

OCTOBER 2025

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MENS WORKSHOP
Life coach, Mental wellness specialists, Survivors, Daily literary survival tools, Stimulating interactive day programme. Includes a meal
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MAKING OUR MEN GREAT AGAIN



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MEN'S MENTAL HEALTH

In South Africa, men encounter a range of unique pressures that are deeply rooted in societal expectations and cultural norms. Many men are looked upon as the primary providers, protectors, and leaders within their families and communities, which places a significant burden on their shoulders. Such responsibilities, while fulfilling and meaningful, can also become overwhelmingly heavy. Unfortunately, there is a pervasive belief among many men that they must shoulder these burdens alone, without seeking help or expressing vulnerability.

The World Health Organization, in a 2019 report, highlighted the alarming statistic that men are nearly four times more likely to die by suicide than women. This stark reality is evident in our own communities, where we often hear stories of men who have suddenly "snapped" or who appeared to be managing well until, tragically, they were not. The signs of distress and mental anguish are frequently overlooked or misunderstood because men are conditioned from a young age to conceal their pain and avoid displaying any form of weakness.

Men's mental health has emerged as a public health crisis, one that is often overlooked or ignored due to pervasive societal stigma and the rigid constructs of traditional masculinity norms. Although men experience a wide array of mental health conditions similar to women, they are significantly less likely to receive a diagnosis or seek treatment. This reluctance to seek help contributes to what has been termed a "silent pandemic," which carries severe and far-reaching consequences, including the disturbingly higher rates of suicide among men. Addressing this issue requires a concerted effort to break down stigmas and encourage open discussions about mental health, providing men with the tools and support they need to thrive emotionally and psychologically.



REASONS FOR THE MEN'S MENTAL HEALTH CRISIS:

- **Societal expectations and stigma:**

Traditional gender roles often expect men to be stoic, self-reliant, and strong, portraying emotional vulnerability as a weakness. This pressure, reinforced by phrases like “man up,” teaches men to suppress their emotions from a young age.

- **Different symptom manifestation:**

Mental health issues can present differently in men, often masking traditional signs of distress. Instead of sadness, men might exhibit irritability, anger, aggressiveness, or engage in risky behaviour. Many men do not recognise these as symptoms of a mental health condition, which can lead to underdiagnosis.

- **Substance use as a coping mechanism**

Men are more likely to turn to alcohol or drugs to self-medicate and numb emotional pain, which can exacerbate existing issues and is less often recognised as a symptom of a mental health problem.

- **Reluctance to seek help:**

Due to stigma and a lack of mental health literacy, men are less likely than women to access mental health services or talk about their feelings. Only about half of men struggling with mental health issues seek support.

- **Undiagnosed conditions:**

Healthcare professionals may overlook or misdiagnose mental health issues in men because their symptoms don't fit typical presentations. Men are also less likely to visit a doctor for emotional rather than physical problems.

- **Work and financial pressure:**

The pressure to be a primary earner can lead to high levels of stress, anxiety, and burnout. Job scarcity, unemployment, and other financial concerns can also contribute to declining mental health.

But here's the truth.....

You don't have to suffer in silence. Help is available. You deserve to feel better.



If you're struggling, reach out to the Suicide Crisis Helpline. Healing starts here — let's help our **MEN BE GREAT AGAIN.**

SUICIDE CRISIS LINE 0800 567 567



THE SILENT STRUGGLES MEN FACE:

GROWING UP IN SOUTH AFRICA, MANY BOYS HEAR THE SAME MESSAGE OVER AND OVER:

Traditional gender roles often expect men to be stoic, self-reliant, and strong, portraying emotional vulnerability as a weakness. This pressure, reinforced by phrases like “man up,” teaches men to suppress their emotions from a young age.

- “Be strong.”
- “Don’t cry.”
- “Man up.”

These words can make men believe that showing feelings is weak. As a result, many men bottle up their sadness, anger, or fear until it overflows. Men often show mental health struggles in ways people don’t expect.

INSTEAD OF SAYING, “I’M DEPRESSED,” A MAN MIGHT:

Traditional gender roles often expect men to be stoic, self-reliant, and strong, portraying emotional vulnerability as a weakness. This pressure, reinforced by phrases like “man up,” teaches men to suppress their emotions from a young age.

- Get angry quickly over small things
- Start drinking more to escape or feel numb
- Pull away from loved ones and spend more time alone
- Feel constantly tired with no medical reason
- Experience body pains that don’t go away

If you see these signs in yourself or someone close to you, please don’t ignore them. These are loud cries for help, even when no words are spoken. It’s OK to Ask for Help. It’s normal to feel unsure or even scared to ask for help.

YOU MIGHT WORRY:

Traditional gender roles often expect men to be stoic, self-reliant, and strong, portraying emotional vulnerability as a weakness. This pressure, reinforced by phrases like “man up,” teaches men to suppress their emotions from a young age.

- “What will people think?”
- “Will I seem weak?”
- “Can I trust anyone with this?”

But the truth is, asking for help is an act of courage, not weakness. Speaking to someone can save your life. Even talking to just one trusted person can open a door to healing.

THIS COULD BE:

Traditional gender roles often expect men to be stoic, self-reliant, and strong, portraying emotional vulnerability as a weakness. This pressure, reinforced by phrases like “man up,” teaches men to suppress their emotions from a young age.

- A friend you’ve known for years
- Your partner or sibling
- A colleague you feel safe with
- A pastor, imam, or community elder
- A professional counsellor



HOW TO SUPPORT MEN'S MENTAL HEALTH:

NORMALIZE THE CONVERSATION:

- **Create safe and non-judgmental spaces:** Where men feel comfortable talking about their emotions. Sharing personal stories can help normalise vulnerability.
- **Encourage professional help:** Educate men on the importance of seeking professional help and that it is a sign of strength, not weakness. Therapy can be particularly effective when it is tailored to men's communication styles and concerns.
- **Promote healthy coping strategies:** Encourage self-care practices like exercise, healthy eating, and hobbies to manage stress. Distraction methods like excessive work or substance use should be avoided.
- **Listen and validate:** For loved ones, it's important to listen without judgment or trying to immediately "fix the problem". Validate their feelings and offer support without minimising their struggles.

LOOK OUT FOR WARNING SIGNS:

- **Family and friends should be aware of behavioural changes in men:** Such as increased irritability, aggression, social withdrawal, or risky behaviour. Unexplained physical symptoms like headaches or digestive problems can also be indicators.

You don't have to tell your whole story at once. Just start by saying,

"I'M NOT OK, AND I NEED SOMEONE TO TALK TO."

That's more than enough.



FIVE SIMPLE STEPS TO START FEELING BETTER—A HEALING BROKEN BROTHERS INITIATIVE

You don't have to fix everything overnight. Healing is a journey, and every small step counts. Here are five things you can start doing today:

1. TALK TO SOMEONE

Start small. You don't have to give a speech or explain everything.

You could simply say:

- "Lately, I've been feeling overwhelmed."
- "I'm not coping well right now."
- "Can we talk? I just need someone to listen."

Talking helps release the pressure. It can also help you see things from a new perspective. Sometimes, just being heard is a huge relief. Remember whatever we think affects how we feel and the feeling in turn affect how we behave.

A brief explanation below:

- Cognitive means mental processes like thinking. The word 'cognitive' refers to everything that goes on in your mind, including dreams, memories, images, thoughts, and attention.
- Behaviour refers to everything that you do. This includes what you say, how you try to solve problems, how you act, and avoidance. Behaviour refers to both action and inaction, for example, biting your tongue instead of speaking your mind is still a behaviour even though you are trying not to do something. Therapy is a word used to describe a systematic approach to combating a problem, illness, or irregular condition.



Talk About
IT!

A black silhouette of a telephone handset with a coiled cord. The handset is on the left, and the cord extends to the right, ending under the word 'IT!'.

2. MOVE YOUR BODY

Physical activity is a powerful medicine for your mind. You don't need fancy equipment or a gym contract.

Try:

- Walking around your block
- Playing soccer with your friends
- Doing push-ups at home
- Digging in the garden

Even 20 minutes a day can help improve your mood, release stress, and give you a sense of control. Movement helps your body process built-up tension.



3. SPEND TIME IN NATURE

South Africa's beauty is healing. Whether it's sitting quietly on your stoep, walking on the beach, hiking in the mountains, or visiting a local park, nature offers peace and perspective.

Even a short walk under the open sky can:

- Slow your racing thoughts
- Soothe anxiety
- Lift feelings of sadness

Spending time outdoors also reminds us that we are part of something bigger, and that life keeps moving.



You Can Do
THIS!



4. GET ENOUGH SLEEP

Lack of sleep can make everything feel worse. When you're tired, you're more likely to feel irritable, sad, or hopeless.

Try doing this:

- Keep regular sleeping hours, even on weekends
- Switch off your phone, TV, or radio at least 30 minutes before bed
- Avoid caffeine and alcohol before bedtime

Rest is not a luxury. It's essential for your mental strength.



BENEFITS OF ENOUGH SLEEP



BETTER BRAIN

IMPROVED MEMORY AND CONCENTRATION



BETTER BODY

IMPROVED ENERGY



BETTER MOOD

IMPROVED EMOTIONAL RESILIENCE

CHILDREN	RECOMMENDED SLEEP	TEENS	RECOMMENDED SLEEP
5 - 13 YEARS	9 - 11 HOURS	14 - 17 YEARS	8 - 10 YEARS

5. CONNECT WITH YOUR COMMUNITY

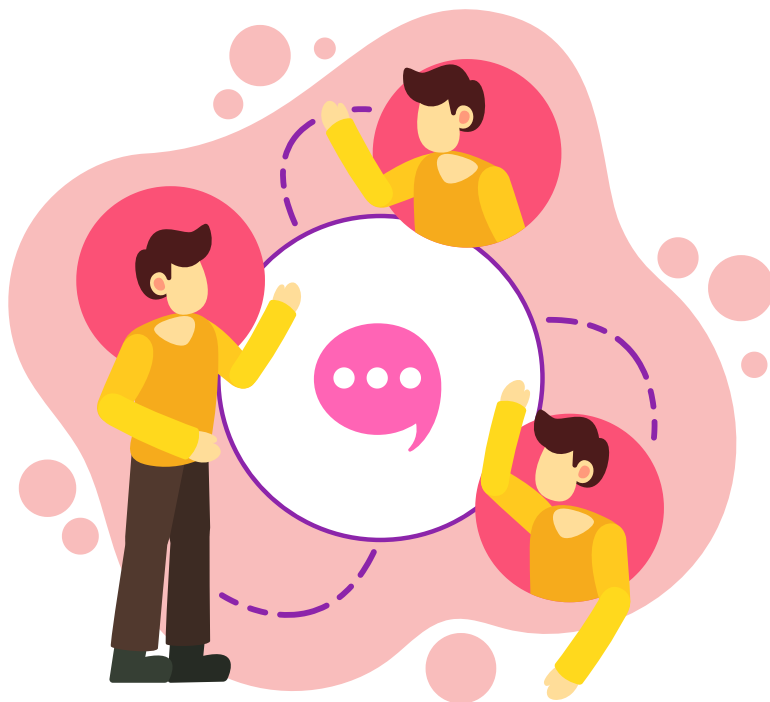
Reach out, connect, and surround yourself with people who lift you higher.

Ways you can do this:

- Isolation can make you feel trapped. But staying connected through church, soccer teams, neighbourhood braais, or family gatherings all can help lift you up. You don't have to share your struggles with everyone. Just being around people who care about you can bring comfort and hope.
- If you can't attend in person, phone or WhatsApp check-ins are also meaningful. Regular, simple contact with others is one of the most protective things for your mental health.



STRONGER
TOGETHER



QUICK HELP CHECKLIST

- You can save a helpline number in your phone right now.
- Reach out to one person this week, even if just a message.
- Get some fresh air and move your body every day.
- Try to sleep at the same time each night.
- Make space for men's conversations, be it at work, at church, or in your community group.

YOU MATTER

Being a man in South Africa today comes with many challenges as providing for your family, protecting your community, facing unemployment, and overcoming loss are prominent issues faced by many men.

PLEASE REMEMBER:

- Your life is precious.
- You are not a burden.
- You are worthy of love, rest, and support.
- Even when you feel lost, there is a path forward.
- Even when you feel alone, people care.
- Even when you feel hopeless, you can get better.

AT HEALING BROKEN BROTHERS (HBB), WE WANT TO TELL YOU THIS CLEARLY:

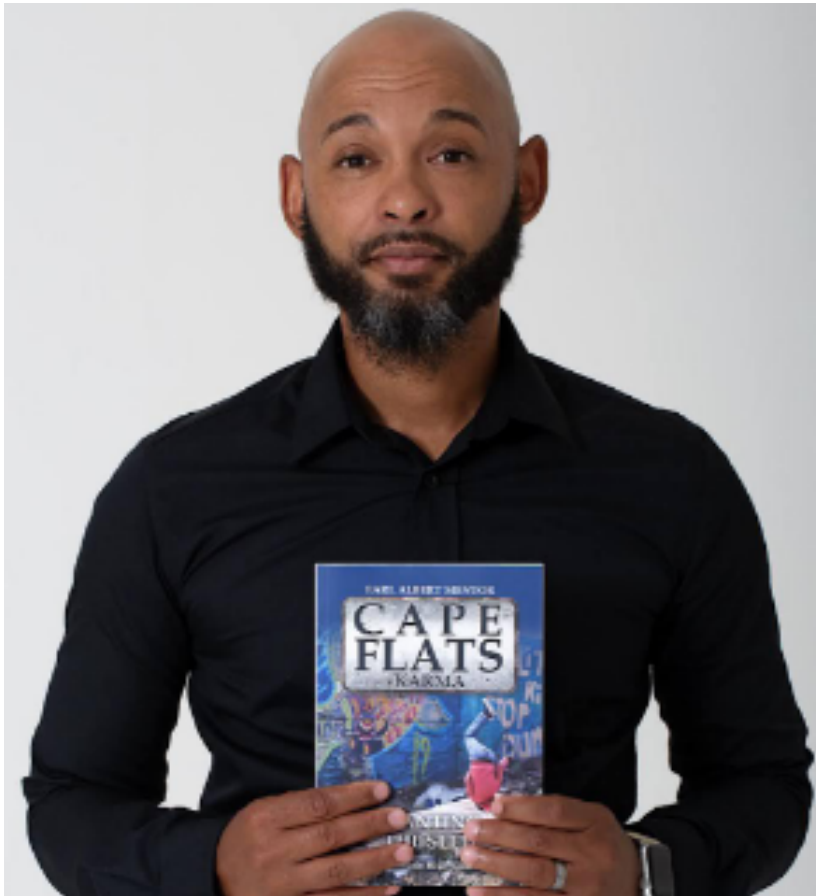
*There is no shame in struggling.
There is only strength in choosing to keep going.
Help is here.
Help works.*



If you're struggling, reach out to the Suicide Crisis Helpline.
HEALING STARTS HERE —LET'S HELP OUR MEN BE GREAT AGAIN.

SUICIDE CRISIS LINE 0800 567 567

MEET THE FACILITATORS FROM THE "HEALING BROKEN BROTHERS" WORKSHOP —HELD ON 27TH SEPTEMBER 2025



Peace Builder, Motivational Speaker, Author & Racial Equity Facilitator
Website: www.capeflatskarma.com
www.mentoringpeacebuilders.org

MR EARL MENTOR: ETD PRACTITIONER

Earl Albert Mentor is an esteemed Anti-Bias & Racial Equity Facilitator, as well as a Solution Focused Life Coach, dedicated to offering in-depth and comprehensive intercultural workshops alongside seminar-style life coaching sessions. Over the years, he has cultivated a strong reputation for creating engaging and insightful workshops. His life coaching seminars are particularly renowned for utilizing Solution Focused Life Coaching Tools, which are designed to effectively engage his clients and inspire positive transformations in their lives. These sessions not only address issues of bias and equity but also equip participants with practical skills and strategies to navigate and thrive in diverse environments. Through his work, Earl Albert Mentor has consistently demonstrated a commitment to fostering understanding and promoting growth among his clients, providing them with the tools necessary to achieve their personal and professional goals.

Publications

A SAQA National Accredited Facilitator, Coach and Peacebuilder, I have always looked at sensible ways to share my narrative (unlearning my own trauma and relearning a new paradigm for my life) in order to help disenfranchised people residing within marginalized communities in South Africa, realise their worth and value in order to be more, live more and do more in the context of joy and happiness. I found that writing is a great way of helping me to focus on my own healing as well as helping others to focus on theirs.

Keynotes & Talks

Earl Mentor is a keynote speaker at peacebuilding conferences, delivering coaching and youth leadership keynotes, presentations and workshops at events including international peacebuilding youth leadership conferences, cape town museums 'shaping our future – healing boys and men' event, TSIBA University, False Bay 'Chain Of Colleges', and Chrysalis Academy Tokai.

Staff training

My coaching style help amplify the importance of intercultural communication in the workplace. Communication is a pretty important part of daily life, but what do you do when you need to communicate with someone from another culture? I coach employers and employees to explore the ideas behind intercultural communication and how best able businesses can help breakdown cultural barriers within the workplace.

GAVIN FORTUIN: SPEAKER, YOUTH PRACTITIONER, AUTHOR

Gavin Fortuin is a nationally acclaimed motivational speaker, youth practitioner, author, and leadership consultant who has made a significant impact on countless lives through his work. With a dynamic approach to inspiring and guiding individuals, Gavin has built a remarkable reputation that extends far beyond his local community. His unwavering passion for empowering individuals, combined with a proven track record of success, has garnered him recognition across various sectors, including government, education, civil society, and the private sector. Whether addressing a room full of young leaders or consulting with corporate executives, Gavin's insightful perspectives and engaging delivery captivate audiences, leaving a lasting impression.



His dedication to leadership and community impact is not just limited to his professional engagements. Gavin actively participates in various initiatives that aim to foster social change and development, demonstrating his commitment to making a tangible difference. This commitment was further recognised when he was awarded the prestigious News 24 "100 Mandela's of the Future" award in the Leadership category. This accolade not only highlights his outstanding contributions but also aligns him with a legacy of transformative leaders. Currently, Gavin is also a Forty Under 40 South African Awards 2025 finalist in the Community Development category, underscoring his ongoing efforts to uplift and empower communities. Through his multifaceted career, Gavin Fortuin continues to inspire others to achieve their potential and contribute positively to society.

The Power of Mental Wealth - Volume 2 (Success Begins From Within)

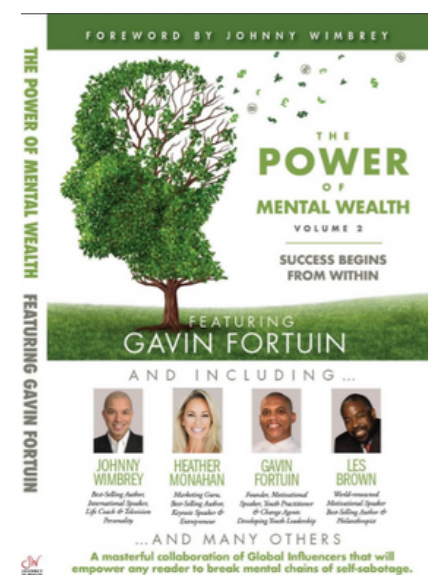
Featuring: Gavin Fortuin and including international celebrity authors Johnny Wimbrey, Heather Monahan, Les Brown, and many more.

His chapter, titled "Turn Your Pain Into Power," explores themes of identity, purpose, and vision.

Synopsis: The Power of Mental Wealth is a cutting-edge book to help you thrive in times of chaos and change. More than 20 chapters of immensely talented and successful contributors include lessons of mental toughness, increasing joy and self-confidence, learning to see the brilliance of your future, changing perceptions and attitude, stretching yourself mentally, and developing self-will.

To follow Gavin and see how he is breaking barriers, visit his LinkedIn profile.

GAVIN FORTUIN: SPEAKER, YOUTH PRACTITIONER, AUTHOR





CHARL DAVIDS: PSYCHOLOGIST | HIGHER EDUCATION LEADER | WELLNESS INNOVATOR PROFESSIONAL BIOGRAPHY

Charl Davids holds an MPsych from the University of the Western Cape (UWC) and is a registered psychologist with the HPCSA. He completed a PhD in Community Psychology, focusing on community based substance abuse treatment and participatory action research (PAR).

He has over two decades of experience across clinical practice, academia, and organizational leadership. He is currently Deputy Director at the Centre for Student Counselling and Development (CSCD), Stellenbosch University, leading innovations such as the One-Window Intake model, 4-Day Work Week pilot, and integration of staff wellbeing into student success.

Previously, he served as Youth Programme Manager at Self-help Manenberg, Training Manager at the Trauma Centre for Survivors of Violence and Torture, and Principal Psychologist at SAPS. He lectured at UWC for over a decade, serving as Deputy Head and later Head of Psychology.

Charl's NGO work includes founding Youth Development Specialist Services (YDSS), serving as Executive Director of Social Development Practitioners (Pty) Ltd, and Chairperson of the Western Cape Small Business Network (NPC). Internationally, he is the former SADC Regional Co-ordinator of ICUDDR and the current President of SAACDHE.

EXPERTISE IN:

- **Psychological Services & Mental Health** – Clinical practice, counselling, trauma intervention, student development.
- **Organisational Leadership** – Strategic planning, governance, staff and student wellbeing frameworks.
- **Community Engagement** – Youth empowerment, NGO leadership, participatory action research, arts-based initiatives.



CONTACT

- +27 (0)83 355 7901
- PSYCHDAVIDS@GMAIL.COM
- WWW.CHARLDAVIDS.CO.ZA

EUODIA SAMSON: WELLNESS PRACTITIONER, TRAINER, FACILITATOR, TENSION AND TRAUMA COUNSELLOR

Euodia Samson is a respected South African wellness practitioner, trainer, and development facilitator with an intentional focus on empowering individuals and communities through her company, Fusion Worx Training & Development. Founded in 2002, Fusion Worx is the vehicle through which Euodia delivers training and professional development programs and employee development training. For over a decade, she has conducted roadshows for diverse organisations, addressing critical issues such as workplace dynamics with diversity and inclusion.

Fusion Worx Training and Development offers Employee Wellness, Stress Management and Resilience, Mental Health Awareness, Physical Wellness, Financial Wellness, Work-Life Balance, Substance Abuse Prevention, Employee Essential Skills and Personal Development.



Euodia's commitment to holistic well-being extends beyond corporate training. She is a qualified Tension and Trauma Release Exercises (TRE) Level 2 practitioner, guiding individuals and groups through the TRE process. Her passion for community work has also led her to pursue a degree in Communication and Counselling at the South African College of Applied Psychology (SACAP). Her signature "Challenge Day" workshop offers a unique platform for personal growth and empathy building.

Euodia's personal journey with insulin resistance sparked a deep interest in nutrition and wellness. She became a nutrition and wellness facilitator, collaborating with the Prof. Tim Noakes Foundation before establishing her own wellness workshops and coaching practice. She shares her expertise and insights on her daily Facebook Live show, covering topics like health, wellness, self-help, and family. She is the author of the self-published cookbooks "Heal Your Gut" and also released Know Thyself in 2024, a self-help book that inspires individual inner-healing.

With a Diploma in Speech and Drama from the University of Cape Town, Euodia initially pursued a successful acting career spanning over 30 years. This experience, coupled with her natural ability to connect with people, laid the foundation for her transition into motivational speaking, wellness facilitation and ultimately, her current work in training and development. As a television actress she is fondly remembered for her acting career, including her role as Gawa in the 90s TV series "Tussen Duiwels," and later appearances in productions like kykNET's "Waterfront", "Sarah se Geheim", and the Netflix movie "Angeliëna" (for which she received an African Academy Award nomination) and recently featured in Summertide, a multi-generational show on DSTV. Euodia is married and has three sons.

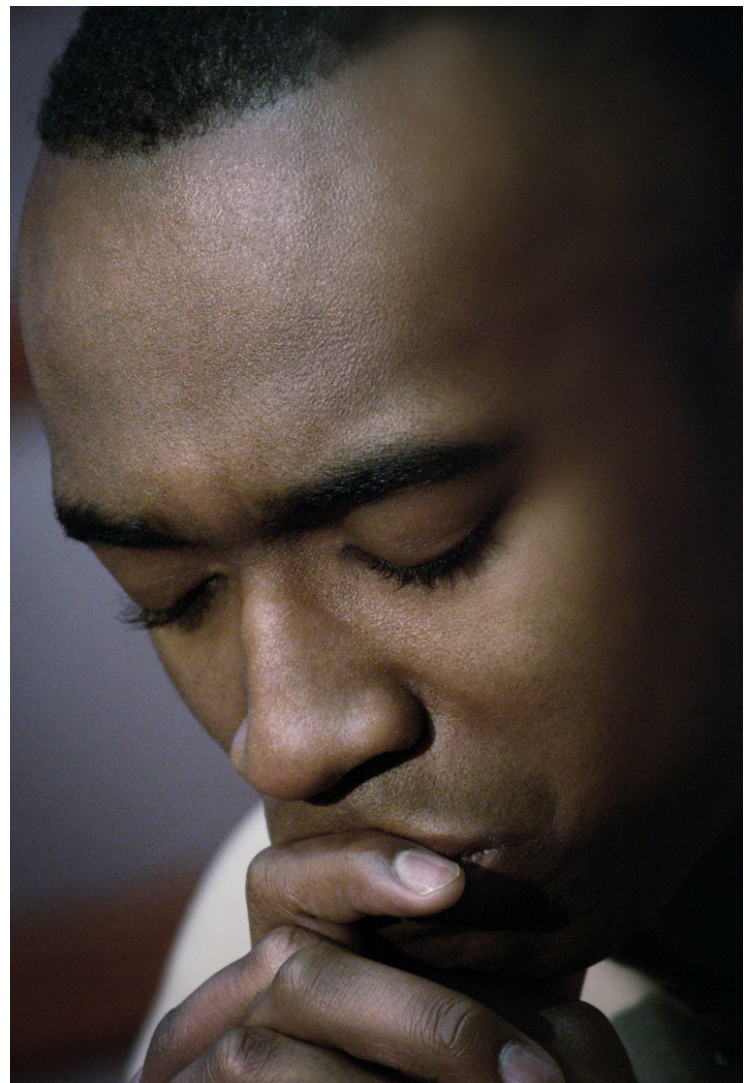


INSPIRATION:**WHILST IN THE WORKSHOP ONE OF THE MEN GOT SO INSPIRED HE STARTED WRITING POEMS TO EXPRESS HIS EMOTIONS...****"Nightfall's Grace"***by DA Leonard*

Beneath the hush of twilight's veil,
Your love, O Lord, will never fail.
You walked with me through fire and rain,
And turned today from loss to gain.
Your angels moved in ways unseen,
Their presence strong, their purpose keen.
What could've harmed, You made to flee
Because You stood and fought for me.
So now I lay my head in peace,
From all my worries, grant release.
Reset my heart, restore my soul,
Your hand upon me makes me whole.

**Night Prayer: "For Peace and Protection"***by DA Leonard*

Dearest Father,
Thank You for the day You carried us through.
Thank You for the angels You dispatched
those unseen warriors who shifted the very outcome of this
day.
As night falls, wrap us in Your peace.
Let Your hand rest upon our homes,
upon our dreams,
upon our hearts.
Clear our thoughts,
quiet our spirits,
align us again with Your will.
Protect those we love, and even those we don't know by name
anyone crying out to You tonight,
Lord, meet them. Step in. Be near.
Shield us from the works of the enemy in the midnight hours.
Reset us, realign us, refresh us.
May we rise stronger, wiser, and closer to You.
In Jesus' mighty name, Amen.



HEARTFELT THANK YOU...



AFM Crawford

1.7K followers • 27 following

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N P C

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CONTACT



CHARLENE PETERSEN
DIRECTOR
+27-84-366-7474
www.ctsowhere2.co.za
charlene@ctsowhere2.co.za



ALISTAIR IZOBELL
CREATIVE DIRECTOR
+27-79-749-3535
www.ctsowhere2.co.za
aip@alistairizobell.co.za

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