



8 October 2020

Media Invite: What mental healthcare in South Africa should look like

Investment, going digital and service use perspective

9 October 2020 | 12:30 PM SAST | Live webinar

On the eve of commemorating World Mental Health Day, the Alan J Flisher Centre for Public Mental Health at the University of Cape Town in association with the South African Depression and Anxiety Group (SADAG) will host a webinar on mental health. The webinar is titled 'What mental healthcare in South Africa should look like'.

Speakers include Professor Crick Lund, Dr Sindi van Zyl, Cassey Chambers and Thabo Xaba.

World Mental Health Day is commemorated globally on 10 October. The month of October is Mental Health Awareness Month in South Africa.

SPEAKERS

- **Professor Crick Lund**
Investment in mental healthcare
Lund is Professor of Global Mental Health and Development at King's College and also at the Alan J Flisher Centre for Public Mental Health at UCT. He served as the Centre's first director, from 2010 to 2017.
- **Cassey Chambers**
Digital interventions
Chambers started at SADAG as a volunteer counsellor in the call center, helping to man the suicide crisis helpline over 12 years ago. After 10 years with the organisation, she is now the operations director and a board member.
- **Dr Sindi Van Zyl**
Service user perspective
Van Zyl is a South African physician and radio presenter using her platform to share HIV-related, mental health and other medical information.
- **Thabo Xaba**
Service user perspective
Xaba is a student and mental health activist.

[Register for the webinar](#)

Ends

Issued by: UCT Communication and Marketing Department

Thami Nkwanyane

Media Liaison and Monitoring Officer

Communication and Marketing Department

University of Cape Town

Rondebosch

Tel: (021) 650 5672

Cell: (072) 563 9500

Email: thami.nkwanyane@uct.ac.za

Website: www.uct.ac.za