CASES AT WHITE DOOR CENTRE:

Some of the diverse cases dealt with at the Al-Fidaa White Door Centre include counselling for depression, anxiety, rape, suicide, addiction, domestic violence, grief counselling, HIV, terminal illness, financial stress. There is no one case with one single problem. People deal with multiple stressors at the same time. Society is in such a state we hear one problem and we think it’s bad ...and then we hear something even more devastating. The list below is just to highlight the diversity of the cases we see:

1. A 50 year old woman, son was murdered several years ago. His murderers were never brought to justice but as a result of the murder, she became ill and depressed, lost her job and has been on a downward spiral. She is currently trying to move past what happened and start living.
2. A father of 5, wife walked out on him leaving him to see to 3 children between the ages 4 and 15. He has recently been diagnosed with cancer and is struggling with that, unemployment and also trying to protect his younger kids from his 18 yr old daughter who has gone wayward with gangsters and drugs. He is at the end of it after trying to help her.
3. A single mother with 2 HIV positive children. Her case was leaked by the local clinic resulting in the entire street knowing about her status. It depressed her to the point where she refused to take her ARV’s. Her situation is dire being unemployed. Her partner refuses to help with the care of her eldest son though he initially didn’t confide his status to her prior to the relationship.
4. Telephonically counselled a lady whose sister in law was injured in a family dispute. There was an argument at home (over food) with a drunk brother who hurled a plate at his sister’s face. The force of it was so great it smashed to pieces on impact, cutting her face. The parents refused to get involved and the sister in law ended up going to the police station and hospital with the sister.
5. A 72 year old pensioner, living alone, abandoned by her only daughter came for assistance for a food parcel and also counselling. She is on treatment for angina as well as cancer. She has had a mastectomy and throughout she has been battling alone. Her fear is that she would end up so weak and bedridden, having to bear the humiliation of strangers seeing to her. The sad reality is that she does have a daughter and son in law in the same city yet has to depend on the kindness of strangers to help with rental or food.
6. A mother of 2, separated and battling addiction to painkillers. Having attempted suicide thrice, been to rehab. The addiction was a cover for lot of pain she was unable to handle. Her previous partner had committed suicide some years before that due to having lost a case (he had been sodomised by a gang and took his life after losing the case). Barely processing that, her daughter was raped twice on two different occasions. This affected her to the extent where she could not deal with it anymore and the child was sent to live with paternal grandparents. Broken, she had to start over rebuilding her life. So it was a processing of getting past the self guilt of the suicide, then the rapes and fighting the addiction. She is building her life today and saving up to complete her matric and making plans to bring her daughter to live with her. She has recently started a small business (spaza)from home.
7. A 22 year old woman, rape counselling. Her mother approached the centre to make the appt for her. Victim is working, has a child, in a relationship but was suicidal and experiences fits of rage so intense she blacks out. She had been raped in her teens twice a year apart. The only counselling she received was the initial counselling when reporting the rapes. Thereafter, she has attempted to block out the incidents and this has started causing other problems and contributing to the underlying rage.
8. A 70 year old mother of 2, had plans to relocate to Port Elizabeth to be with her youngest who was going to take care of her. In the interim, he passed away and she has been abandoned by the other son. Her pension barely covered her rent. Rental and relocation fees are weighing heavily on her. Her depressive state is due to the loss of her son, the financial situation she finds herself in and also the utter disappointment of a mother spending her life rearing children only to be abandoned in her time of need.
9. Unemployed single woman, became a muslim and got married. The marriage didn’t work out and she ended up back home. She is currently unemployed and under considerable of pressure from family to become a Christian and dealing with ostracism from the rest of the family. The depression she was dealing with was acute, stemming from her situation and being cast out from her family even though her living and her beliefs are not infringing on anyone else’s at home.
10. A mother of 3, going through some difficulties having lost a baby recently.
11. A father of two approached the centre for grief counselling having lost 2 family members through unnatural circumstances (murder).
12. A single mother of 3, struggling to make ends meet, approached the centre for assistance with placement at a special needs school.
13. A pensioner, with disabled husband, approached the centre for counselling. She was depressed and weary as a result of conflict with an adult daughter. The daughter in question was a single mother living with the victim, but making no attempt to lighten the burden financially in any way. She expected the mother, the victim, to go out and beg for food and assistance. This caused the mother alot of grief and pain because while her daughter was aware of their financial predicament, she still regularly entertained friends.
14. A mother of two sons, struggling financially, One of the sons recently started a relationship with a woman who is HIV positive and this is causing the mother pain as her son does not want to understand the consequences of this relationship. His mother is concerned that it may be too late.
15. An expectant mother of one, abandoned by her partner and unemployed. She became further depressed after being diagnosed with TB.
16. A couple with a teenage son who refuses to return to school and a daughter who is involved with drug addicts. Having placed themselves in debt to put the daughter through school and bring her up with opportunities, it is very hard for this couple to see their daughter throw away everything in one fell swoop. The lack of support from her husband and the state of the family has caused this woman to become depressed.