



Cape Mental Health  
all about ability



## Cape Town International Kite Festival 2018 Q&A with Cape Mental Health

*1 June 2018*

### **1. This will be the 24<sup>th</sup> Cape Town International Kite Festival. What is Cape Mental Health most looking forward to in 2018?**

Cape Mental Health is taking our 24<sup>th</sup> Cape Town International Kite Festival to new heights. This year we plan to 'Rise Up' again on 27 and 28 October at Zandvlei, Muizenberg to present Africa's biggest kite festival.

We look forward to hosting kites from around the world – and filling the skies with kites that inspire and delight children and adults alike. With a range of kites for sale and more flying space, everyone can enjoy a chance to fly a kite. Kite-making workshops at no cost and competitions like the Edukite Schools' Competition and the Heritage Kite Competition cater for all ages and abilities.

For those who just want to relax and enjoy the open air, there will be a children's play area, live entertainment (dance, song and comedy), a food market, tea garden, picnic area, and arts and crafts.

The CTKiteFest offers affordable family fun at R40 per adult and R15 for children 12 years and under. It also provides an opportunity for Cape Mental Health to raise awareness of mental health and support for our community-based projects for persons with mental health needs and those living with mental disability.

### **2. Tell us more about the theme – 'Rise Up' and how it connects to Cape Mental Health's mission?**

Every year one person in four will have a mental health condition, and this will impact on how they get through the day, cope with everyday challenges and manage their relationships.

When you are dealing with mental health problems it's difficult to rise up every morning and face the day. Mental health affects everyone but if you live in a disadvantaged urban or rural community, the impact of disability and poverty can be particularly challenging.

Our youth are vulnerable, especially in communities where social injustice, community unrest, exposure to violence and bullying, and problematic internet and social media use leave them feeling trapped and hopeless. Youth taking recreational drugs and abusing prescription drugs can

experience drug-induced psychosis, which has been associated with suicidal thoughts, unpredictable behaviour, hospitalisation, and even criminal activity.

South African youth struggle to gain a good education and work experience, with **six or seven out of every ten youth being unemployed**. The situation is even more challenging for youth with mental disability who have to deal with stigma and prejudice, and a dire lack of resources that prevent them from accessing appropriate education, training and suitable work opportunities.

But with the assistance of Cape Mental Health, people can find the support they need to rise above their circumstances. The organisation provides resilience building and skills training for more than 10 000 secondary school learners and youth a year, helping them to rise up towards a better future. Our schools' programme focuses on issues such as bullying and peer pressure. Our life skills and work skills projects for youth with mental disability include a focus on workplace experience, individual job coaching, on-site support for the employer and employee, reasonable accommodation, and assistance with support structures.

We are recognised at national and international levels and were awarded a prestigious **Zero Project Innovative Practice Award 2017** for our Training Workshops Unlimited's intensive skills development and career path training programme for adults with intellectual disability. Our psychosocial rehabilitation programmes for persons with psychosocial disabilities is another best practice model of mental health service delivery, providing 26 Rainbow Foundation community-based support groups and two Fountain House (SA) work skills rehabilitation centres.

### **3. What are some of the key challenges facing Cape Mental Health at the moment?**

Cape Mental Health has been in existence for 105 years and has a rich history of mental health care service provision in the greater Cape Town area. In the past decade our strategy has incorporated the training of people in the mental health/mental disability sector in rural communities of the Western Cape, with a particular investment in the Eden Karoo district.

We look forward to a year where we continue to provide mental health care to individuals and families, particularly in poorly resourced communities. **Our quest is to ensure that no-one is left behind**, that mental health care reaches everyone in need of counselling, rehabilitation opportunities, skills training and vocational opportunities, and that people working in the sector receive appropriate training to improve the level of care and training that is available.

The theme for World Mental Health Day (2018) will focus on **Young People and Mental Health in a Changing World**. We want to raise awareness of the mental health needs of young people, especially young people with mental disability, so that they are equipped to face the future and to have their voices heard in a changing world.

“We believe everyone is born with potential to rise up beyond life’s circumstances,” says Ingrid Daniels, director of Cape Mental Health and president elect of the World Federation for Mental Health. “Our mission is to help people realise their potential and overcome mental health challenges they may encounter. Kites are one of the tools we use. Almost everyone feels inspired when they simply lift their heads and look up.”

#### **4. How does Cape Mental Health advocate that people ‘Rise Up’?**

We call on you to rise up every day, be active in the way you shape your life, and adopt a healthy lifestyle – such as kite-flying or spending outdoor time with family and friends.

Remember that mental illness may affect your life at some point – and someone close to you has already been touched by conditions like depression or stress.

Most people suffer in silence because they fear rejection and being judged by people who don’t understand their condition, but they need not face this alone. So if you think you have a mental condition, get the help and treatment you need to live a normal life.

Help shape a society that cares for others. Reach out to others less fortunate, rise up against social injustice, volunteer at a non-profit organisation such as Cape Mental Health, or make a monetary contribution to support community-based mental health care.

“We collaboratively create opportunities for youth to ‘rise up’ in all spheres of their lives,” said Daniels. “We call on all institutions and government to prioritise the mental health of youth by providing prevention and intervention initiatives, and leave no one behind in the process.”

For more details, visit Cape Mental Health’s website [www.capementalhealth.co.za](http://www.capementalhealth.co.za) or contact them on [info@cmh.org.za](mailto:info@cmh.org.za) / 021 447 9040.

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Hashtag: #RiseUpAndFly