**Coping after KZN's flashfloods**

The catastrophic flash floods that hit the KwaZulu-Natal province left many homeless. Eight thousand people sought shelter in community halls, many remain traumatised. One of the flood survivors at Ntuzuma Hall is **Nozipho Sithole**.

“When I opened the door, I looked around, I saw... that was not water, my sister. It was mud as if it was boiling. I saw houses with my own eyes moving. There was a family member whose child died. The child was killed by the mud: not the water. It continued to rain. The mud continued to move the child: we had nothing to cover the child’s body. I can’t cope.” she says.

Those left in shelters can only cope the best way they know how… with music. **Themba Mncube is an MSF driver**, a choir master, and a keyboard player with a passion for music. He says when he heard people singing in the shelters, he had to join them.

“You know, the music, it's a medicine that you cannot find from the doctor. So, it's entertaining at the same time it de-stresses. You feel yourself calm,” **Themba Mcube.**

Our Doctors Without Borders (MSF) teams continue to respond to the needs of shelter residents, with an increasing focus on mental health. **Nokuthula Shandu** is one of MSF’s registered counsellors offering support.

“Generally, what we've been doing there is to give them coping skills to help them to be able to not be overwhelmed. But now most of them are depressed, anxiety, yes, it's there, because even whenever it's raining, it's like it's a trigger. With counselling, it's not enough. So, they will find ways to cope and their own,” she says.

“You see, yesterday, when it stated to rain, people inside here looked said. They could not sleep. You see, when you come here, how excited we are? But you [MSF] will go. And we will remain thinking about this incident. We cannot cope,” Nozipho Sithole.

“They're going to need an ongoing support until they are able to stand on their feet, able to cope on their own, because it's not just going to go away soon,” **Nokuthula Shandu.**