



Mental Health Society

Psychiatric & Psychological - Information

Name of Organization: *Mental Health Society*

Non-Profit Organization Research: Mental Health Society

Based in Durban, KwaZulu-Natal, the Mental Health Society is a non-profit organization that informs the public about psychology and psychiatry. Through assisting people in understanding mental health disorders and pointing them in the direction of the right services and care, the organization plays a crucial role in mental health awareness, education, and support. Promoting mental health and lowering the stigma attached to mental illness are the main goals of their work.

2. Mission and Vision

- **Mission:** To promote mental well-being by offering accessible psychiatric and psychological information and connecting individuals with the support they need.
- **Vision:** A mentally healthy society where all individuals have access to the resources and information necessary to lead fulfilling lives.
- **Core Values:** Empathy, dignity, inclusivity, education, and community engagement.

3. Key Areas of Focus

- **Mental Health Awareness:** Raising public awareness about mental health issues and breaking down stigmas through information dissemination.
- **Psychiatric Support Information:** Providing guidance on psychiatric conditions, treatment options, and how to access help.
- **Community Outreach:** Assisting individuals and families in need by directing them to healthcare providers, counselors, and mental health facilities.
- **Advocacy:** Promoting the importance of mental health in both healthcare and community development spaces.

4. Major Achievements

- Serving as a long-standing point of contact for mental health inquiries in Durban.
- Providing mental health guidance and resource connections to countless individuals and families in KwaZulu-Natal.
- Supporting the mental wellness movement in South Africa through consistent advocacy and information sharing.

5. Why Choose Mental Health Society?

- **Community Impact:** Directly improves lives by making mental health information more accessible.
- **Focused Support:** Dedicated specifically to mental health, which is an increasingly vital area of public health.
- **Trusted Presence:** Recognized in the Durban region for their continued efforts in mental health support and advocacy.
- **Opportunity for Growth:** Ideal for research and engagement in a field that requires more attention and development in South Africa.

6. Contact Information

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NGO/NPO

Durban, Durban, KwaZulu-Natal

References

Medpages. (n.d.) Mental Health Society. [online] Available at: <https://www.medpages.info/sf/index.php?page=organisation&orgcode=118606> [Accessed 4 Apr. 2025].

Medpages. (n.d.) *Psychiatric & Psychological - Information in Durban*. [online] Available at: <https://www.medpages.info/sf/index.php?page=listing&servicecode=749&suburbcode=3571> [Accessed 4 Apr. 2025].