

Coding

Extracts coded in blue – Challenges identified that motivated need for intervention

Data extract	Coded for
<p>A lot of teenagers are actually going to a lot but they are afraid to come up. (Koketso)</p> <p>Almost 10 people who I know that they are going through some kind of a depression or are going through depression, anxiety, and they couldn't go through like therapy sessions and stuff like that. (Koketso)</p> <p>There are young people who are struggling with mental health as I've mentioned. (Koketso)</p> <p>I have some few learners who are actually suffering from this thing. (Kabelo)</p> <p>They are going through these things each and every day. Even now they are going through that. (Kabelo)</p> <p>There are students who are going through a lot. (Koketso)</p> <p>Our community are suffering, and brutally so, to be quite honest. (Kabelo)</p> <p>Adolescents are also being affected by the parents, also being affected by the community, they are also being affected by their own peers. (Mahlatshe)</p>	<ol style="list-style-type: none"> 1. Many young people are struggling with mental health challenges 2. They are experiencing challenges on a daily basis
<p>But then, the children never get in there because of that stigma facing them and everything. (Kabelo)</p> <p>A young child wants to see a social worker and they usually they can't say that I have this problem. (Sizwe)</p> <p>Most of the kids at school neh, they like that, okay me I'm okay knowing very deep down that when they get home, like especially in their comfort zone, and maybe in their room, they'll be like no. (Sizwe)</p> <p>Teenagers mostly who are actually going through a lot but they are afraid to come up and like consult with professionals. (Koketso)</p> <p>A person might act happy and all that, but when they get home, that person is sad, back to their depression place or whatever. (Lerato)</p>	<ol style="list-style-type: none"> 1. Young people afraid of asking for help. 2. Young people afraid of saying they are not okay.

<p>Remember that mental health is not something which is closed, but it's something which is broad. The cause of them it's drugs, sexual things, teenage pregnancy, HIV/AIDS, and all sorts. (Koketso)</p> <p>Cause then after talking about such things, maybe if they can also assist in this programme, specifically on the line of depression and other things that are closely related. (Mahlatse)</p> <p>Sometimes depression can lead to suicide. (Sizwe)</p> <p>Suicide and depression they are related to each other. (Mahlatse)</p> <p>Some people, their depression is linked to being abused. (Mahlatse)</p>	<ol style="list-style-type: none"> 1. Problems related to depression. 2. Problems related to mental health of young people. 3. Awareness of challenges
<p>Not all our parents are that understanding. As a young child, what are you depressed about? (Mahlatse)</p> <p>We are going through a lot and we are still young. (Koketso)</p> <p>Depression you can also get it as you are young. (Mahlatse)</p>	<ol style="list-style-type: none"> 1. There's a misconception that young people cannot have depression. 2. Young people are going through a lot as young as they are.
<p>Most of the time we talk about depression and everything, but not a lot of people really understand. (Mahlatse)</p> <p>So I've learnt, myself, I've also learnt, cause to me, I didn't really believe that like mental health illness, it's like, it's a real thing 'cause it never happened to me. So obviously if something never happened to you, like you are most likely to judge like, a person who has that thing. (Lerato)</p>	<ol style="list-style-type: none"> 1. People do not understand depression. 2. Mental health issues are real 3. Mental health issues can affect anybody
<p>So the people around that area there, they have basically help. I don't think they know about it. (Mahlatse)</p> <p>When we don't really understand it, we will not know where to go. (Mahlatse)</p>	<ol style="list-style-type: none"> 1. People don't know where to go for help. 2. People do not know about available help.
<p>We spoke about [a] lack of psychologists and the only place that's there is [local clinic Y]. (Mahlatse)</p> <p>Those people are not, there's none of them like with mental health, so that's why even when I started the organisation, I just figured out what can I do like, I saw that, okay, fine, I know</p>	<p>Lack of local resources in the community for mental health</p>

different stakeholders, but none of them is actually focusing on mental issues. So that's why I decided to start with dealing with mental issues of young people. So yes, there's no one. Mostly, it's [...] dealing with drug abuse and substance abuse and then the rest are dealing with teenage pregnancy. (Koketso)	
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--

Extracts coded in red – Intervention-related

Data extract	Coded for
<p>I think maybe they could get psychological education on how to dealing with such matters. (Koketso)</p> <p>I also support the fact that we should educate them more about mental health. (Sizwe)</p> <p>Me I wanted to say that the sense of awareness within the community. So maybe if we can have in one of our things, or yeah plans, a sense of understand-, getting out there, letting people know this thing is this, it can happen to anybody. (Mahlatse)</p> <p>So yeah, the sense of awareness to people even on social media 'cause we are going to use social media. Let's get to the point that this is depression and it can happen to anybody. (Mahlatse)</p> <p>What kind of knowledge do you have about it? We will gather data from different people, their views. (Sizwe)</p>	<ol style="list-style-type: none"> 1. There is a need to educate people about mental health. 2. There is a need for mental health awareness.
<p>Personally, I've worked with different stakeholders, we can actually like bring them in. (Koketso)</p> <p>With them, it's a good organisation to keep very close by because they are in touch with other organisations. (Mahlatse)</p> <p>They seem to have a lot of connections. I've been seeing [organisation] in different spaces. (Mahlatse)</p> <p>Also with [organisation], they overheard me speaking to them, so they also said they are interested to be part of this. (Sizwe)</p> <p>I think for [organisation A] and [organisation B], I think for them it might be easy for us to get in touch if we use the connection with [the youth centre]. (Sizwe)</p> <p>I was just saying, through the resources of [the youth centre], we can use them to grab those learners so that they could come. (Koketso)</p>	<ol style="list-style-type: none"> 1. Involving different stakeholders 2. Building relationships with stakeholders

<p>For me, [the local radio station], it's something that we need to actually develop a good relationship with them so that we can keep on going there again. (Mahlatse)</p> <p>Maybe we can ask [national organisation] for such a relationship. (Mahlatse)</p> <p>If those organisations can help us with small group discussions, or they offer therapy as well. Like group therapy, that would also be nice. (Mahlatse)</p>	
<p>I think maybe we can come up with a solution. (Koketso)</p> <p>We are here to repair, I believe. (Kabelo)</p> <p>My organisation it's actually like trying to find solutions. It's the same, it's the same thing as we are doing here. Like trying to find solutions on how to help young people in dealing with depression, anxiety, and all sorts of afflictions. (Koketso)</p> <p>We should look on how we can overcome the certain problem that we are facing. (Lerato)</p> <p>But we have to look to a place where we find solution for that thing, do you get what I'm trying to say? 'Cause yeah, it's easy for us to say, a person will act like this and that and that but we are not bringing any solution to that, so that's our work to do solution for, like to have a solution for that thing. (Lerato)</p> <p>We could maybe, what can I say, have suggestions or solutions that can help who have depression, you know 'cause if we are saying that, okay, okay our main target is high school kids who are depressed and all that but the point is, how are we going to help them? How are we having impact on their life? How are we changing whatever that is happening in their lives? (Lerato)</p> <p>They could maybe get help and get out of that, that situation. (Koketso)</p> <p>So I think for this thing that you tell us like the guidelines to say okay it let's say okay, one person comes with a situation like this, maybe this is how to approach it and able to help the person. (Sizwe)</p> <p>I want to see that kind of a change happening in our community. (Kabelo)</p> <p>Because of, I believe that cutting off a tree does not solve the problem but then actually reaping it off from the roots. We will never find that tree again. (Kabelo)</p>	<ol style="list-style-type: none"> 1. Finding solutions to problems 2. How to help people

<p>We are the ones who are supposed to show that no man, as much as you are going through this, at least this is the way in which you can better the situation. (Kabelo)</p> <p>I believe that the main core of, the reason why we started this was actually for us to actually intervene. I believe that has been our vision from the get-go. (Kabelo)</p>	
<p>So what we have to do now is to think of things that are, like as you said, that having an active life, you know, having an active life, attending like at any organisation and do whatever it can like easily help you to get like, to get rid of depression. (Lerato)</p> <p>But having a social life can even help to improve people who have depression. Not a social life, but an active life, like helping the community and doing all that. (Lerato)</p> <p>When we go to schools, when we go there tell whatever, maybe step into the self-help part whereby we ask them to also form their own mental group whereby they have those exercise time. Say, no guys, start an exercise club, start a yoga club, start a talk whereby you have a 15-minute debating session or just a talk how you are doing session. Let's have those initiatives at school. (Mahlatse)</p> <p>And then I also looked into activities that you can do like your bikers' club, your fitness club, and I also realised that there's literally a lot of those places where you just meet and then read a book and we play soccer. So I thought maybe those are good places as well because you are going through something, you are not ready to talk about it. Maybe if you are surrounded by people doing something that you kind of love, it will sort of lighten up the load as well. (Mahlatse)</p> <p>I think maybe if they cannot reach out to, to a mental health institution, maybe we could bring mental institution to them. (Koketso)</p>	<ol style="list-style-type: none"> 1. Things people can do to help themselves 2. Things young people can do instead of waiting for government
<p>I think it's best if we also speak about consistency. We must also, what can I say? Even when we are not there at least they have their own sessions. But then there'll be someone who'll be supervising like an L.O teacher maybe during those kinds of free periods that at least, okay we are having our own group during that period, or their free period they meet and they have those engagements so that even when we are not there, it is such that the session also, what does it do, it continues on their side. (Kabelo)</p>	<ol style="list-style-type: none"> 1. Leave them with something from the intervention. 2. Continue with the intervention

<p>The aim behind is not what you want to do, but you want to plant something that grows. So I'm saying that maybe going there once a month or twice a month, that will be great. And we can do a routine among us. (Lerato)</p> <p>So when we go to the schools and talk, let's not just talk, talk, and then go, come back two months later, talk. Leave them with something that they can start by themselves and then that's where the self-help thing comes in. (Mahlatse)</p> <p>Yes, it will be that one day talk, but then to us, it must be a launch. To say that as much as we'll be doing it in the school, whenever they are having that pressure or need to actually come and actually try to find solutions in their lives or in their journeys, they must actually direct themselves here...That way we can be able to keep it, keep the train moving without waiting for us to come back after three months to talk to them because we must understand they are going through these things each and every day. (Kabelo)</p> <p>Maybe like constantly, something that we continue doing throughout the whole year. (Sizwe)</p> <p>We must be ready for this year guys. We must like put more impact. (Lerato)</p>	
<p>So, I was just doing research on what things churches do. And then, I didn't find much but I found organisations that are linked somehow. (Mahlatse)</p> <p>Did we ever think about churches? Because churches, one of the priorities is to help with, they call them lay counsellors so maybe we can just put it upon ourselves to figure out the churches that are around here, what are the services that they can offer for free. (Mahlatse)</p> <p>We should take it upon ourselves to research those churches. (Mahlatse)</p> <p>I've met two churches. I haven't gone to all the churches 'cause there's so many. Two churches say that they provide those services. They can come for counselling one-on-one and everything. (Mahlatse)</p> <p>I just remembered, there's this thing at town whereby they offer free counselling. (Koketso)</p> <p>They are having social workers right now whom are currently deployed in some of the schools in Mamelodi. (Kabelo)</p>	<p>Finding resources in the community that can help</p>

<p>I believe that this project it's also, it's only about changing the situation into a better situation. (Kabelo)</p> <p>We can become the connection between the young people and the community at large and also these organisations. (Kabelo)</p> <p>Before the children start writing, they really need that kind of a talk to happen...It is there to assist. (Kabelo)</p> <p>It is important for that kind of a talk to happen. Since well it must prepare them when they go, when they come back to go write they will know what state they will be writing in. Because of, it's important, if ever their state is not right, it's going to actually become detrimental even to their results. (Kabelo)</p> <p>We are going to the festive season and if we are looking at the children here that is our target audience, some of them come here to, it's an escape for them from some other problem at home. So they are not necessarily dealing with the problem at home. They come here just to escape. So if we can have such an event, it will also help them to sort of try and figure out how to deal with it 'cause now it's going to be them and the family or them and that problem every day and [the youth centre] will not be there to form an escape. (Mahlatse)</p> <p>So this whole process neh, like the way we have managed to help people like, to go to [local radio station], and those who posted on social media, it has really helped a lot for, like, the Mamelodi people. (Lerato)</p> <p>They themselves, they will understand the importance of engaging one another, assisting one another and everything. (Kabelo)</p> <p>You as a parent support this person in this manner. You as a community, support this person in this manner. You as peers, support this person in this manner. (Mahlatse)</p> <p>It started as in like, okay, I want to find out more, how do you know? They actually started being like, some were like kind of emotional you see. You find that person now explains that depression is this and this and this. Now the person, now you can see finds out that actually, I thought I wasn't suffering but the way Sizwe is explaining it, I'm also dealing with this thing, you see. (Sizwe)</p> <p>The people who are like, also encouraging, or trying to help, I saw a different impact on them on how they are, how they are living their lifestyle compared to how they have been. (Sizwe)</p>	<ol style="list-style-type: none"> 1. How the intervention can assist 2. How support can be provided 3. Perceived benefits of intervention
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>I feel like this project we have been dealing with has been a big benefit to my community because at my community, we are experiencing a lot of gender-based violence on a daily basis. (Tumelo)</p> <p>I think they have that thing of, a sense of, they are not alone. They know that there is someone. By you talking to them, they have that thing that, I can go to whoever and talk about one two three. I am not alone and another person might also be experiencing the same thing. (Mahlatshe)</p>	
<p>I think that in order for us, like for the social media to be really really successful, we need to also influence people like personally that okay sharp, this is what we have and then now, also if you need more information okay and we are not around, here is a Facebook page or our Instagram page you can visit, it's for free. (Sizwe)</p> <p>Also talks will help. (Lerato)</p> <p>And media again, we have a relationship with, what is it, [local radio station]. Let's talk there as well. So it shouldn't just be Facebook. (Mahlatshe)</p> <p>We can also use WhatsApp, I think. After that maybe create a poster and share it with our church members because there are kids at church confirmation class, youth kids. (Palesa)</p> <p>Instead of starting to social media straight, like we should have influence on people personally because I know that my relationship with the learners here is very strong. Cause most of them they prefer that I come to them. (Sizwe)</p> <p>I think it's going to reach a lot of people if we use social media other than word of mouth because, yeah, a lot of teens are on social media. (Palesa)</p> <p>On my side, I'm basically suggesting that as much as we know that the children, as in, we'll be dealing with actually members of the community, but in dominance it will be young people. So we must actually be aware of how do we find young people first of all. Young people they are full in social media. (Kabelo)</p> <p>Social media has too much of an influence on young people nowadays. That can be at least one of the ways to draw them closer. (Kabelo)</p>	<ol style="list-style-type: none"> 1. What will work for the intervention 2. Social media has an influence

Extracts coded in black – Experiences (project-related, personal); skills; relationships

Data extract	Coded for
<p>We didn't know what to do at first. (Koketso)</p> <p>What I have noticed neh, is like someone can like, okay, how are you? Are you okay? Then someone is still no, I am not fine. Okay, let's talk. But neh, let's say that person who is coming out it's opening a wound. But now the thing is, after opening the wound, the person cannot actually help to heal it or bandage it. (Sizwe)</p> <p>I had some difficulties when it came to me engaging our youth because I knew that at some point, there'll be where I cannot actually offer or actually give them the proper guidance to actually go through and actually find a proper assistance, a professional assistance by the way. (Kabelo)</p>	<p>Not knowing how to help.</p>
<p>Contact this number and try to find assistance. And if ever during your activities you don't actually find anything, talk to me and I will try to actually assist at my level to get proper assistance. (Kabelo)</p> <p>So what I was actually doing on my side is that I was actually giving out details to say that, okay, we are having one thing that we call [Mental Health Organisation] and they are actually helping us in dealing with one two three. (Kabelo)</p>	<ol style="list-style-type: none"> 1. Regarding themselves as resources that could help. 2. Giving contact details to peers.
<p>But then I've seen that we at some point, we are the ones whom are actually, I can say that, we also need that assistance at first before we can go and say let us go and assist the others. (Kabelo)</p> <p>I believe that we also need that emotional intelligence whenever we'll be dealing with such things. (Kabelo)</p> <p>I believe also that, in a fun way, but we can also be able to identify within ourselves that no man, such things, we are going through such, we want such. (Kabelo)</p> <p>We can never go to war without any proper training or any of the points. We really need that also on our side. (Kabelo)</p>	<ol style="list-style-type: none"> 1. Need assistance themselves first before they can go assist others 2. Need proper training first
<p>So, by ourselves we can actually be able to support one another. (Kabelo)</p> <p>The team that we were working with is also good. (Palesa)</p>	<p>Supporting one another in the group</p>
<p>If we are concerned about numbers, I don't know, maybe we can ask them to bring a friend, if we are concerned about that and if not, then it'll just be us. (Mahlatshe)</p> <p>I think we should just prepare for next year January. (Koketso)</p>	<ol style="list-style-type: none"> 1. Finding solutions to challenges encountered. 2. Staying motivated

I think we will be able to do it. (Sizwe)	
<p>Because like mobilising young people, like, especially, let me specifically say students, is something which I can do in just one phone call I can fill up a hall. (Koketso)</p> <p>I don't know because on my end I worked with like students who are in high school in particular. (Koketso)</p> <p>I know that my relationship with the learners here is very strong. (Sizwe)</p> <p>For the kids here at [the youth centre] neh, they trust me. (Sizwe)</p>	<ol style="list-style-type: none"> 1. Things they can do (skills they have) 2. Relationships with students
<p>Let me make an example with the organisation which I am, which I am actually planning to start. Like, at first, we had to draft a constitution. There had to be like everyone. (Koketso)</p> <p>I was even part of this programme whereby, what can I say, the citizens of Mamelodi, they found themselves actually in activities within their own and then trying to go away from many things such as the things causing depression. (Kabelo)</p> <p>I was actually appointed as the head. I will be directing the youth of Tshwane. (Kabelo)</p> <p>I have an NPO. (Mahlatse)</p> <p>I went to [school] so I remember this other time they had social workers to come to school to speak to us and all that. (Lerato)</p> <p>Why am I actually saying that by Monday? It is because of whenever I was visiting those schools, they were saying you can see what is happening to these students. So I was going there under the umbrella of [civic organisation]. (Kabelo)</p> <p>Sometimes, even the posters, kids won't even watch those things. I know, I've been there. (Lerato)</p>	<ol style="list-style-type: none"> 1. Having experience with NPOs 2. Having experience with community activities 3. Drawing from experiences with schools to inform the project
<p>I think I'm stressing too much, I don't know about what. But yeah, it's something I am working on. (Palesa)</p> <p>I just wanted to also tell you that in terms of physical meetings, I won't be available for the next coming months because of going to school. (Palesa)</p> <p>It's something like, you see, in a week, they you a lot of work. And every day, there's an assignment that you need to write. (Sizwe)</p> <p>Work has been keeping me busy. And also, my private stuff 'cause I have an NPO then I have to juggle the NPO and my</p>	<ol style="list-style-type: none"> 1. Own mental health challenges 2. Personal challenges 3. Work and school commitments making it difficult to manage time

work. And my personal life 'cause I have to have a personal life...I was very stressed this week. Everything was just stressing me. (Mahlatshe)

So for me as well, for the past three weeks, it was an emotional rollercoaster because you will be speaking to someone and you trigger emotions. (Sizwe)

I also suffered from depression, it wasn't like I had support or anything. (Sizwe)

I'm also actually affected but then I was not aware that I am actually affected by such a thing...I can say they've been there for quite some time but I was not actually aware up until I sat down and saw that no man, why am I reacting in this manner? (Kabelo)

As much as I'm saying I'm trying that person's wound, mine opens up. (Kabelo)

I heard Kabelo talking about something like we are trying to help other people but we are also going through such. (Koketso)

I was busy with schoolwork. (Koketso)

School is keeping me busy now. I don't have time for this thing, to get some air. (Sizwe)

There were a lot of things especially in a short period of time that I had to fix here and there. (Kabelo)

It's been hard. School is draining. Eish, you can't balance school and life. It's demanding. (Sizwe)

School and work at the same time. There's exams on the side but also busy with work as well. Hence that's why when you asked me being quiet on the group. I've just been stressed about balancing the two. (Koketso)

I'm just going through challenges, that's all. There are difficulties at home. (Tumelo)

Already we had plans for this year because we did not know about this project upcoming, you know. So already, from my side, I was like busy with some of the things. So it was really a struggle when it comes to meeting up, being active. (Lerato)

It's [youth centre] volunteering then I also joined this and there were other projects I was doing. So when there was a certain whereby it came like, all of them needed me in one day, so you

<p>are supposed to make calculations like I am sacrificing this for today, and knowing that you also need to focus on school while you also need to do research like around the community. So for me it's like, basically managing my time with all the things I was doing. That was mostly the challenge that I really found along the process. (Sizwe)</p> <p>For me, it's time management. (Mahlatsé)</p> <p>For me to bring up ideas, it was like, it was like a bit of a problem. I was asking myself, will they listen to me? Is my, my idea valid, you know, and some of the things? So yeah, that was also a struggle to me because I couldn't like, open up. But as time goes, I was like okay, maybe I should try opening up. (Lerato)</p> <p>For me again, with commitment. It just felt like since I was away, just like, I don't know, I was mostly like overwhelmed by a lot of stuff as well. And like dealing with mental health issues and now, you are also here, you also can't function as well. (Palesa)</p>	
<p>Our capacity this side, it doesn't allow us to cover everything. (Kabelo)</p> <p>I tried speaking to this other student at school. She didn't give me insight 'cause her statements were not valid to what I have been asking mental issues, depression. (Tumelo)</p> <p>There was this one Saturday I tried to get them together as a whole to create a group of some sort so that we can talk but I don't know if it was me or it was the environment or it was them, what can I say, it was not like that successful, or the way I hoped...But I was at fault because okay I arrived since they were not doing anything and I took them and said let's go and we just jumped to say okay we are talking about depression and all that you see. (Sizwe)</p> <p>Judging from the way things are, it might even take us longer than expected to actually have all these stakeholders being present. (Kabelo)</p> <p>While we talk to them, how do I say it, about depression and them opening up to you, eish, so I feel like I'm carrying their burdens. They feel relieved, but I then carry their load, so eish, it's very difficult. (Tumelo)</p> <p>Honestly speaking, from what I saw on the response, it means there are going to be delays, and we are not sure, I think maybe this thing is going to start next year because right now, by end of</p>	<p>Challenges with the project</p>

<p>October, I'm definitely sure that learners are going to be writing and there won't be any time. (Koketso)</p> <p>So the communication is very bad with those people. (Mahlatse)</p> <p>I don't know if it was on my side or on their side via WhatsApp message like, it's only one tick. Call doesn't get through at all. (Sizwe)</p> <p>I feel that a lot of stakeholders did not really understand what we are trying to do and everything. So having to, the back and forth trying to find people that could help us. For me that was the biggest challenge. (Mahlatse)</p>	
<p>Sort of establish a routine. (Palesa)</p> <p>We do regular check-ups and all of that. (Palesa)</p> <p>Start at [the youth centre] because they are already there. (Mahlatse)</p> <p>And also sit down with, actually bring those stakeholders and sit down with them and so that they have a clear understanding in the beginning before, because there used to be those back and forths and things. (Mahlatse)</p>	Lessons from challenges with project
<p>I think I can delegate myself into dealing with appointments and making sure that all the schools we can access and have a lot. (Kabelo)</p>	Members delegating themselves to tasks
<p>So I feel as though it is like a good experience for us to like, really go on with this project and make people aware of this things. (Lerato)</p> <p>I really had a great experience with this project that we have been doing. (Lerato)</p> <p>I also feel like it was really good because it also gave me a go-ahead to like act out of my comfort zone because I am normally closed in. (Palesa)</p> <p>This project it helped me to be aware of, but also it helped me on a personal level. It helped on a personal level whereby I also myself, I also managed to be aware of myself, how to react in situations and how to feel in certain way and not let my emotions or thoughts overcome me. (Sizwe)</p> <p>It helped me a lot as a person who was actually in a process of helping these young people psychologically, helping them to find the mental, mental health assistance. (Koketso)</p> <p>I can clearly say right now that it helped me to actually, how can I put this thing, on how to tackle these issues. On how to build</p>	<ol style="list-style-type: none"> 1. Good experience with project 2. Becoming aware of self 3. How to not let feelings and thoughts overcome 4. Managing emotions 5. Using knowledge to help

myself personally, my confidence, and all those kinds of stuff, yes. (Koketso)

I think this project will help me to focus on, 'cause in my household there is a lot of gender-based violence going on. So I am thinking of tackling that and helping out my community with that. (Tumelo)

For me, since I know like the people who I reached and managed to get track of their progress, for me actually it makes me proud that I actually accomplished something that actually not benefitted myself but someone else. (Sizwe)

The person now gets more comfortable to come to you and be like look Sizwe this is what's really happening, this is what's really happening so can you please help or assist in a way. So for me that actually makes me proud yes. (Sizwe)

I've also learnt, 'cause to me, I didn't really believe like mental health illness, it's like, it's a real thing, 'cause it never happened to me...So it opened an eye on me to, to like show me that these things really happen. People are out there like seeking for help. (Lerato)

I found out that there's basically many types of depression not the depression that we know when someone is just feeling down and what. (Sizwe)

I found out also I was the one who is suffering from that. But through the programme basically, I also managed to, how to deal with it and also have emotional intelligence of myself. (Sizwe)

I also have the same thoughts as Sizwe to say, we got to learn about many aspects to depression. It's not only classified as one type. And on how to deal with it when you kind of see the signs within yourself, within yourself that's like leading to depression or anyone around you. (Palesa)

If I can sense that no man it looks like there's an issue of mental health, they don't really understand this, because I have that knowledge, I must be that person to talk at home, at school, in any place that I find myself. I must just talk. (Mahlatse)

Creating safe spaces within our friendships, our families, our communities. For people to actually like, feel comfortable talking to us about such issues. (Palesa)

<p>Honestly speaking, I didn't know anything about this thing of [Mental Health Organisation] up until I did research and in found out this is what they are doing. (Koketso)</p> <p>It really helped me because it showed me, it actually, it was an eye-opener for me to get to know about different stakeholders, people who knows about this thing. (Koketso)</p> <p>We found out that different stakeholders like [Mental Health Organisation], there's this other one I forgot its name which is also helping. (Koketso)</p> <p>I know that I can refer just anyone. They won't tell me that no, I don't have airtime. It's a call, toll free number which you can use to call. (Koketso)</p> <p>I think like as long as I know where to contact when I overcome like, I face a type of situation. (Tumelo)</p>	<p>Developing awareness of resources in the community</p>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------