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Reflections of a Convoluted Mind

"I am a doctor who has patients and I am a patient who has a doctor."



Dr. Samke J. Ngcobo

Mental illnesses and academic disciplines which deal with mental health struggles are still a realm that is still misunderstood and therefore poorly embraced. As a result, those who struggle with mental health issues, find themselves under the harsh glare of stigma and judgement.

Familiar with the struggle of mental health

I am all too familiar with this struggle; both as a patient who struggles with a mental illness and as a doctor who has managed those who struggle with their mental health. I choose to shy away from labelling those who have mental illnesses as sufferers because it renders them as victims, incapable of overcoming this challenge.

I have been living with Bipolar Disorder since the age of 14 and am all too familiar with rejection and judgement both from a religious, cultural and social perspective. Although it has been painful to be confronted by these adversities, they ignited and strengthened my resolve to support those like me, to not suffer with the same intensity as I did. I fully empathise with people who have mental illnesses and those affected by it through loving them.

Passionate about mental health advocacy and activism

I am passionate about mental health advocacy and activism and believe that those who struggle in their mental health should unashamedly and unapologetically speak about their journey without fear of being victimised or being subjected to stigma.

I intend to be a beacon of hope to those who struggle with mental health issues. I want those who are in my shoes to embrace their journey by acknowledging it and talking about it.

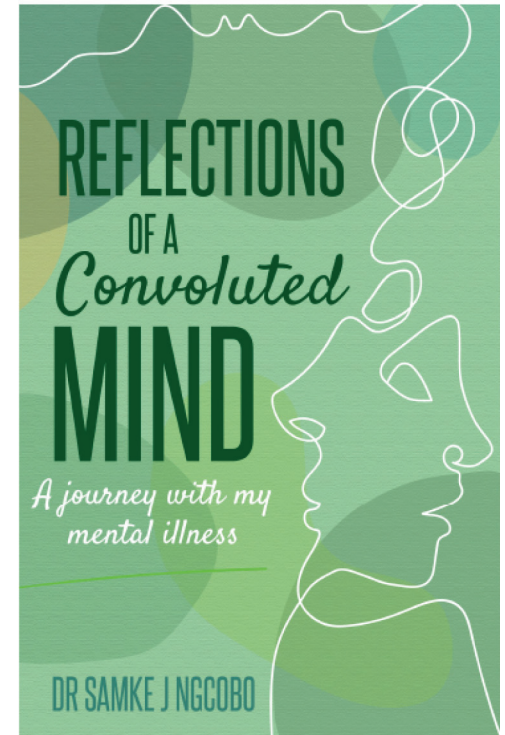
Earlier this year, I experienced my most recent relapse and found myself in a mental health facility. Following this admission, I was overcome by feelings of shame and defeat. I felt like I had failed both myself and my loved ones and it was very difficult to process. With the intention of not allowing my pain to go to waste, I channelled my thoughts and feelings in the form of my debut book called **REFLECTIONS OF A CONVOLUTED MIND** which contributed to my spiritual and emotional healing. In the effects that it had on me when writing it, I hope it has the same effect on the reader.

Passion projects

My passion projects include my non-profit organisation called Sisters For Mental Health and my company called Vocal Mentality. Both entities are dedicated to positively engaging with the community and corporate environment about mental health and wellness.

"I look forward to the day when mental health struggles are legitimised and treated with the same importance as other illnesses."

Where to find the book:
 It is available at Exclusive Books
 and as an e-book on Amazon.com



Publisher: The Golden Goose Institute
 Author: Dr. Samke J. Ngcobo
 Title: Reflections of A Convoluted Mind
 Subtitle: A journey with my mental illness
 Distributor: Creative Books and Afrokulcha
 E-Book: Amazon.com
 Pages: 125
 RRP: R250
 Publication Date: 17 October 2020
 Format: Print and Digital
 ISBN: 978-1-990983-86-3
 Size: 204mm x 127mm
 Genre: Non-Fiction
 Website: www.sistersformentalhealth.co.za