



**NPOwer**  
Supporting the mental health of South African NPOs

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Helpline: **0800 515 515**

## Who is NPOwer?

To use the African proverb, “It takes a village to raise a child”, NPOwer is a Mental Health Support Programme that builds resilience and capacities in the NPO sector by building an NPO Village.

NPOwer provides mental health care and psychological first-aid to NPO leaders, staff, and their volunteers to build stronger and more resilient NPOs through our dedicated 24-hour Helpline, SMS, email, website, and social media; as well as by providing capacity-building workshops, creating networks and mentorship programmes across all sectors.

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**Save the Date for the Next  
NPOwer Support Group  
Meeting**

**Friday, 14 July at 12pm**



**FREE  
ONLINE  
SUPPORT  
GROUP MEETING**

**YOURSELF**  
[www.npowersa.org](http://www.npowersa.org)

**For all NPO workers,  
leaders and volunteers!**

**When:** Friday, 14 July 2023  
**Time:** 12:00 - 1:00pm  
**Where:** Zoom  
**Register:** [https://bit.ly/NPOwer\\_SGM](https://bit.ly/NPOwer_SGM)  
**For more info:** [info@npowersa.org](mailto:info@npowersa.org)

  

## How To Create And Maintain A Healthy Work-Lifestyle Balance.

Being part of the NPO, NGO, and NPC sector comes with wearing more than one hat and conducting more than one task at a time. The constant change in our daily tasks can cause our stress and anxiety to increase, and so to help with our mental health, it is important to achieve a healthy work-life balance. So how do we stay on track and build a healthy work environment?

Join the next NPOwer Support Group Meeting, **Friday 14 July at 12pm** where we will be sharing some of the challenges we face in our working environment and share with each other some tips and tools on how to

establish or improve our working lifestyle.

[Click here to register](#)

## Coffee Connect with an NPO

Grab your cup of Coffee or Tea and join us via our [@NPOwerSA](#) Facebook page on the **last Monday** of every month at **12pm**, where we will be spotlighting the excellent work of various organizations based in South Africa and learn more about how they navigate their Mental Health while working in the NPO Sector, as each guest shares the different challenges they may be facing and how they overcome the challenges



The NPOwer Coffee Connect sessions allow us to share our highs and lows about working in the NPO sector, learn how to stay motivated during the tough times, and learn some of the valuable lessons learned while being in the non-profit sector.

We have recorded the sessions which are freely available for all to watch

via the NPOwer Facebook Page or click the button below to access the videos.

[Click to watch the recordings on Linktree](#)

If you would like us to spotlight your organization, please email us at [info@npowersa.org](mailto:info@npowersa.org). We would love to collaborate with you.

## #BuildingTheNPOVillage

During the month of June, our NPOwer Team had the opportunity to meet various organizations based across the country, where we had the chance to connect with these amazing people, learn about their organizations and inform them about the services of NPOwer.



Keep up to date with NPOwer on our social media platforms, where we share **FREE** Mental Health Resources, current activations that we are partaking in, new friends we are meeting, and how we are growing the



NPO Village.

[NPOwer Instagram Page](#)

[NPOwer Facebook Page](#)

[NPOwer Twitter Page](#)

## #NPOwerYOURSELF

*“Owning our story can be hard but not nearly as difficult as spending our lives running from it.” – Brene Brown*



The graphic features a green rotary telephone on the left. To its right is the NPOwer logo, which includes a globe icon with people figures inside, followed by the text 'NPOwer' and 'Supporting the mental health of South African NPOs'. Below this is the helpline number '0800 515 515' and a paragraph stating: 'Supporting the mental health of South African NPOs. The tollfree NPOwer helpline will be open 24 hours a day, 7 days a week, 365 days a year with counselling available in all 11 official languages'. At the bottom left are two logos: 'THE SOUTH AFRICAN ASSOCIATION OF NPOs' and 'TSHIKULULU SOCIAL INVESTMENTS'.

The NPOwer **toll-free helpline** is open 24 hours a day, 7 days a week, 365 days a year with counselling available in all 11 official languages. **Call 0800 515 515** or send a **SMS to 43010**. You can also **email [info@npowersa.org](mailto:info@npowersa.org)** or go to [www.npowersa.org](http://www.npowersa.org) for more information.

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