



LIFE HEALTHCARE GROUP MEDIA RELEASE

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LIFE HEALTHCARE SUPPORTS PERSON-CENTRED CARE ON WORLD MENTAL HEALTH DAY

Say no to stigma and treat someone with mental illness as a person

Johannesburg, South Africa – Life Mental Health, one of the leading providers of private acute mental healthcare services in South Africa and a division of the Life Healthcare Group, advocates that patient-centred care for people with mental illness is primary to ensuring their respect and dignity and is also vital in dealing with the stigma associated with mental health illness.

“People with mental health conditions are often subjected to discrimination due to the stigma around mental health. They have to deal with unfair stigma on a daily basis but if we treat someone with a mental illness as a person and not as an illness, we alleviate some of the stress and challenges they face”, says Dr Riyas Fadal, Life Healthcare Group Clinical Products Manager.

Dr Fadal agrees with the World Federation for Mental Health that “Dignity in Mental Health,” is fundamental to the provision of good mental health care. “While Life Mental health offers specialised mental healthcare services, we are mindful that we are treating a person and not just an illness. Herein lies the respect and dignity that can empower a person to journey to a place of recovery. It’s the care in displaying empathy, understanding and acknowledging the challenges faced, that leads to wellness and diminishes the hurt and pain associated with that stigma”, added Dr.Fadal.

The dignity in mental health message aligns to the Life Healthcare Group CARE programme which will involve 24 000 employees, management, partners, doctors, students as well as service providers and provides the tools to engage with patients in a more thoughtful manner across all facilities

In support of World Mental Health Day, Life Mental Healthcare is implementing education and awareness activities around mental health and the stigma associated with it. Activities will be through-out six dedicated mental health facilities located in Gauteng, Eastern Cape and Kwa-Zulu Natal.

If someone you know is experiencing mental health problems or needs urgent support please contact us on 011 219 9620 or email mentalhealth.headoffice@lifehealthcare.co.za

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References:

1. Internet, South African Depression and Anxiety Group (SADAG), <http://www.sadag.org/>, accessed 08/10/2015

About Life Mental Health

Life Mental health's holistic approach to mental health includes a multidisciplinary team which, depending on individual needs, could include mental health practitioners such as psychiatrists, psychologists, occupational therapists, physiotherapists, social workers, counsellors and specialist mental health nursing practitioners. The mental healthcare services offered at these dedicated facilities include 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. Post-discharge support is usually also offered. Treatments offered include evidence-based drug therapy, individual psychiatric consultations and psychotherapy, group therapy and, where needed, physical therapy. The group sessions are supportive and educational and have been geared towards our mental healthcare users' needs. All Life Mental Health units have achieved an ISO 9001:2008 accreditation for its comprehensive quality management & outcomes measurement systems. For additional information about the Life Healthcare Group, please visit

<http://www.lifehealthcare.co.za>