



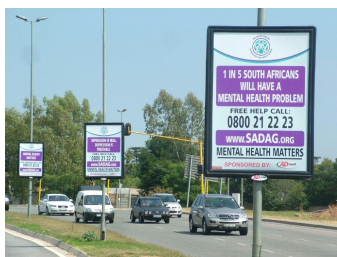
**THE SOUTH AFRICAN
DEPRESSION AND ANXIETY GROUP**

SADAG	011 262 6396
Suicide Crisis Line	0800 567 567
Pharmadynamics Trauma Line	0800 20 50 26
AstraZeneca Bipolar Helpline	0800 70 80 90
Sanofi Aventis Sleeping Disorder Helpline	0800 753 379
Substance Abuse Helpline	0800 12 13 14
Dr Reddy's Mental Health Helpline	0800 21 22 23
Support Group Helpline	0800 20 51 21

Website: www.sadag.org • Email: zane1@hargray.com • SMS: 31393

If you do not receive this in full, please go down to the bottom under Graphic Mail and click on pdf version

APRIL NEWSLETTER



Have you seen us? Have you heard us?

Have You Seen Us?

A huge thank you to Brad Fisher, Sarisha Ramdin and Viren Chetty from AdReach for sponsoring 100 street pole adverts - some are situated on the busiest roads in Johannesburg (Oxford Road, Katherine Street, Bowling Avenue to mention a few). The campaign provides a wonderful opportunity to create awareness regarding mental health and that SADAG is available to help. SADAG is tremendously grateful to AdReach for this wonderful campaign. We have received many compliments about our street pole adverts so if you have not seen them, be sure to keep an eye out for them on your next drive! [Click here](#) to view more of them.

Have You Heard Us?

Matthew Barnes and his team from well-known advertising agency Publicis have created a series of radio spots that highlight the need for funding to keep SADAG's lines open. The radio adverts have attracted a lot of attention with listeners commenting, live on air, how vital our role in SA is. The entire Publicis team tirelessly conceptualized and produced the adverts pro bono for SADAG. We are grateful for their commitment to Mental Health in SA. Thank you Matthew and your entire team at Publicis! If you haven't heard them, click below.

- [Radio PSA 1](#)
- [Radio PSA 2](#)
- [Radio PSA 3](#)

Primedia Broadcasting has very generously donated airtime across all four of their stations for these radio spots. Primedia has sponsored an incredible R183 000.00 worth of free airtime for these adverts. Please listen out for them on 567 CapeTalk, 94.5 KFM, 94.7 Highveld Stereo and Talk Radio 702. Thank you to the Programme Managers and Mbali Madi at Primedia Broadcasting for this wonderful gesture. A big thank you goes to Publicis, AdReach, Radio 702, Jacaranda, KFM and Cape Talk for their amazing support and wonderful adverts. We have been so busy with calls from people who have seen the street poles and heard the adverts on radio. It is through the media that we are able to make a difference in the lives of all South Africans and destigmatise mental illness.



Cape Town Training

On the 10th March, Zane and Naazia went down to Cape Town to host a training day for support groups, counsellors, and new SADAG members. Psychologist, Dianne Mallaby, spoke about managing panic and anxiety; Dr Conrad Czeck educated participants about the many faces of depression; David Rosenstein spoke about using CBT for Social Phobia and OCD; Isle Pauw spoke about bullying and its effect, and Dr Kim Ragsdale spoke about the ups and downs of Bipolar. A big thank you to our speakers and support group leaders for their enthusiasm and support. [Click here](#) to read more.



Remember our International Competition to go to Ramsay's Restaurant in London

Just a reminder about SADAG's incredible competition that runs until the 21st May



2012. For just R100 you could win 2 return tickets to London courtesy of Virgin Atlantic, as well as dinner for 4 at Gordon Ramsay's world-famous *Pétrus* Restaurant; or a Samsung Galaxy Tab; or a 3-night bed and breakfast stay for 2 at the exquisite 5 star WinstonHotel in Melrose Estate (Johannesburg). If you would like to buy tickets, they are R100 each, you can 'shop' online (www.sadag.org) or contact Roshni Seetha on 011 262 6396. There are only 1000 tickets up for grabs so your chance of winning is 1000 to 1! The draw will take place on 28 May 2012.



Formation of the Discovery Psychology Advisory Panel

There have been extensive changes to Discovery Health's policy on the treatment of mental illnesses. It is critical that Discovery members know how they are being covered, what is being covered, and what they can do in the event that their cover runs out.

[Click here](#) for a breakdown of the changes to Discovery's comprehensive and executive plans.

While working with Discovery to resolve the issues with therapy, SADAG initiated the conversation to establish an external panel of experts to assist members who did not qualify. Following numerous interactions with key mental health professionals, societies and NGOs, Discovery has elected an independent Psychology Advisory Panel to assist in the appropriate allocation of psychology funding for Discovery Health members in the 2012 benefit year. The Panel's role will be to evaluate the healthcare needs of Discovery members who approach the Allied and Therapeutic Benefit limit but would not necessarily qualify for the Extender Benefit. Following the evaluation process the panel will determine if it would be appropriate to allocate additional funding support to these members. [Click here](#) for more.

SADAG has been promised that there will be a much speedier evaluation and authorisation process. We have recommended to Discovery, through our board directors Kevin Bolon and Dr Colinda Linde, that certain illnesses must receive a minimum number of treatments regardless of the limits reached in terms of Validated International Research, which was submitted to Discovery on February 8 2012 for treatment of OCD, Panic Disorder and other anxiety spectrum disorders. This was endorsed and supported by, amongst others, Prof Dan Stein, Prof Laurens Schiebush, Prof Jonathan Scholtz and Kevin Bolon. The guidelines regarding CBT sessions for GAD, Social Phobia, OCD, PTSD, and Panic Disorder were accepted. We have confirmation on this from Discovery's Clinical Policy Unit. [Click here](#) for the list of CBT psychotherapy recommendations.

Tamar Kahn, of the Business Day, wrote a fantastic article on medical schemes and medical insurance. [Click here](#) to read the article.



IAPO Conference: 5th Global Patients Congress, Achieving Patient Centred Healthcare

SADAG's CEO, Elizabeth Matare, participated at the 5th Global Patients Congress held in London, United Kingdom from 17-19 March 2012. The Congress brought together over 170 members and healthcare stakeholders from around the world, to share in an exciting programme which explored how patient led organizations can measure patient centred healthcare and what the indicators of patient centred healthcare are. The Congress provided a platform for rich and meaningful dialogue and exchange between patient groups and healthcare providers.

Elizabeth presented in the sessions: Building Blocks for Successful Fundraising and Patient Centred Healthcare in Rural Areas. She was one of the four panelists in a plenary: *Achieving Patient Centred Healthcare: Moving from Values to Action*. Her contributions provided invaluable information and insight about SADAG's work and how our Support Groups have provided a pillar of support for communities with limited or no mental health services.



SADAG Support Group Corner

Support Groups are a wonderful way of ensuring that people with a mental health disorder have a network of like-minded individuals who can, not only understand how to cope with the issues at hand, but, like the name implies, provide support to patients, family and friends of people with Depression, Anxiety, Panic, Bipolar, etc. These groups are *not* a replacement for psychiatric care, nor traditional psychotherapy, but are wonderful tools for learning more about a specific disorder, exchanging stories, sharing experiences, and providing an opportunity to address guest speakers with questions that you may have.

Please note that all Support Group leaders run the groups voluntarily. If you are interested in joining a support group, please call a counsellor at SADAG on 0800 21 22 23 or 0800 70 80 90 and they can refer you to an appropriate group. Support Group Leaders do not do telephonic counselling calls, many of them work during the day, and only run the group for face-to-face support.

[Click here](#) to find details of some of our support groups that you may be interested in joining.



Ruth Katz – Courses on Coping with Bipolar

Social Worker, Ruth Katz, will be holding courses on coping with bipolar – recognising your triggers, and coping with every day challenges. The first workshop in this series will be held on Sunday the 15th April 2012 from 14:30 – 17:00 at a cost of R250 per person. Ruth can be contacted at www.Ruthkatzconsultingsocialworker.wozaonline.co.za or on 011 728 7585.



Diepsloot Counselling Container grows to new heights in 2012

The New Year started off incredibly busy at the Janssen Diepsloot Counselling Container and our counsellors dealing with a variety of problems, including unemployment, emotional abuse and child-related problems, in addition to more common mental health issues. Our two new counsellors – Nonnie Sibanda and Tandisa Nkoyeni – are both very excited by the opportunity to help the community. Margy Wessels, a retired psychiatric nurse, will work with the counsellors on some of their tougher cases. In addition, one of SADAG's more senior trainers, Nathi Gabuza, is assisting with several church talks at the request of the community pastors. [Click here](#) to read more.



Life After Rehab

Substance abuse is still highly misunderstood and people often assume that rehab means a cure for life. Many addicts and substance abusers feel like they have been forgotten once they go into a rehab centre. Treatment for substance abuse – and getting help – can be tricky and it is crucial that sufferers and loved ones understand the process and know what to expect. Frances Ward, Clinical Director of The Spirit of the Phoenix Recovery Centre from Phoenix, wrote a critical article about what to expect after rehab. [Click here](#) to read the article “**What next after rehab?**”



SAPS Pharmadynamics series of talks

On Thursday, 19 January 2012, Ryan Edmonds of SADAG presented a talk to the Special Ops Division of the SAPS Headoffice, in Johannesburg. Ryan, accompanied by SADAG's Itumaleng Mabato and Reece Weinberg, met Nthabiseng Sithole, the resident SAPS social worker. [Click here](#) to read more about the police talk and the feedback from officers who attended.



The Worst Club in World

Losing a child is arguably the greatest tragedy a parent will ever face. Loved ones, friends and neighbours often don't know what to say or do to help a grieving parent. Initiated by Denise Goldin (Brett Goldin's mother), The Worst Club in the World's aim is to “assist families to navigate that deep, dark hole that has formed inside them, so that they don't slide into it”. [Click here](#) to read the article in People Magazine and to see Denise Goldin's contact details. SADAG applauds this initiative.



Interesting International Stories

As always we review hundreds of international publications to bring you a selection of the latest trends in Mental Health. This month there is a wide assortment. Thousands of South Africans suffer from PTSD and experience trauma on a regular basis. A new study revealed that Eye Movement Therapy could be the answer to fast recovery. [Click here](#) to read more.

Many people live alone and suffer from **depression** in silence, afraid or not knowing where to turn for help. A recent article shows that the risk for depression increases for people who live on their own. [Click here](#) to read more.

Many of us suffer from depression or have loved ones who do. WebMd recently published a fantastic **depression self-help** article: 8 Simple Things you can do about depression. [Click here](#) to read the article.

We know that many people suffering from Depression, Bipolar or Anxiety need to change their medications a few times before the right combination is found that works for them. New research says that having used anti-depressants before, may affect how you react to a **new medication**. [Click here](#) to read more.

There's always been a lot of talk and discussion about Electroconvulsive Therapy. [Click here](#) to read a recent article that explains how it can work, and why people need to sometimes consider this step.

Bipolar and pregnant? Not sure what the protocol is about taking bipolar medication while pregnant? [Click here](#) for the latest news which may give you the questions to ask your mental health specialist and your Gynaecologist.

Help is just a smartphone away. While not everyone has the time or money to go into therapy, most people keep their phones with them all day, everyday. [Click here](#) to read about a **new approach to therapy overseas**.

We are what we eat – we're constantly told how diet affects how you look and feel. New research shows that low levels of Vitamin D could be linked with depression. [Click here](#) to read more.

Self-injury seems to be increasing but parents, teachers, nurses and friends seldom see a teen who self-injures as someone who needs mental health intervention. A new study shows that the majority of teens who end up in an emergency room after self-injuring are not evaluated for a mental illness. [Read more](#).

NAMI Blog: [Go Away Evil! Global Mental Health and Traditional Healers](#). Click on the link to watch this very **interesting film** made in South Africa by a filmmaker who was in the country last October.

Cognitive Therapy is empowering and has been found to have powerful results for the treatment of depression and anxiety. Mindfulness-Based Cognitive Therapy was developed 10 years ago. In celebration, there will be courses in Cape Town beginning on the 2nd May. [Click here](#) to read the story.



Stress and Burnout You Tube

Many of us complain that we're stressed, overworked and exhausted. But stress is a leading cause of burn-out and depression. Leading CBT psychologist Dr Colinda Linde and Richard Hawkey, business man and writer, recently appeared on Hello Doctor on the topic of how to manage stress in the workplace. [Click here to view](#) this ten minute program.



Great Local Stories to Read

For those of you wondering if we ever do online media, yes we do! [Click here](#) to see how much our coverage is worth – and how much we would have to pay for the coverage if the press and media weren't so generous and supportive. We have had some wonderful stories in the press this month – if you didn't see them in the publication, click on them now.

Fearful of being labelled, people usually keep their battles with depression and anxiety to themselves. **Depression** is a health problem nobody wants to talk about, yet its impact is profound. It is a leading cause of absenteeism and reduced productivity, and it contributes to a range of social problems in South Africa. [Click here](#) to read the fantastic article by Sarah Britten from the City Press.

"I hated being labelled bipolar". In May 2009 Lentumetse Waga Padi (27) was diagnosed with bipolar disorder, which she believed signalled the end of the world. Little did she know... [Read more](#) of Lynne Gidish's story in Destiny Magazine on about how she coped with a chronic diagnosis.

Bona Magazine recently published a great local article on **depression** – what it is and where to get help. By using local sufferers and discussing their stories, Gugu Meduna helped so many readers get help. [Click here](#) to read the article.

Vroukeur ran two excellent articles on the 23rd March 2012 – one on **Men and PostNatal Depression** and the other giving very useful tips on **teen suicide**. It is always wonderful to have informative stories in Afrikaans for our Afrikaans-speaking members and the public. [Click here](#) to read about men and post-natal depression. [Read](#) the article for parents and loved ones on how to identify suicide warning signs in your teen and how to get help.

In South Africa, high levels of crime have left many people traumatised. Being affected by crime can lead a person to have **Post Traumatic Stress Disorder (PTSD)**. [Click here](#) to read Thandiwe McCloy's article from Spice for Life.

Suicide is a growing issue and teen suicide is usually a preventable tragedy. The increase of use and access to technology like cellphones, smartphones, and social media forums has meant an increase in suicide notes being sent via SMS or posted on forums. A Bloemfontein teen recently used a cellphone to say her goodbyes before committing suicide. [Click here](#) to read the article that appeared online and in the Volksblad.

Bullying is a human tragedy – a problem that has been around for centuries that we still do not take seriously even though it costs children their lives. There have been numerous stories in the media lately about children and teens being so desperate to end the cycle of abuse that their pain has led them to suicide. We

need to all take the issue of bullying seriously and make sure that our homes, schools and communities don't tolerate it. Click here to read some recent press stories in [City Press](#), [The Citizen](#) or [Teen Zone](#).



Substance Abuse Workshops with the Department of Social Development

SADAG has been involved in outreach training for substance abuse in rural areas in four provinces. The aim of the workshops is to help communities understand substance abuse, its causes and treatments. Most of the areas where we have presented workshops in are far-out lying, in very rural areas, and lack resources so knowing how to get help and support within the community for themselves and loved ones with substance abuse problems is critical. To date we have presented workshops in Mpumalanga, Limpopo, North West and Gauteng in areas like Ga-Rankua, Mamelodi, Ottosdaal, Hammanskraal, Soshanguve, Lynville, Atok, and Burgersfort.

Our pledge is to work with and motivate communities in terms of substance abuse and educate and empower them to help themselves and community members. We join members of the communities with available services and with SADAG's toll-free substance abuse helpline (0800 12 13 14). The police, Drug Action Committees, Youth Groups, Church Groups and social workers are all involved. This project will be running until the end of June. If you have a community problem and need help in these four provinces, please be in touch with Lungelo or Raadya on 011 262 6396 to see if we can help your community. Click here to read some of the press coverage we have received in the local papers in [Rekord Mamelodi](#) and [Middleburg Observer](#).



Thank you to JUTA for their Book donation

Juta Books has very generously donated two books (one on substance abuse, the other on youth violence) to SADAG which we will be using for our talks, press and information handouts. Thank you to Mabel Mnensa for approaching us and for sending us the books and information – it is very valuable and much appreciated. [Click here](#) to read more.



Opportunity for Social Media / Website partnership

With over 600 000 hits a month The South African Depression and Anxiety Group's website www.sadag.org is now the sixth highest depression search in the world. Now when you think that dotcom companies are valued by clicks and eyeballs this is a lot of hits making it a wonderful opportunity for a 'named' partner to come on board at a cost of say 10 cents per view. This would not only give the company involved extensive exposure but help our wonderful NGO get much needed support in its work. For more information visit our website and see for yourselves, www.sadag.org, or call Zane Wilson or Cassey Chambers on 011 262 6396.

SADAG has recently teamed up with the Facebook Suicide Prevention Agency to connect Facebook users to crisis intervention and counselling services, and provides tips of identifying a suicidal friend and how to act to get them help. We have been getting contacts from the site and following up with users who seem depressed or suicidal. Thank you to everyone for their support! There have been some queries about how to report a status update if you are worried about someone so we have done a simple instruction form for you to follow. [Click here](#) to read instructions on how to use this service.



Counsellor Meetings in Johannesburg

On the last Saturday of every month, SADAG holds their counsellor meetings and additional training for existing counsellors to gain new insight and information on various topics.

Council of Medical Schemes

At the February 2012 SADAG counsellors meeting, a representative from the Council for Medical Schemes (CMS) shed some light on the aim of the Council, how they operate, as well as the kind of issues they deal with. It was very interesting to learn that they assist South Africans with legal cases against medical schemes free of charge. In addition, it was really valuable to our jobs as counsellors to understand the kind of complaints with which people can approach the CMS – working with such a body can make it much easier for many of our callers who are battling financially and who may also not be able to cope emotionally with seeing the legal process through on their own. Plus, having the support of this formal body would definitely strengthen a legitimate case. From the questions asked by those who attended, it was clear that quite a few people had experienced problems that fall within the council's reach, but that they had no idea the CMS could have offered assistance. The CMS representative encouraged the counsellors to utilise the Council's services, which have been specifically instituted to protect South African medical aid members and are there to be used. The contact person is Caroline, email on c.buthelezi@medicalshemes.com or email for complaints on complaints@medicalshemes.com.

Hypnotherapy and Eating Disorders

Our March meeting looked into the issues of eating disorders and hypnotherapy. On the last Saturday of March, SADAG counsellors were addressed by two guest speakers - Arno Stadler, and Shannon Ownhouse. Arno Stadler is a lecturer, and trainer, in non-medical hypnosis for the South African Institute of Hypnotherapy (SAIH). He spoke to SADAG counsellors about the modality, discarding myths and misconceptions, and educated them on the benefits of hypnotherapy used in conjunction with professional mental health, and medical, care. Hypnosis, when used correctly, is safe, and effective for issues ranging from addiction, weight loss, and phobias, to stress reduction, pain management and sleeping disturbances, and can be effectively used to compliment (but not replace) professional mental health intervention.

Shannon Ownhouse then addressed the group on the effects of eating disorders, speaking from her own personal experiences with Bulimia. Shannon Ownhouse, who now speaks at schools in both Gauteng and Cape Town on the topic, gave her own account with the disorder, and the impact it has had on her health, physical and emotional well being. She enlightened counsellors on the personal impact eating disorders has on sufferers, especially the youth, both male and female.

New Counsellor Training

Twice a year, SADAG holds new counsellor training at Pfizers offices in Sandton. This two-day training is extensive and we invite not only new volunteers but also support group leaders to attend. It is always very special for us to meet our support group leaders and teams from other provinces and we received a lovely email from Pip Crooks in Limpopo. [Click here](#) to read more about the March training.



Thank You from SADAG from Donors

We are so often granted kindness by all sorts of companies. A big thank you goes this month to Norton Rose Attorneys who very kindly lend us their wonderful auditorium for our counsellors training and the meeting on the 31st March was held there. Our thanks to Karen who coordinates it all for us.

Thank you also to Bytes Managed Solutions for generously coming to our rescue and donating four computers. Our SMS system allows us to reach young people who are not comfortable verbalising their concerns. The computers will be used for our database to record the contact details of all who call and send us messages. Where we find huge value in computers is when we open new support groups. We can easily access patients data who live in certain areas and invite them to attend a new support group or workshop.

We also always have great help from Stefan Labuschagne who has the unenviable job of programming all our computers so that we can search, for example for everyone who lives near Port Elizabeth who has called with a Bipolar query. With his skills we are able to contact people and help them further.

Thank you to you all for making our job so much easier!



Some Thank You's

Dear SADAG,

Last night I had a very bad breakdown, I have been suffering from Bipolar for about 12 years and the last year or so, it's been mostly under control. I started a new job on the 1st of March. I am on medication and last night I went to 7 pharmacies and couldn't get my prescription filled. My problem is, that I can't even think of acting normal if I am not taking my pills. I just lost it. I am also a sober alcoholic (for 12 years now). And when I walked out of the pharmacy, I saw the pharmacy is conveniently close to a liquor store. I tried phoning my psychologist, but she didn't pick up, and then my psychiatrist, but he is on holiday. So I started shaking and crying and sat down in the dirt in front of the liquor store and phoned SADAG, where this Angel - Tina - picked up and she talked to me and she was really so so nice to me and helped me with a plan of what to do today and what not to do last night.

She never judged me, not for one second, even though I have made some very questionable choices recently. Will you please, talk to her and tell her, that last night she saved somebody's life and that I really appreciate it.

Y.M

Good afternoon Zane,

I have been taking my meds since last Monday. It has been a bit of a battle getting the right dosage. I am feeling a difference. But still very tired. But staying positive.

Thank you for always being there when I need you. And understanding where we are when we ourselves don't know. Your counsellors have always been

helpful and understanding. I have found that they always remained in control and calm.

Thank you.

S.

Hi Zane, Roshni, & Cassey,

I heard a couple of the radio adverts for SADAG on R 702. – I thought they definitely worked.

They were wonderful and made a valid point. Thank you. Sharon A (ms)

Thank you to all our supporters, volunteer counsellors and trainers for all their hard work and dedication.

If you have any stories you'd like to share with us, or want to get in touch, please email me on zane1@hargray.com or visit www.sadag.org.

Please remember to buy your competition tickets.

Sincerely,



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