



PRESS RELEASE
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Mental illness is treatable

Life Healthcare is playing its role in meeting the increasing demand of mental illness treatment

More than 17 million people in South Africa are dealing with mental illnesses such as depression, substance abuse, anxiety, bipolar disorder and schizophrenia. These are the top five mental health diagnoses, according to the Mental Health Federation of South Africa.

This mental illness awareness month, July, Life Healthcare raises awareness of this scourge in our society. It is estimated that one third of South Africans suffer from mental illness, however only 25% seek help¹.

Mental illness has a significant socio-economic impact on the South African society, costing the economy two to six times the cost of its treatment², or more. Essentially, the cost of not treating these types of illnesses is far higher than simply dealing with them.

“People who battle mental health issues like anxiety and depression can feel crippled by it to the point where they can’t work and earn an income or provide for their families. General Practitioners around the country have seen an increase in the number of patients presenting with stress related issues. This is a serious problem that impacts different aspects of our society, regardless of age, class, gender and sexuality,” says Dr Riyas Fadal, Head of Clinical Support at Life Healthcare.

Mental illness is not a problem unique to South Africa and comprised an estimated 12% of the global burden of disease in 2000, and is predicted to rise to 15% by 2020. Mental disorders comprise five of the 10 leading causes of health disability, and it’s predicted that by 2030, depression will be the world’s second most disabling health condition³.

“The statistics are not surprising considering the lifestyles that we are living in a highly globalised world. Although access to immediate information has had a positive impact in certain areas of our society, it does seem that there are even higher levels of stress,” said Dr Fadal.

“Life Healthcare offers specialised acute mental healthcare solutions. We are a leading provider of private psychiatric services in South Africa with six dedicated facilities in Gauteng, the Eastern Cape and KwaZulu-Natal, and we continue to expand to meet the growing demand,” added Dr Fadal.

Life Healthcare’s holistic care to mental health includes a multidisciplinary team approach which, depending on individual needs, includes access to mental health practitioners such as psychiatrists, psychologists, occupational therapists, physiotherapists, social workers, counsellors and specialist mental health nursing practitioners.

“We offer general psychiatry, treatment for substance dependence or other addictions associated with psychiatric disorders and, in certain cases, some psychiatric sub-specialities for high and medium acuity users,” ended Dr Fadal.

Two of our units, are licensed by the Department of Health to provide mental healthcare services to those needing assisted or involuntary admissions. For more information on these units, please visit our website: www.lifehealthcare.co.za.

Life Healthcare facilities also offer post-discharge support. Life Healthcare Group is committed to playing a role in our society to deal with mental illness and providing quality care to those who need it.

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References

1. <http://www.timeslive.co.za/local/2014/07/07/one-in-three-south-africans-suffer-from-mental-illness---most-won-t-get-any-help>
2. <http://www.iol.co.za/business/news/mental-disorders-cost-sa-economy-r35bn-1777376>
3. http://www.who.int/mental_health/management/depression/wfmh_paper_depression_wmhd_2012.pdf
4. <https://www.psychologytoday.com/blog/why-we-worry/201308/mental-health-stigma>

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About Life Healthcare Group

The Life Healthcare Group has more than 32 years' experience in the private healthcare and hospital industry. With headquarters in Johannesburg, South Africa, the Group is a listed company on the Johannesburg Stock Exchange. The company's primary business is private acute hospital care with 63 healthcare facilities in seven of South Africa's nine provinces and one hospital in Botswana, as well as providing services for acute physical rehabilitation, acute mental healthcare and renal dialysis. Life Healthcare is the first and only South African hospital group to have achieved a multi-site ISO9001 certification. Life Occupational Healthcare services both occupational health and employee wellness to private and public employers. The Group includes an international presence through Max Healthcare in India and Scanmed Multimedis in Poland. For more information visit lifehealthcare.co.za