



# WORLD MENTAL HEALTH DAY 10 OCTOBER

#WhatIf  
#YouthMentalHealth

## Mental Health Awareness Month October 2018

### World Mental Health Day - Youth and Mental Health

This year's international theme was Youth and Mental Health. With the rising reports of child and teen Suicides. University students experience Depression, Stress and Anxiety everyday without any knowledge that they are suffering from a Mental Illness. SADAG took part in various University Wellness Talks, School Talks, Corporate events and raised Mental Health Awareness on various media platforms throughout #WorldMentalHealthDay. SADAG did many articles in The Star newspaper, Cape Argus, The Citizen, Cape Times and Pretoria News. Also see stories in the following magazines this month, GQ, Marie Claire and Cosmopolitan. Although #WorldMentalHealthDay is only commemorated on the 10th October, SADAG have committed to raising Mental Health Awareness throughout October as if everyday were #WorldMentalHealthDay. Read on for more information on various SADAG activities around the country throughout October.

SADAG's FREE #FacebookFriday  
Online Q & A  
Friday – 12 October  
"Youth and Mental Health"

Ask experts questions about Mental Health issues affecting children, teens & young adults in South Africa.

**CHAT!** with us  
1pm: Cassandra Govender (Psychologist)  
7pm: Dr Semira Iruken (Psychiatrist)

Log in via [www.sadag.org](http://www.sadag.org)  
Facebook page: The South African Depression and Anxiety Group  
For more info: 0800 21 22 23, open 7 days a week, 8am-8pm

### Free Facebook Friday Online Chat Tomorrow

Join the FREE online #FacebookFriday expert Q&A **TODAY** (12 October) discussing **Youth and Mental Health**. Are you unsure of how to speak to your child about Depression? Are you a University Student struggling to cope under pressure?

Want to learn more about the signs and symptoms of Depression in children or teens? Join the chat 1pm - 2pm with Psychologist Cassandra Govender, and again at 7pm - 8pm with Psychiatrist, Dr Semira Irusen. Click [here](#) to visit our Facebook Page. #FacebookFriday



## #WhatIf Social Media Campaign

SADAG is running an online campaign throughout October to eliminate Stigma surrounding Mental Health, and to encourage young people to talk about important topics related to Mental Health. SADAG's #WhatIf Campaign will focus on social media, follow

Facebook ([The South African Depression and Anxiety Group](#)) and Twitter ([@TheSADAG](#)), talking about issues facing youth in SA everyday.

- #WhatIf more people knew there was help available before it was too late?
- #WhatIf people knew that Depression was a real medical illness that needed real treatment?
- #WhatIf we had more serious conversations about depression with our teens?

SADAG have already shared 11 of the #WhatIf posts, click [here](#) to see them.

Follow SADAGs online #WhatIf campaign throughout October and please share, like and retweet.

## Youth and Mental Health Online Toolkit

See the list below for some helpful info, articles, videos, etc.

- The World Health Organisation (WHO) [Fact sheet](#) on adolescent mental health (2018).
- "[Young people and Mental Health](#) in a changing world." WHO.
- Teen Suicide Prevention [Brochure](#).
- SADAG Press Release: World Mental Health Day - [SA Youth in Crisis](#)
- You are #NotAlone Click [here](#) to watch an inspiring video by The Johannesburg Junior Council on Youth and Depression.
- Article: [Preventing Depression](#) during your teens and twenties by WebMD.
- Handout: [What is Depression? How can you help a friend or loved one with Depression?](#)



## Mental Health Awareness Events In October

- Walter Sisulu University have invited SADAG to speak to Medical Students on the Importance of managing their Mental Health on campus on, Saturday the 13 October 2018. Students will also be joining the amazing race for Mental Health issues affecting Medical Students.
- Do you want to break the stigma & silence around depression & mental illness? Join the Hope Hike & Hope Bike on the 14th October 2018 to help raise awareness around Depression & Mental Illness with a family friendly fun walk or mountain bike trail happening in Cape Town. Click [here](#) for more information.
- Join Tara - The H. Moross Centre Hospital for the FREE Fun walk for Mental Health on the 17th of October 2018. "Everyone, everywhere walk for Mental Health". Click [here](#) for more information.



## Diepsloot Events

In the community of Diepsloot, which is an impoverished township in the northern part of Johannesburg, suicide is also a serious problem. SADAG offers free face-to-face counselling services (Monday to Friday) to the people that live and/or work in the township. SADAG also aims to raise awareness and

education of Depression, Suicide and other aspects of Mental Health in schools in the community.

Forthcoming events in October in Diepsloot:

- Creative Arts Competition in Diepsloot Schools.  
SADAG has initiated a creative arts competition at 5 different schools, namely, Diepsloot Combined School, Rabasotho Combined School, Diepsloot West, Diepsloot Phase 3 and Sunrise High School. The students in each of the schools can write a poem, song, essay or they can submit drawings, videos or sculpture. The competition ends on 31 October.
- Free Support Group Meeting – 18 October  
The focus is on providing a safe and non-judgemental platform for youth (aged between 18 years and 35 years) that have been diagnosed with a mental illness to share their experiences. The next meeting is on Thursday, 18 October at 10am at the SADAG Counselling Container.
- Mall Day Event  
Every month SADAG hosts an Awareness Day on Mental Health at the Diepsloot Mall (Entrance 3). SADAG distributes brochures and pamphlets on Depression, Suicide, Stress, Anxiety and Substance Abuse to as many people as possible that visit the Mall. The next Mall Day event will take place on Friday, 26 October from 10h00 – 14h00 at the Diepsloot Mall on William Nicol Drive.

If you would like to participate or volunteer in any of the Diepsloot activities please contact Anne on 011 234 4850 or send an email to [anne@anxiety.org.za](mailto:anne@anxiety.org.za)

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## Upcoming Support Groups

There are many Support Group Meetings taking place this October, some areas include Alberton, Sandton, Pretoria, Fish Hoek, George, Somerset West, Ballito, Ladysmith, Upington, Komatipoort, Kimberley, Thabazimbi, Welkom, etc. Click [here](#) to see where your nearest Support Group is

going to take place.

While we have over 200 Support Groups nationwide, we are always looking to create more groups to help more people. If you are keen to start a Support Group at your school, on campus or in your community; Call Michelle on 011 234 4837 or email: [supportgroups@anxiety.org.za](mailto:supportgroups@anxiety.org.za)

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## Mental Health in the Workplace - Corporate Talks

SADAG is presenting Mental Health talks at various companies across the country including Spar in Durban, Mogale City Municipality, Road Accident

Fund in Johannesburg and Entsiko.

If you would like to book a wellness day, or organize a Corporate talk on Depression or Stress in the workplace, call Lynn Labuschagne on 011 234 4837 or [admin@anxiety.org.za](mailto:admin@anxiety.org.za)

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## Youth Helplines

SADAG run various helplines to support the Youth. These Helplines offer free telephonic counselling, information and referrals for people dealing with any Mental Health issue, 7 days a week. Below is a list of SADAG's Helplines that are dedicated to the Youth:



**Destiny Helpline for Youth & Students - 0800 41 42 43**

**24hr Cipla Mental Health Helpline - 0800 456 789**

**•24hr Department of Social Development Substance Abuse helpline -  
0800 12 13 14**

**24hr University of Cape Town Student Helpline 0800 24 25 26**

**24hr University of Pretoria Student Careline - 0800 747 747**

**University of the Western Cape After hours Student Helpline - 0800 222  
333**

**24hr Discovery Medical Student Helpline - 0800 323 323**

**Tshwane University of Technology After hours Student Helpline - 0800  
687 888**

**ADHD Helpline - 0800 55 44 33**

**Dr Reddy's Mental Health Helpline - 0800 21 22 23**

Are you or a friend struggling to cope with University pressure, Stress, Anxiety or feeling burnt out? Visit [www.sadag.org](http://www.sadag.org) to learn more about Mental Health, take part in online counselling available everyday from 10am - 2pm or fill in a contact a counsellor form.



## **Donating to save lives**

Help us to continue helping hundreds of youth who call our Suicide Helpline every day. SADAG run the only National Suicide Crisis Helpline (0800 567 567) in South Africa. Help us raise money towards our monthly telephone cost for the Suicide Crisis Helpline. We take suicide attempt calls daily on our toll free lines, there are officially 23 Suicides a day and 460 attempted every 24hours. We need funds to finance these calls, to get people to hospitals, call ambulances, talk to families, advise hospitals on the way, whatever it needs, we prevent the final step. Let's make every day #WorldMentalHealthDay.

Click [here](#) to DONATE online and save a life, every cent counts.

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Mental Illness does not discriminate – and can affect any race, age, gender or religion – It's important that parents, teachers, grandparents, loved ones and entire communities know that depression can affect young people too, even a 6 year old child. It is important to know the signs and symptoms of depression, the suicide warning signs and how to get help before it is too late.

By creating awareness and information we can educate more people on how to help the youth in SA and get them help. Lets make everyday #WorldMentalHealthDay.

**Yours sincerely**

**Zane Wilson**

**Founder and Director**

**[zane@sadag.org](mailto:zane@sadag.org)**



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