

Mental illness can affect all

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As we approach World Mental Health Day on October 10 during these unprecedented times, we are reminded that many people are struggling with stress, anxiety and depression.

The South African Depression and Anxiety Group's (Sadag) aim is to help raise awareness and demystify the stigma around mental health.

Stigma doesn't just come from others, it can come from within.

Treatment can provide relief by identifying what's wrong and reduce symptoms that interfere with one's daily life.

Talking about mental health is everybody's responsibility - anyone can get a mental illness.

Research by Afriforte (WorkWell research unit, Faculty of Economic and Management Sciences, NWU Potchefstroom) conducted an online assessment looking at the Covid-19 experiences of 1,656 South African employees, between May 15 to June 15.

The MyCovid19 Experiences found that all were experiencing a crisis at some level.

Most people are familiar with post-traumatic stress disorder (PTSD), which is a long-term mental health disorder that people experience after a traumatic event.

Pre-TSD, on the other hand, involves experiencing stress and anxiety because of an anticipated traumatic event.

Pre-TSD Syndrome is an anxiety condition which differs from the day-to-day stress that people experience, according to professors Ina Rothmann and Christoffel Grobler.

The symptoms of Pre-TSD include racing thoughts and constant worrying, mood swings, concentration issues and poor judgement.

If not addressed proactively, the negative effects can worsen.

Contact the Sadag helpline 0800-456-789, or depression & anxiety line 0800-70-80-90, or suicide crisis line 0800-567-567, or myself, Ruleen De Witt, at 084-280-9126.