

A close-up photograph of a person's arm in a white cast with purple padding. A hand is being held by another person, possibly a caregiver or family member. The background is blurred, showing a blue object and a green wall.

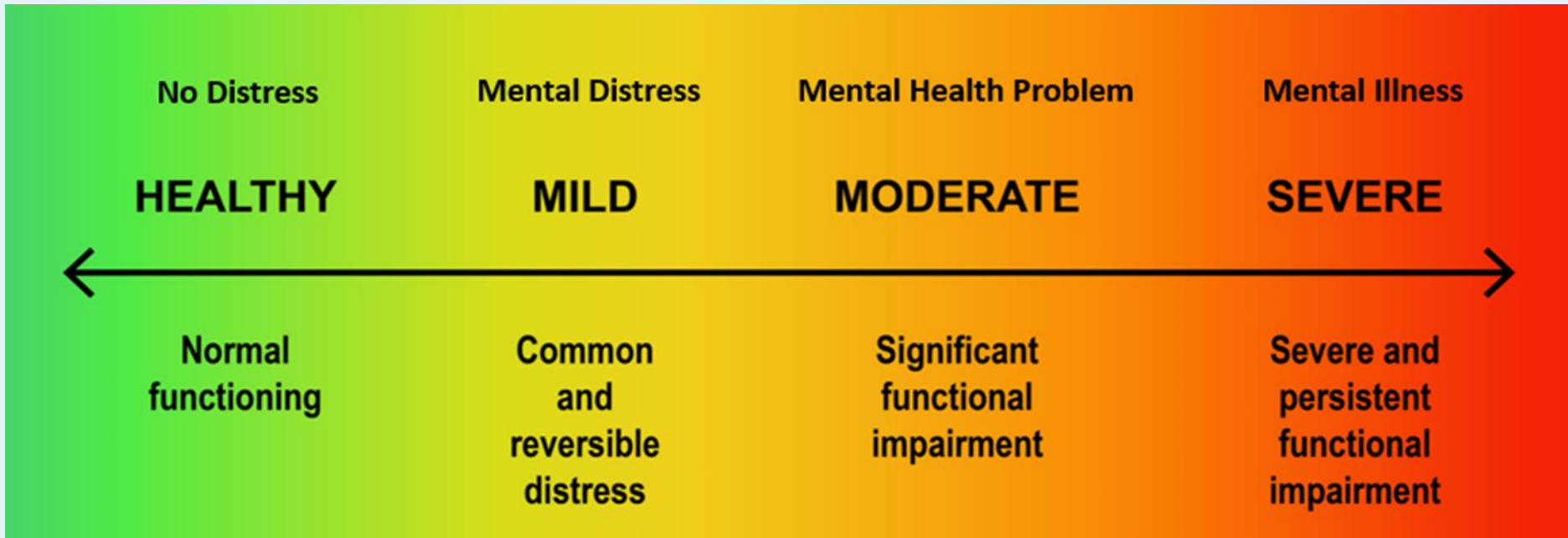
IT'S  TO  
ASK FOR HELP

2024 ROTARY PRESENTATION

community  
keepers 



# MENTALLY WELL OR NOT?





# A THERMOMETER TO MEASURE WELLBEING

## WHO-5 WELL-BEING INDEX

Over the last two weeks	All the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
I have felt cheerful and in good spirits	5	4	3	2	1	0
I have felt calm and relaxed	5	4	3	2	1	0
I have felt active and vigorous	5	4	3	2	1	0
I woke up feeling fresh and rested	5	4	3	2	1	0
My daily life has been filled with things that interest me	5	4	3	2	1	0

***Scores below 52% indicate a possible risk of depression and this monitoring assists us in identifying hotspots***





IDEAL OF:

A large, thick, curved arrow on the left side of the slide. It starts as a grey arc at the top and transitions into a white arrow pointing downwards towards the bottom text.

EMPOWER TO  
PROSPER  
BLEAK REALITY:

POWERLESS AND  
POOR



# PROBLEM STATEMENT/CHALLENGE

LIVE IN POVERTY



EXPOSED TO  
VIOLENCE



HAVE A TREATABLE  
CONCERN



*(anxiety, depression, PTSD, substance use/abuse)*

**50% OF MENTAL HEALTH  
CONCERNS BEGIN BEFORE AGE 14**

*SA Child Gauge, UCT, 2022*



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# GLOBAL RISKS (SOCIETAL)

**2022**

Erosion of social cohesion

Livelihood crises

Mental health deterioration

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**2023**

Social cohesion

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**2024**

Misinformation and disinformation

*World Economic Forum*



# BRICKS IN A BACKPACK



## ACEs

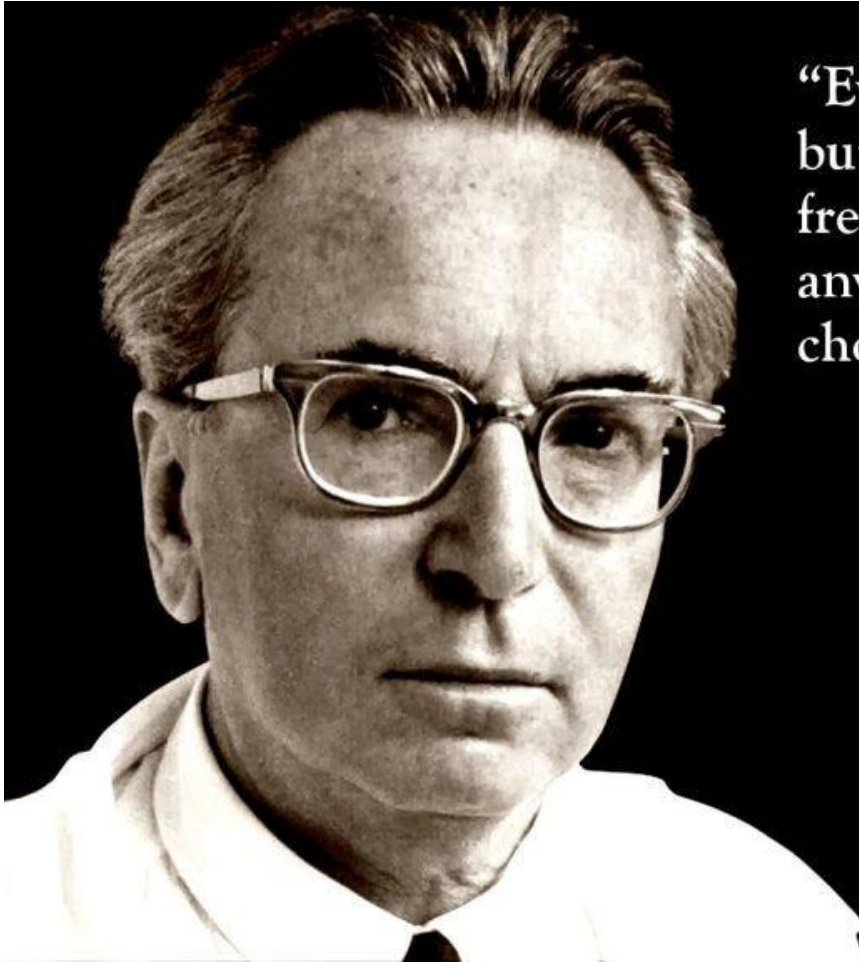
(adverse childhood experiences e.g. poverty, abuse, violence, loss)

Change the trajectory





# EMPOWER TO PROSPER



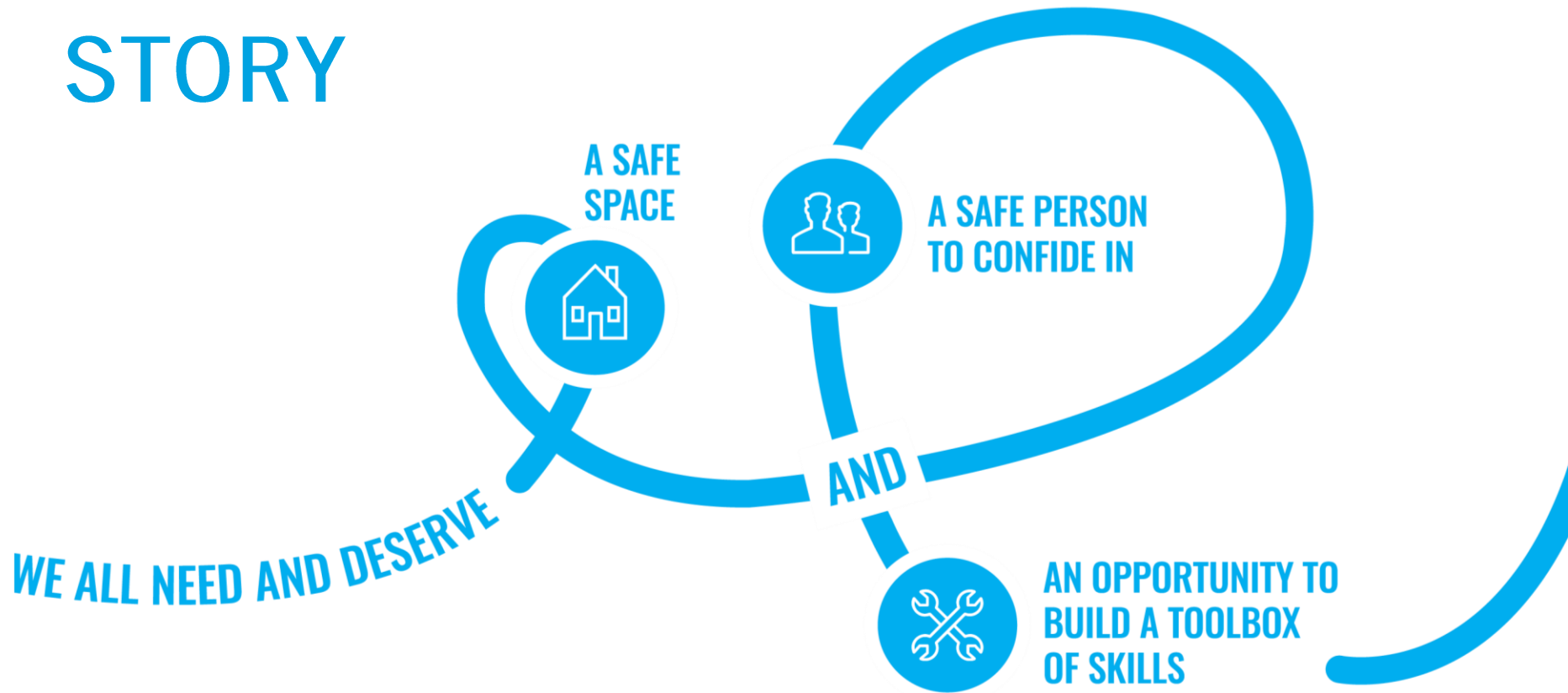
“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

Viktor E. Frankl





# OUR STORY





3 GOOD HEALTH  
AND WELL-BEING





# OUR CARE MODEL

Mental health promotion

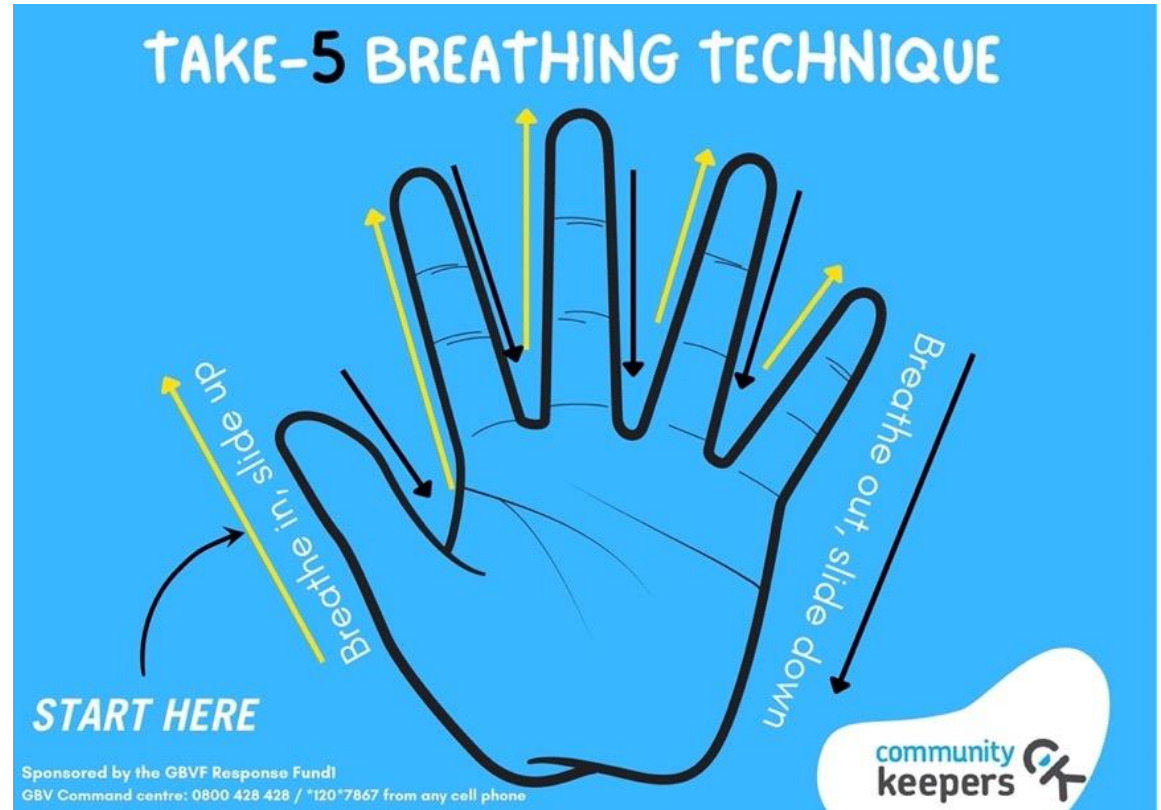
Prevention and early intervention

Destigmatisation of help-seeking behaviour

Strengthening human resources for mental health









# WHERE WE ARE





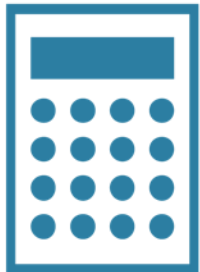
# WHAT WE'VE ACHIEVED

2023 IN STATS



**79 PARTNER SCHOOLS**  
(2022: 35 PARTNER SCHOOLS)

**150 CK STAFF**  
(2022: 63)



**INCOME:**  
**R25 701 316**  
(2022: R20 668 862)

**5 993**  
**THERAPY CLIENTS**  
(2022: 3 597)



**EDUCATORS ENROLLED FOR  
PROFESSIONAL DEVELOPMENT  
WORKSHOPS 7 994**  
(2022: 4 609)

**99 956**  
**LEARNERS  
ENROLLED**

IN RESILIENCE  
BUILDING  
WORKSHOPS  
(2022: 53 978)



AVERAGE

**4**

**SESSIONS/CLIENT**  
(2022: 5 SESSIONS)

**59 421**  
**PARENTS/GUARDIANS  
RECEIVED**  
PARENTING SUPPORT  
(2022: 49 707)



**National Science and Technology  
Forum 2023 Award "Science Oscar"**