



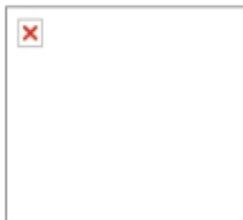
THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP

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: zano1@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

SEPTEMBER NEWSLETTER



“Let’s Talk About Mental Health” An Exciting Opportunity.

It is estimated that up to 20% of South Africans will suffer from mental illness at some point in their lives, yet only about 25% will seek treatment. 75% of mental illness will remain undiagnosed, untreated and unsupported.

To get South Africans talking about mental health conditions like depression and anxiety, pharmaceutical company, Pharma Dynamics, and the South African Depression and Anxiety Group (SADAG), have teamed up with celebrities to launch the first online social media project of its kind in the country. The campaign, “Let’s Talk”, is open to anyone whose life has been affected by a mental illness, whether as a sufferer, or loved one. For the first time, people can share their stories in a short film, to discuss the impact of depression and anxiety on us all. Those of you who would like to share your stories are encouraged to express your battle with or triumph over mental illness. It can be through writing, painting, poetry, music, dance, videos clips, or photographs.

South African celebrities Michael Mol (The Dr Mol Show), Ewan Strydom (Expresso) and Katlego Maboe (Expresso) have all thrown their weight behind this new campaign in an effort to remove the stigma surrounding mental health issues. The three are not just giving their famous names to a cause, but have each had first-hand experience – either as a patient or as a loved one to someone living with mental health problems – which has led to their active involvement in the campaign. The Film Industry Learner Mentorship (FILM) programme has also produced a special invitational video featuring Mol, Strydom and Maboe as a way of introducing the “Let’s Talk” campaign, which can be viewed at www.youtube.com/user/letstalkmental.

To be a part of the “Let’s Talk” campaign visit <http://www.letstalkmental.co.za/> or visit SADAG <http://www.sadag.org/> for more information. Contributions can be submitted to: letstalkmental@gmail.com.

The “Let’s Talk” video will be released on 10th October 2012 - World Mental Health Day, so the earlier you submit the more helpful to the producer.



Facebook Fridays



Facebook Fridays are online Facebook-based forums that take place at 1pm and 7pm. The next Facebook Friday date will be the 28th September discussing OCD with a Kevin Bolon at 1pm and Bradley Drake at 7pm. To get on the forum go to our Facebook page, [The South African Depression and Anxiety Group](#) or go to our website and click on the Facebook icon.

To celebrate World Mental Health Day on Friday October 12th, Dr Frans Korb will be answering questions on Medication and its side effects at 1pm and 7pm. On the 26th October Psychologist David Rosenstein will answer questions on Social Phobia. David also runs a support group in Cape Town for patients. Please visit our website for more information - www.sadag.org or to click on the Facebook link. These forums are open to patients, family, colleagues and friends, no question is ever too small or too insignificant. We want you to have the answers you need.

Bryanston Country Club – Thank You!



Each year the Bryanston Country Club hosts a charity week where the male and female club captains each nominate a charity as a beneficiary. This year SADAG was chosen by John Wood who is the male club Captain and Acres of Love was nominated as the other charity by the female club captain. It was very unusual for the Men's Golf club to choose a mental health initiative and we hope that it continues to spread the word that there is treatment for mental health problems and that men are also vulnerable to Depression and stress in the workplace. All funds raised during this week are shared equally between the 2 charities. The Country Club sold gifts and souvenirs to raise funds for the charity week. The amazing sum of R120 000.00 was raised for SADAG through this initiative. SADAG's Operations Director Cassey Chambers attended the cheque handover dinner.

SADAG would like to thank John Wood for nominating us as their charity of choice as well as all the members of the Bryanston Country Club for the support they have given us, we were very honoured to have been chosen and will use the funds to helping more and more people who reach out to us.



SADAG New Counsellor Training: 25 and 26 August, 2012

SADAG hosted its second annual new counsellor training for 2012 at the end of August. Participants from across the country came to listen to SA's foremost experts in mental health. From students to support groups, lay counsellors to social workers, the weekend was jam-packed and an experience for all who attended.

[Click Here](#) to read more.



The Motsepe Foundation

The Motsepe Foundation was established by businessman Patrice and his wife Dr. Precious Moloi Motsepe. The Foundation has a broad range of philanthropic interests but primarily seeks to alleviate poverty by supporting work of local and international organizations. The current focus is Health, Education and Social Services. [Click Here](#) to read more.



Corporate Talks and Wellness Days

Eskom Talk on Depression and Trauma

Trainer Lefate spoke to Eskom's Tembisa community at an event held on the 19th August. He spoke about SADAG's work, and how community members can get involved and help their loved ones deal with mental illnesses like depression and trauma. [Click Here](#) to read the wonderful letter of thanks sent by Eskom's Sandi Faith Maqoqa.

Sappi Wellness Day

SADAG counsellors, Jonathan and Anne, manned SADAG's stand at the Sappi Wellness Day on the 7th September. Sappi is a wonderful supporter of SADAG and of mental health, and we always look forward to sharing their wellness days with them. [Click Here](#) to read more.

Newsclip Presentation on OCD

SADAG Senior Counsellors, Ryan and Lauren addressed the wonderful staff at Newsclip as a part of their Wellness Day in August. They spoke about Obsessive Compulsive Disorder (OCD) and the presenters spoke about the work that SADAG does in the field of Mental Health. A short DVD was played which shows OCD from both the experience of a patient, and the perspective of a leading psychiatrist. Very often within the corporate environment employees struggle to open up about such stigmatised topics as those dealt with in the Mental Health field. However, the staff at Newsclip seemed only too happy to ask questions and share their own experiences with the rest of us. We'd like to thank Newsclip for the wonderful work they do for us they collect every single press story on SADAG and all radio and TV that we are involved with. They perform a wonderful job for mental health in SA!

Ekurhuleni Springs College

Lungelo and Raadiya went to the Ekurhuleni Campus College where they addressed over 300 students during their wellness event. The topics covered were depression, suicide and anxiety.

Wellness Day at Law Society

Meryl and Justine represented SADAG at the Law Society Wellness Event hosted by Careways. Over 40 employees visited the SADAG stand at the wellness day, [Click Here](#) to read more.

OCD

Online OCD Survey

Online OCD survey

There is a new online study in based in Australia, that will be researching thinking styles in OCD. The research is part of a PhD study by Anne Jager of Macquarie University in Sydney. She will be looking at how people and/or patients with OCD experience their obsessions and compulsions and how they are influenced by poor insight or delusions. To participate in this study, please click on the link below, or contact Anne direct anne.jaegar@mq.edu.au. We always try and help researchers in the interests of mental health.

<http://www.cogsci.mq.edu.au/>



SADAG's Monthly Counsellor Meeting - Mindfulness

This month, clinical psychologist Lorraine de Raay spoke to the SADAG counsellors about the use of Mindfulness Based Cognitive Therapy (MBCT) for the prevention of a depressive relapse. [Click here](#) for more.



The CDC National Conference - Atlanta

The CDC 2012 National Conference on Health Communication Marketing and Media was an event not to be missed, and we were excited to have been a part of it!

Sharing the platform on "The Power of Storytelling to Reach and Facilitate Change in Communities and Diverse Audiences" was a great opportunity for SADAG. The presentation was extremely well attended and we so appreciated that our panel was inundated with follow up questions. Unfortunately, due to the numbers, not everyone was able to receive a Speaking Book sample or have his or her particular question answered.

We also had many requests to see the full version of the video shown at the presentation. [Click Here](#) to watch.

Our objective with Speaking Books is simply to help organizations and corporate clients reach communities that previously seemed unreachable, by delivering life saving messages to empower and educate. To learn more about this incredible innovation that actually speaks to users in their own language to deliver health messages [Click Here](#).



Support Group Corner

A big thank you to the 14 Support Groups from around Gauteng and from as far as Tzaneen, Kimberley and Swaziland for joining us at the SADAG training weekend. It was wonderful to meet you all, and catch up with those of you we know well. Thank you for the fantastic work you do!

New Support Groups

We are very excited to announce that we have many new support groups starting. If you are interested in joining a support group – or starting one – please call SADAG on 0800 20 50 26 and ask for Khethi or Fatima for details.

Western Cape: There is a new group starting in **Strandfontein**: Adelbert and Cathy have started a new support group for people living with depression, bi-polar disorder, bereavement, anxiety and PTSD on the Cape Flats. The group will be held at the Strandfontein Community Hall, Cruiser Rd.

Gauteng: Meyersdal: Herman will be holding new support group meetings at the Alberton Lewens Sentrum on Sundays at three different times. 08:15, 10:15 and 18:30 after church services.

Alberton: Bernard and Mia have started a new support group at the Akeso Clinic in Alberton for not only former patients, all others are welcome. The meetings will be held on Tuesdays.

Alberton: Driekie's group meets every Monday and is a group which is open to sufferers and loved ones, Driekie has some of the best experience you will come across .

Mpumalanga: Middleburg: Rebecca from the Meroe Learning Centre, will be starting a Support Group for Depression and Anxiety. The group will meet at the St Josephs Community Room.

The **Tzaneen** support group , run by Colleen, is welcoming all new members to its meetings. The group meets once every two weeks on a Thursday at 18:30 at the Macadamia Community Centre.

Swaziland: Denise has been running a Mental Health group in Swaziland for many years. The meetings are held at the Mbabane Chapel Hall at 17:30 on the last Tuesday of every month. The group covers a wide variety of mental illnesses and welcomes all who need help.

Support for Schizophrenia

Elton Hill Manor: Dr Helen Gaytanakis-Schepens and Wayne S. Bromley have created a new luxury facility for individuals suffering from schizophrenia, bipolar and depression in Atholl, Sandton. One of their own children suffers from schizophrenia and will be a resident at the new facility called elton Hill Manor. The 19 resident facility opened on the 1 August 2012. For more information please visit <http://www.eltonhillmanor.co.za/> or contact Dr Gaytanakis-Schepens on 072-781-2796.

House Elpidos: Louise Zietsman offers support for mothers with Schizophrenic children, many of whom misunderstand the illness and the pain it causes . With a schizophrenic son, Louise is in a unique position to reach out to anyone who is affected by Schizophrenia . Her home is based in Bordeaux, Gauteng. She can accomodate for 5 people and currently has space for 2 more people. Please contact Louise on 082 335 6272 for further information.

Other NGOs and Support Networks

Narcotics Anonymous offers vital support and help for addicts and their loved ones. Please visit <http://www.na.org.za/> if you need support for drug addiction – meeting details are listed on this site.

Online Bipolar Support

One of the best online information and support sites is www.InternationalBipolarFoundation.org They have wonderful free educational videos and downloads. Their information is always up to date and very diverse.

www.thebalancedmind.org is an international site for parents and teachers of Bipolar kids – a vital site to be part of and to visit.



The third annual dementia conference will be held in Cape Town for nursing staff, carers and doctors. Older adults are at risk of developing depression and anxiety in old age - unfortunately it is hugely misdiagnosed and of course in many communities highly stigmatised. Carers of people with dementia are also at risk of developing depression and fatigue. To find out more about the conference or about dementia, please visit www.dementiasa.org



The South African Police and Help they can give And a Policeman's Battle with Depression

Depression and the 'boys and girls in blue' is a real issue and many policemen suffer from depression and PTSD and never get the help they need or deserve. [Click Here](#) to read an emotional blog from a depressed policeman. Also there is an opportunity to read Lian Taljaard's excellent article about clarifying the role of the SAPS in mental health care, [Click Here](#). What are the laws and help they can give and how they are trained.



Speaking Books: One of Fifteen Top Ideas in Africa

SADAG's innovation for patient education in low literacy communities is changing the way people talk about illness and how they educate communities. [Click Here](#) to read what the Mail & Guardian had to say when the Speaking Books made their top 15 Ideas to Transform the African Continent list.



Press and Media - Interesting Reads

Local Press

SADAG is always indebted to the press and media for their great reporting of mental illnesses and for providing all South Africans with accurate information and resources about where to go for help. And we always like to share some local stories with you:

Self-injury is very misunderstood and a secret shame that more people than we realise hide every day. Read these two articles about self-injury **Sunday Independent** - 12th August (Nicola Theunissen) [Click Here](#): Inflicting physical pain on yourself to hide emotional hurt **Sowetan** - 23rd August: Self-injury: When hurt becomes harm. [Click Here](#) to read the article.

Bullying is an ever-growing issue both in South Africa and globally. [Click Here](#) to read Bonolo Sekudu's article from the **Eldorado Urban News**: Bullies are not so tough after all.

Post Natal Depression is a serious issue that affects many women. Sadly it is one that is often stigmatised and misunderstood. [Click Here](#) to read Mandi Smallhouse's article from the **Mail & Guardian**: Down in the dumps"

Depression and suicide are often misinterpreted or not understood by peers, family, even doctors. But there is help - and hope. Vangile Makwakwa wrote an honest article for **Move! Magazine** called Living with Depression. [Click here](#) to read. The Mercury published an important article about getting help: Suicidal thoughts need healing. [Click Here](#) to read. [Click Here](#) to read Justine Joseph's interview with Prof. Lizette Rabe: Light in the darkness of depression.

Having a child diagnosed with any illness is tough and a diagnosis of **Schizophrenia** is even harder than most. [Click Here](#) to read Miranda Fitzpatrick's article from **Sarie**: Mevrou, jou seun is 'n skisofreen

Exam pressure is upon us again and stressing out during exams is a real issue for learners and students alike. [Click Here](#) to read **Drum** magazine's article: How to beat exam stress.

Coping with death, loss and grief can be a rollercoaster and often there's no-one who can really tell you **how to grieve** or how long it will take. [Click Here](#) to read Helen Clemson's article from **Women's Health**: Life after Death

International Press

According to ABI Research, 9 billion apps were downloaded to smartphones in 2010; International Data Corporation forecast that there will be 76.9 billion global downloads by 2014. But what is the mental health application and do **mental health apps** work? [Click Here](#) for more.

Social phobia is not just shyness. It is an illness but it can be treated and overcome. [Click Here](#) to read more.

Men suffer from depression too! [Click here](#) to read 12 Depression Busters for Men

School can be hard, pressurised and scary – all the more so for **kids with depression or bipolar**. [Click Here](#) to read 4 Survival Tactics That All Students with Depression or Bipolar Must Know

Dr. Steven E. Hyman, world expert on **understanding the various drug treatments** for mental disorder. [Click Here](#) to read more.

Panic attacks or just panicking? [Click Here](#) to read more about panic disorder

Not getting better on medication or feeling weary? There are possible solutions. [Click Here](#) to read more about a **new treatment** - MPT.

Want to **feel mentally healthier without medication** for Depression and anxiety in every day life? [Click Here](#) to read 10 tips for all of us.

The 10 Essential **Habits of Positive People**. [Click Here](#) to read the article.

Getting **help after a trauma** is something we talk a lot about in South Africa. [Click Here](#) to read this article about getting help as a couple.

Recognizing and Understanding **Depression After Trauma** - Healing Together for Couples. [Click Here](#) to read.

Your **first trip to a mental health expert** can be daunting, if you are not sure how to get help, or what to say? [Click Here](#) some tips when approaching a healthcare professional.



Thank You

As I'm one of those who suffer from this monster I thank u very much for updating me with everything, after I've spoken with u guys, I was feeling better and realised that there's still life in front of me. I will be very happy if I will keep on receiving more news from u, thanks to you SADAG PEOPLE. F L Limpopo

Hey I'd like to thank you and your team a whole lot I found help was admitted at a teenage ward and currently receiving therapy I pray that your organization grows by the grace of God he works in my sterious ways love Sue.

Hi Zane

Your counsellor called me back and was fantastic and really helpful!

Thank you very much for your services, Isabel C Town.

If you are wishing to book a corporate talk, wellness day or workshop, please contact Cassey, Khethi or Fatima on 011 262 6396 or admin@anxiety.org.za

Next month meet the first two of SADAG's Advisory Board, Dr Dora Wynchank and Dr Jan Chabalala. We will be highlighting their expertise in the field of psychiatry and their role. Every newsletter we will introduce you to two more of our Board Members.

Sincerely,
Zane Wilson
Founder
zane1@hargray.com
011 262 6396
www.sadaq.org