

SADAG Office	011 234 4837
Suicide Crisis Helpline	0800 567 567
Dr Reddy's Mental Health Helpline	0800 21 22 23
Pharma Dynamics Trauma Helpline	0800 20 50 26
Adcock Ingram Depression and Anxiety Helpline	0800 70 80 90
ADHD Helpline	0800 55 44 33
Destiny Helpline	0800 41 42 43
24 Hour Substance Abuse Helpline	0800 12 13 14



WEBSITE: www.sadag.org



The South African Depression and Anxiety Group



TheSADAG

July Newsletter

Mental Health Awareness Month



With July being Mental Health Awareness Month – SADAG’s commitment to improving understanding and raising awareness to break the stigma is more critical than ever. Especially since 1 in 3 South African’s will or do have a mental illness at some point of their lifetime, and the fact that only 25% of people living with a mental illness have access to

mental health treatment – raising awareness and letting people know where to get help and support is vital. Through our Suicide Helpline, Support Groups, School Talks, Corporate Wellness Days and awareness on University campuses – we are erasing stigma step by step.

SADAG received many generous donations for Mandela Day, as well as all the people who volunteered their 67 minutes in the Call Center and at the Diepsloot Counselling Container – a very big thank you to all of you for helping to make #MentalHealthMatter even on Mandela Day.

SADAG’s Call Center receives about 600 calls per day from people throughout the country looking for help, info and resources. With so many of us affected by mental health issues in one way or another, it is vital that we continue to talk about mental health, we continue to raise awareness and we continue to encourage others to get help. If you ask us - every month should be Mental Health Awareness Month.



Facebook Friday - 27 July 1pm & 7pm

Diagnosed with a Mental Illness? Now what?

For Mental Health Awareness Month we have a FREE Facebook Friday Online Chat 'Ask The Expert' on Friday the 27th July. Join SADAG's Facebook Friday online Q&A to ask experts about your diagnosis, the symptoms, medication queries and where to go for help. The online Q&A on 27 July 2018 will be with Psychiatrist, Dr Lavinia Luma at 1pm – 2pm and Clinical Psychologist Shariefa Hendricks will continue the discussion from 7pm – 8pm. Click [here](#) **f for more information.

MAKE US YOUR BENEFICIARY

GET DISCOUNTS AND HELP US SAVE PEOPLE'S LIVES!

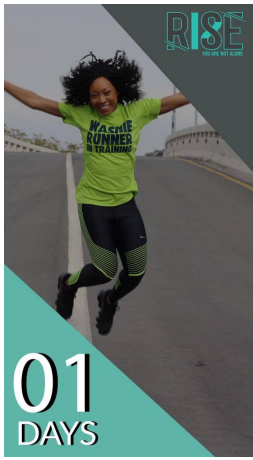
Woolies MySchool Card – you can now support SADAG

SADAG is proud to announce that we are now a registered beneficiary with the Woolworths MySchool Rewards Program. MySchool MyVillage MyPlanet is SA's number one community support fundraising programme, which raises over R6 million a month for more than 8,000 worthy schools, charities, environmental and animal welfare organisations.

And now YOU can add SADAG to your beneficiary list and raise money for our Suicide Helpline on a monthly basis all while you shop!

The best part - It doesn't cost you a cent to make a difference. Simply swipe your MySchool Supporter Card when you shop at one of the many MySchool partners, which are listed [here](#). All the funds raised will be used to help pay for the telephone costs for SADAG's Suicide Crisis Helpline which receives over 600 calls a day.

To get started - [Click here](#).



Zanele's last race for #Rise18 tomorrow

Zanele started her #Rise18 campaign earlier this year and committed to running 18 races in remembrance of her dad who she lost to suicide, and to date, she has raised over R114 719 for the Suicide Helpline. Tomorrow is Zanele's LAST race – where she will be running 160km in the Washie Miler. While Zanele set out to raise money for the Suicide Helpline, through all of her social media and press, she has done more than just raise money, she has raised awareness and helped to break the stigma around depression and

suicide.

On her last race tomorrow, we send our support to Zanele and wish her all the best—we urge you to donate to her [backabuddy #Rise18 page](#) as she aims to reach her ultimate goal of R180 000.

Go Zanele – we are all behind you!!!! Follow her on her on twitter [@zanhlatswayo](#) or facebook "[Rise18Zanele](#)"



New Support Groups

SADAG has many Support Groups in areas such as Sandton, Alberton, Akeso Randburg, Kenilworth, Somerset West, Kloof, Durban North, Pietermaritzburg, Durbanville and Ballito. SADAG's Support Groups play an important role in the further assistance we provide callers. We always encourage members of the community who are interested in making a difference, to consider starting a Support

Group with our help. We have recently had new Support Groups launch in various areas; see below:

KwaZulu-Natal

- Yolanda Cronje launched a new Depression and Anxiety Support Group at the Ballito Library in Ballito. Her group meets on the last Thursday of the month from 5pm till 6pm.

Western Cape

- Donna-Lee launched a Post Natal Depression Support Group in Durbanville, Cape Town. The group meets every second Wednesday from 12pm till 2pm. The group is also open to any moms suffering from Depression.

Gauteng

- Bianca de Villiers launched a new Depression and Anxiety Support Group in Weltevreden Park, Roodepoort. The group will meet every Wednesday from 6pm till 7pm.
- Rachel Molongoana's new Depression and Anxiety Support Group will be launching on Saturday the 4th of August at 10:00am in Glenvista, Johannesburg South.
- Lizl Joosten launched her new Depression and Anxiety Support Group in Eldoraigne, Centurion. Her group will meet every second Thursday, the next meeting will take place on 9 August from 7:00pm till 8:30pm.

If you would like to join a Support Group on your area, please call SADAG on 0800 70 80 90.



Discovery

Discovery Mental Health Journalism Awards

Discovery recently hosted their prestigious Journalism Awards for 2018.

We would like to thank the journalists below for their exceptional work and for helping not only to distribute information but to help break the stigma.

- Discovery Health Mental Health Reporting Fellowship award goes to **Kyla Hermannsen** for her article on 'Life Esidimeni' .

- The Discovery Health Journalist of the Year award for displaying qualities of excellent journalism goes to **Pontsho Pilane** for 'Free to bleed' and 'ABC's of autism' stories.

SADAG would also like to recognize those who won various awards at The Discovery Journalism Awards 2018. - Tamar Kahn from Business Day - Adiel Ismail from EWN - Elna-Marie Schutz from Wits Radio and Jay Caboz from Forbes Africa. A big thank you to all the finalists who dedicated their valuable time to making this possible. We appreciate your support.

You Matter - A Tribute to Chester Bennington

The Linkin Park South Africa Fan Page held a tribute concert to celebrate the life Chester Bennington. The event had such a great turnout and they raised a whopping R10,000 for the Suicide Crisis Helpline. We would like to thank Linkin Park South Africa Fan Page for their generosity and



kindness to our Charity. We appreciate your help. To find out more about Linkin Park South Africa Fan Page - Click [Here](#).



Workshops

- **Stabilis Treatment Centre** has hosting a workshop for The Family of the Substance Dependent Person on the 3rd of August 2018. The talk will be conducted by Dr Peter Schultz in Pretoria. To learn more Click [here](#).
- **'Living with Bipolar Disorder'** eight session group therapy course run by Dr Antoinette Miric in Saxonwold, Johannesburg. Contact admin@dramiric.co.za or 010 350 0351 for more information.
- **Chatt** introduces a Social Media Workshop for pre-teen girls and their moms. The workshop is focused on 21st century kids surfing cyberspace and security measures. To book a seat at the workshop on Sunday the 5th of August in Seapoint, please email: chattprogramme@gmail.com
- **Acacia Therapy and Health Training** are giving professionals the chance to take their CBT skills to the next level. Join the Cognitive Behavior Therapy Workshop by International Speaker, Jeff Riggerbach in Nelspruit, Randburg, Umhlanga, or Stellenbosch this September! Click [here](#) to register.
- **Psychmatters** in Edenvale will be running a workshop focused on dealing with divorce and mastering the experience. The workshop will take place on the 14 November 2018 and will be facilitated by Clinical Psychologist & Director – Joanna Kleovoulou. To get more information Click [here](#).
- **Dr Colinda Linde** from the CBT Group in Sandton will be running a Practical Mindfulness Series in November. If you would like to join the workshop click [here](#) to book your seats to avoid missing out.

SADAG Counsellor Training 2018

Due to the increased number of calls that our volunteers are fielding in the Call Center everyday – we have trained more telephone counsellors to help with the calls, emails, SMSs, etc. At the end of June, SADAG hosted a very



successful Training Workshop at FNB Conference Center which included various talks by experts such as Clinical Psychologist, Dr Colinda Linde and SADAG Board Member, Clinical Psychologist, Zamo Mbele, Psychiatrist and Psychologist, Dr Frans Korb, Clinical Psychologist and expert on Substance Abuse, Neil Amoore, and Trauma Specialist, Lana Snoyman. We also had our senior counsellors share practical tips & tools – a special thanks to Michelle, Joe, Christina, Timmy, Lyn, Zoleka, Shanne, Busi, Catherine, Lara, Anne, Amanda, Deepash and Tracy for sharing your time and expertise. Click [here](#)

for pictures of speakers and participants.

The next Volunteer Counsellor Training will be taking place in September. If you are based in JHB, have some experience or training in mental health, and willing to donate 4 hours a per week in the Call Center, please fill in the application form on our website www.sadag.org and send it to supportgroups@anxiety.org.za or call Michelle on 0800 21 22 23 for more information.



SADAG gets involved with Ghana

SADAG has been helping with the training and development of a Telephone Helpline, and increased NGO help in Ghana.

Nancy Ewusie joined us from Ghana regarding the successful development of Mental Health networks, how to run a Helpline, what support groups can do to help and broadening their experience with Teen Suicide Prevention in schools as well.

Nancy advised us that there is a lack of Mental Health knowledge and services in Ghana and they have started a NGO in Ghana named Candle Night. We wish her and her volunteers great success.



KZN Office hosting Workshop on Depression & Suicide – 28 July

SADAG's KZN office has organised a FREE Training Workshop for existing and new Support Group Leaders and Volunteers on Saturday, 28 July 2018, from 10h00 –

1PM at the SADAG Office at Life St. Joseph's Hospital in Berea, Durban.

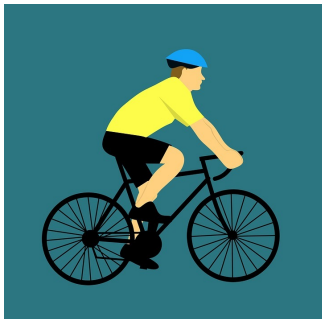
The Training focuses on how to identify the signs and symptoms of Depression, risk factors for Suicide, how to engage in compassionate care, and how to start a Support Group. If you, or someone you know would be interested in starting a Support Group, this is a good opportunity to network with others in the KZN area and get more info on how SADAG can help. The Training Workshop is also open to psychology students, teachers, social workers or anyone interested in mental health. Guest speakers include Psychiatrist Dr Suvira Ramlall, Clinical Psychologist Suntosh Pillay and Support Group Leader Lori Barausee, who has run one of the longest running SOLOS Support Groups in Durban. For more info or to book your seat, please contact Lynn Norton on kznsadag@anxiety.org.za or Anne Rajcoomar on anne@anxiety.org.za.



Latest Speaking Book on Children Coping with Cancer

We are delighted to announce the latest creation of another new Speaking Book - a bilingual English/Spanish Speaking Book® for Children learning to Cope with Cancer which was launched in the USA.

For the first time there is a colourful, well-illustrated book with a push of a button that will read to the Child in their own language, and no matter their level of reading comprehension, the messages will be seen, read, heard and understood to help the child understand their illness and what they are facing every day in Hospital. Sponsored kindly by Pfizer, WMA, and Rotary. For further information on the book for Hospitals, Drs, and Clinics please email zane@sadag.org.



Raising funds for Mental Health through sports

SADAG have many inspirational people raising awareness for Mental Health through fitness competitions.

This year, SADAG is proud to have the support of Moeletsi Sebokolodi, who is leading #TeamSADAG at

the Telkom 947 Cycle Challenge on 18 November 2018. Email: msebokolodi7@gmail.com to join #TeamSADAG.

Another campaign being held is The Lion 500 challenge which aims to raise R500,000 for various organisations by sumitting Lion's Head 500 times by the end of 2018 in order to raise money for charities that matter most. To learn more about this campaign click [here](#).

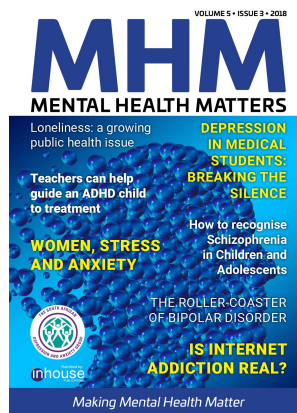


Making Mental Health on Campus

SADAG has Student Helplines to assist University Students and staff members who are dealing with Anxiety, Depression or other mental health issues. The Helplines are aimed at supporting student's mental health, reducing the rate of suicide attempts across campuses and providing practical support. We currently run various helplines.

- Discovery Medical Student Helpline - 0800 323 323
- The University of Cape Town Helpline - 0800 24 25 26
- The University of the Western Cape - 0800 222 333
- The University of Pretoria Student Careline - 0800 747 747

SADAG are taking part in many wellness days on campus throughout the month of August. Look out for the SADAG team at UCT (6-9 August and 13-17 August) and WITS (30 July - 3 August) and The University of the Free State.



Mental Health Matters Journal

One of SADAG's projects includes the Mental Health Matters Journal that is distributed to GP's and Psychiatrists all over the country. This journal includes educative articles written by expert Psychiatrists and Psychologists amongst others to help Doctors better understand Mental Health and what they may be able to do to support their patients. If you are a Mental Health Professional, subscribe to the Journal, via the website, please [click here](#). If you already receive the Journal and would like to recommend topics or you would like to write for the Journal, please email Tracy at research@anxiety.org.za.

Have you seen our recent journal? Read more about [The Roller Coaster of Bipolar Disorder](#) by Clinical Psychologist, Caroll Hermann and explore the latest news on

[Mental Health Care Users and The Right to Vote](#), published by the South African Federation for Mental Health. Find out more about PsySSA publishing [historic guidelines for sexual and gender diversity](#) written by Clinical Psychologist, Suntosh R Pillay.



Ke Moja Substance Abuse Online Counselling

The National Department of Social Development in partnership with SADAG has run the 24 hours Substance Abuse Helpline (0800 12 13 14) for over 10 years. It is important to reach people who have issues with drug, alcohol or others addictions and

SADAG wants to provide help, support, information and referrals that can assist addicts, family members and communities. For many people who don't have resources or know how to get help, there are now various options such as the free Helpline, SMS, New Online counselling and Facebook page.

- Are you contemplating speaking to a counsellor but you can't make private calls whilst working? Do you feel uncomfortable speaking to a counsellor over the phone while you around your family? Why not make use of the online counselling via your computer or cellphone. Click [Online Counselling](#) to chat to a counsellor Monday to Sunday 10am till 2pm daily or visit www.sadag.org and click the pop up button.
- To learn more about Substance Abuse resources and tips on a daily basis follow the [Ke Moja Substance Abuse Facebook Page](#).
- Are you unable to call us? SMS 32312 and a counsellor will call you back.



Substance Abuse Awareness Day - Kimberley

SADAG went to Kimberley for Substance Abuse Awareness Day (26 June 2018) for The Department of Social Development. Together we spoke about how to access help for substance abuse issues & handed out multilingual information about drug & alcohol abuse.



Diepsloot Commemorates International Day Against Drug Abuse

On Friday, 27 June 2018, SADAG commemorated the International Day against

Drug Abuse by hosting a Community Talk at the Skills Centre in Extension 2, Diepsloot. The event drew youth, adults and elderly people from the community. All the attendees received important information pertaining to mental health and substance dependence, Say No to Drugs brochures, handouts on Bipolar Mood Disorder, The Safe Use of Medicines and SADAG wristbands with the toll-free number (0800 12 13 14).



International Press Articles

There have been many interesting articles within the International press community. Many displaying the urgency to eliminate stigma surrounding those living with Mental Illness.

- Jim Gaffigan #MyYoungerSelf. "I know people say it gets better — but it really does." - Jim Gaffigan. [Learn more about Jim Gaffigan struggling with dyslexia](#) in a video by Child Mind Institute.
- Kristen Bell #MyYoungerSelf. "Don't be fooled by this game of perfection that humans play. Because Instagram and magazines and TV shows, they strive for a certain aesthetic, and everything looks so beautiful, and people seem like they don't have any problems, but everyone's human. Everyone has problems. Everyone feels yucky on the inside sometimes."- Kristen Bell. [Watch the video by Child Mind Institute here.](#)
- "When your child has ADHD, the line between what's normal and when to call a doctor isn't always clear." Read more about when to call a doctor about child ADHD in an article shared by WebMD. Click [here](#).



Local Articles

To read more locally written articles concerning Mental Health, stress and how to get help, click the links below:

- PTSD can be a debilitating disorder if not treated properly, and many South Africans suffer from it.

Read more about PTSD in a article by Joshua Carstens in Health24.

- The impact of stress-related illnesses and psychological issues in the workplace. [Read more in the article written by Shahnaaz Bismilla & Kerry Gantley in GoLegal.](#)
- Over 40% of SA women suffer from antenatal & postnatal depression. Read more in the article written by ANA Newswire in the [latest issue of All4Women.](#)
- Why Demi Lovato's new confessional song proves that recovering from addiction is harder than you think, [Read more about Substance Abuse in an article written by Tammy February in W24.](#)
- My battle with depression – and how I found the will to keep going. Click [here](#) to read more about a women's battle with depression by Robyn Lucas at W24. To learn more about Substance Abuse click the links below:
- Do you know what Tik is? Read more in the article by Carte Blanche on how to Identify Tik Addiction and where find help. Click [here.](#)
- People living with mental illness, or suffering from a previous trauma, often find themselves turning to substances. Read more about Substance Abuse in an article by News24. Click [here](#) for more.



Donations Required by SADAG

With up to 600 calls being received a day and the increased need for help in the Suicide Call Centre. SADAG is in dire need of more Jabra Headsets in order to make it easier or counsellors to help those in need and especially to maintain the quality care that SADAG tries to provide daily. We have already had wonderful help and donations from Trinity for many years as a permanent donor, we greatly

appreciate their kind generosity..

SADAG are also in need of laptops. Some of our laptops have become too old to function. SADAG are in desperate need of more laptops.

If you can help us or know of someone who can, please contact Vanishaa on 011 234 48 37 or email on newsletter@anxiety.org.za



Feedback from our members

- Yes, I got help from you thanks and it was great speaking to her thank you very much - N
- Good day SADAG thank you for the help that you have provided for the past few days, I feel much

better since I spoke to someone, I was able to speak to my family and they are very supportive. I really appreciated it. Hope you help other people as well - M

▪ Today I'm 20 months sober and I haven't had a depressive episode or panic attack for over 16 months. I no longer need to be on medication and live a life I really quite like filled with hope and opportunities. I'm still a bit nervous about the darkness coming back but know that there's always help available and that's it not that there's something bad about me but that I get sick and that's something the man on the phone when I called your number really helped me believe. And I can't thank him enough. I really can't. Thank you. Thank you for your time and your comfort and your compassion. I'm crying as I write this, remembering how broken I was and how, with your amazing help, I've been able to put myself back together. Thank you. If you ever think that one or two phone calls don't make a difference, I want you to know that they did to me. - F

▪ Hi. I just wanted to thank you again. It's been about a week and I'm only improving. Thanks for all you do. - T



Special Gift from a Family Member

SADAG would like to give their sincerest thanks to a lady who has helped others at one of her hardest

times.

To the lady who had just lost her husband due to suicide and was in the midst of Trauma, thank you.

She very kindly asked her friends and family to support SADAG instead of sending flowers to her husband's funeral, she felt it could help others.

We have received over R12,000 from many of her friends who have also sent very kind notes and wishes to us and our work. .

We sincerely thank you KM and the donations will go to people in crisis that we desperately need to help.

Yours sincerely
Zane Wilson
Founder and Director
zane@sadag.org



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