS can be defeated. Having multiple sexual partners increases your chances of becoming infected with HIV and hurting the ones you love. BP supports this initiative because we're committed to building a healthy, successful nation.

