

Supporting the mental health of South African NPOs

Tshikululu SADAG NPO Support Helpline:
0800 515 515
 SMS number 43010

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 www.npowersa.org

THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP
 TSHIKULULU SOCIAL INVESTMENTS

Supporting the Mental Health of South African NPO's through the NPOwer Mental Health Support Programme

A first-of-its kind Non-Profit Organisation (NPO) Mental Health Support Programme and 24-hour toll-free Helpline to offer mental health care and support to all NPO's has been launched in South Africa.

Called **NPOwer**, this initiative sees Tshikululu Social Investments partnering with SADAG (South African Depression and Anxiety Group) to provide psychological first aid to NPO leaders, staff and volunteers, many of whom are experiencing unprecedented strain and burnout caused by COVID-19.

"While many corporates have Employee Assistance Programmes in place for their employees, and relief funding has been provided for specific responses such as food relief and health system strengthening, the wellbeing of NPOs, who are at the front-line in serving communities throughout lockdown has largely been forgotten. The need for this type of integrated psychological support programme is very clear," says Dipalesa Mpye, a social investment specialist at Tshikululu Social Investments.

"Many NPO's have been left in the dark. Teams are overworked, they are facing trauma and lack of resources every day. With so many pandemic-related issues, some NPO's have been forced to close their doors and stop the valuable work they have been providing when communities need it the most. NPO's have always provided help, resources and support to others, but never before has the mental health of our NPOs been prioritised," says Operations Director at SADAG, Cassey Chambers.



The **NPOwer** programme will include a dedicated **24-hour NPO Mental Health and Psychosocial Support Helpline (0800 515 515)** manned by a team of dedicated counsellors, capacity workshops on NPO related issues, a dedicated website to house multiple resources and the implementation of a Support Network between NPOs.



Mental Health of NPOs Survey: please help us to further understand the impact that COVID-19 has had on the Mental Health of NPO's in the last 6 months. We are urging all NPO leaders, employees and volunteers to take 5 minutes of their time to complete this online survey. [Click here for the survey.](#)



Visit the **website** www.npowersa.org for helpful online resources, Mental Health information, upcoming events, press and media and online forms to request for counselling and support.



SMS 43010 to nominate a NPO that you think needs some extra help and support. SMS the name and contact details of the NPO to 43010 and we will send them a Mental Health care pack.

“There are so many aspects to the health of NPOs which we hope to assist with this initiative. This includes reducing the burnout and stress experienced by NPO's and providing key mental health skills to NPO leaders to ensure that they are able to look after the mental health of their staff and build mental wellness going forward,” Chambers says. “Strengthening advocacy and capacity amongst the NPO sector, providing capacity building skills and knowledge and helping NPOs to network and develop regional NPO groups are just some of the goals that we see Tshikululu and SADAG achieving with NPower.”

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