

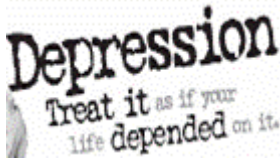


The South African Depression and Anxiety Group

SADAG Helpline Numbers

SADAG Tel	011 262 6396
SMS Line	31393
Suicide Crisis Line	0800 567 567
Pharmadynamics Police Line	0800 20 50 26
Astra Zeneca Bipolar Helpline	0800 70 80 90
Sanofi Sleep Disorders Line	0800 753 379
Substance Abuse Line	0800 12 13 14
Dr Reddy Helpline	0800 21 22 23
Website:	http://www.sadag.co.za/
Email:	zane1@hargray.com

We always start the New Year with Mental Health education and awareness for the Youth as they go back to school and start their new university. With a teen suicide rate of 9.5%, there is no doubt that it is a very important part of our work. Statistics show that 1 in 5 teens will attempt suicide - a figure that we believe with concerted effort, may be reduced.



We would like to thank so many of our counsellors who worked through Christmas and New Year to help callers, and also to welcome Dr Colinda Linde as the new Chairman of SADAG's board. She takes over for 2011 from psychiatrist Dr Frans Korb who has been a board member for over 12 years. Keep an eye on the front page of our website, www.sadag.co.za, for the new Q and A on Men and Depression with Dr Frans Korb sponsored by Aspen GSK.

Teen Suicide Prevention Week 13th - 20th February

We hear a lot about teen suicide prevention, and SADAG works in schools across the country educating teens and teachers about depression and suicide in an effort to reduce the alarming rate of teen suicide in South Africa. However little attention is paid to suicide on campus. SADAG believes this needs to change. This year, SADAG is concentrating on Universities and Colleges and the immense stress and pressure put on students. Changes in environment; the need to cope on their own, with minimal supervision, in often new surroundings with new and different study, financial and social pressures without family and friends, means that many teens and young adults feel unable to cope. While some universities have developed substantial counselling centres, and some even have their own support groups, many students don't know that help is available on campus. For info on the UCT support group run by Alexa [click here](#).



Teen suicide prevention talks will be presented in various areas across the country. To book your school, university or community talk, please contact Dessy or Clare on 011 262 6396 / 6389.

Forum for Teens and Teachers



We will be hosting an online forum for youth, parents and teachers from February 13th to the 21st on teen suicide prevention. On the panel to answer your questions will be, psychologist Dianne Mallaby, psychiatrist Dr Ingrid Williams, substance abuse counsellor Cindy van Wyk, educator and coach Janine Shamos, and senior SADAG counsellors Ryan Edmonds and Dessy Toneva. Our SMS line will also be accessible for help on 31393 or our toll free numbers: 0800 567 567, 0800 21 22 23, or the Substance Abuse Line 0800 12 13 14. All lines are open daily from 8am to 8pm. The Substance abuse line is open 24 hours a day.

[Click here](#) for the forum link

Carter Center Workshop in Johannesburg

THE
CARTER CENTER



Waging Peace. Fighting Disease. Building Hope.

The Carter Center programme in Atlanta was started by former First Lady Rosalynn Carter and the Center has supported two South African Carter Center Journalism Fellowships for the last six years. This year they are bringing a very important journalism programme to South Africa. The South African Fellows have for the last six years attended a journalism workshop in Atlanta, Georgia. However, this year the programme has been hugely extended and a conference will be held in Johannesburg with two international speakers and a selection of South African experts who will spend time helping journalists understand the vital importance that their work plays in encouraging the public to destigmatise mental health problems.

The speakers, both local and international will cover topics from bipolar to depression, panic attacks to schizophrenia, the limitations of the South African government's Mental Health Services, medical aids and their restricted care for mental health.

If you are a journalist and would like more information on this workshop which will take place early in April, please email Marion Scher at journ@icon.co.za.

Share Your Story on 'Rooi Rose Luister' Blog / Deel Jou Storie Op Die 'Rooi Rose Luister' Blog



SADAG is delighted to offer to all its Afrikaans speakers a blog in their home language and resource center at <http://rooiroseluister.wordpress.com>. If you are dealing with a mental condition it can be a great relief to share your story, to voice your fears and concerns, to ask questions about it, to hear what other people find helpful and/or to discuss options and ideas... or to just get stuff off your mind. If this is what you are looking for it may be just the place for you. On this open blog you will find a whole community of like-minded people who share and support one another. You are welcome to visit and blog along - anonymously if you like. You can chat as much as you need to, without fear of rejection or criticism, whenever you want to. If you subscribe to the blog you will get tweets and posts from other bloggers as well.

The blog was founded by Salome Delpont, the South African Carter Fellow for 2010. It has got off to a strong start and we encourage you to support it. There are also some Afrikaans media stories on it which you can read.

[Click here for more.](#)

Counsellor Training and Support Group Training March 2011



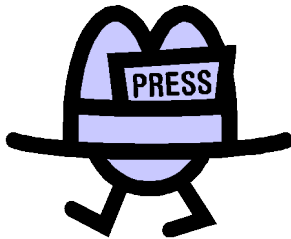
This year there will be counsellor and support group training concurrently in Johannesburg in mid March. We are desperately looking for new support group leaders in KZN, parts of Gauteng, North West, Northern Cape and a variety of towns and cities throughout the country. SADAG has over 180 volunteer support groups but the demand is growing so if you feel you have a lot to contribute to your community or would like to get involved, please be in touch with Clare or Dessy on 011 262 6396 / 6389 or email admin@anxiety.org.za. Training will take place for new counsellors over two days from 8am to 5pm and for support group leaders on Sunday from 9 to 2pm at our donor's offices, Pfizer, in Sandton. For information on volunteering at SADAG, read stories from our volunteers on our website and to fill in the volunteer form, please [click here](#).



"Into the Light" Suicide Awareness and Remembrance Walk

On Sunday the 12th September a remembrance walk was held at the Durban View Park, Marine Drive, Umhlanga in memory of those lost to suicide. This annual event is growing in attendance and last year was no exception. Well done to Joy Chiang and her dedicated members for their amazing work and support to all those who feel lost and alone.

Press



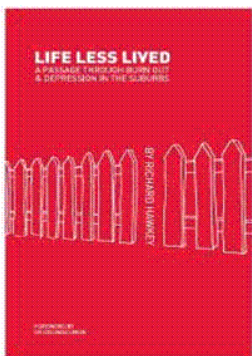
We had tremendous TV support from ETV during December and January which ran our PTSD advert frequently over the holiday period to help people who were victims of trauma but may not know where to turn for help. Our lines were incredibly busy and we dealt with a variety of trauma cases from car accidents, and hi-jacking to rape and domestic violence. Many callers said they didn't know help was available to them before they saw the ad. Thank you to Metropolitan Republic for creating the thought-provoking advert which has helped so many people realise that they need help and who now know where to get it. If you would like a copy of the advert, please email Cassey on office@anxiety.org.za.

[Click here](#) to read a story on PTSD published for World Mental Health Day.

Powerful News for Men with Depression

Richard Hawkey, a Jo'burg businessman, burnt out and lapsed into a severe clinical depression last year. He is now launching a book on dealing with depression and getting treatment. Called Life Less Lived – a passage through burn out and depression in the suburbs, Richard's powerful book will be launched on Feb 24th in Sandton. It is written with honesty, clarity and humour and directed to anyone who wants to know what steps to take next or how to manage the stigma that Men and Depression often feel - from both their workplace and their friends.

The book will be made available through www.kalahari.net at R119 more info is available at www.lifelesslived.com. There will be talks on radio and TV with Richard talking from the heart about how his family supported him whilst his life was falling to pieces. Richard is now recovering and is a counsellor with SADAG. He is a spokesman for the Aspen GSK program Men and Depression which will be going to various centres. Please email admin@anxiety.org.za if you want to attend and know the times and dates for Johannesburg, Pretoria, Cape Town, and Durban.



SADAG Recommends: Sites and Blogs

Congratulations to Jay and Michelle Barnes our wonderful support group leaders in Cape Town. Their very popular website www.bipolar.co.za has just received its 1000th member! Well done on a wonderful achievement. We have another five International

blogs that patients may enjoy logging on to. Click on the title for further information.

[Dr. Deb: Psychological Perspectives](#) Dr. Deborah Serani is a practicing psychologist/psychoanalyst blogging about the treatment of trauma and depression. She's a reliable source of psychological info, news and tips in a style that's easy to read and share. Always helpful and trustworthy.

[My Postpartum Voice](#) A new voice and a comforting one, Lauren is also known for organizing support chats for peers online (see her blog for info). She's prolific, sensible, positive, and strong. Well-organized and efficient, I wonder what would happen if Lauren and Katherine combined powers?

[Postpartum Progress](#) A sleek, professional blog on postpartum depression. Informative, straight up, and powerful. There's no stopping Katharine. Advocacy, communications, she does great work. I've nearly tied her with a strong newcomer, but it's not because she's slipped at all, just the opposite, it's testament to how strong the newcomer is.

[Mayo Clinic Depression Blog](#) Psychiatrist David Mrazek, M.D. blogs for one of the most prestigious consumer medical names on the market – Mayo Clinic (also branded on Facebook, Twitter and YouTube). Latest research news and perspectives and tips on depression. Popular and trusted, with the weight of peer-reviewed science behind it.

[About.com](#) Depression Blog Nancy Schimelpfening has been [About.com](#)'s Guide to depression since 1998, providing research summaries, news, tips, holiday guides, and more. She's been a consistently integral part of the online mental health community, and her stories are always concise and relevant.

Loneliness and Depression During the Festive Season



We had many articles published and did many radio interviews about loneliness and depression over the Festive Season and we gave people advice on how to cope if they were on their own. Janine Shamos, our senior trainer, and Cassey Chambers fielded over 40 radio interviews in December.

Our thanks also to Vrouekeur, Dischem Benefits, and Amawinna magazines, Shift, Yo-Tv, 702, SAFM and numerous national and provincial newspapers – amongst so many others. SAFM did an hour-long show on bullying and the Sandton Magazine February edition highlighted the limited help and care that the South African government is giving to patient groups.

Other Events

Association for Autism:

The Association for Autism invites all individuals with Autism, parents, professionals, fellow disability organizations, and government and community representatives to the Autism: Towards the Future Conference on the 3rd and 4th of March at the Saint George Hotel & Conference Centre, Pretoria. Autism is a current and future challenge for many parents, professionals and individuals on the spectrum, and the conference will be looking at diagnostics, treatment and intervention, education and social issues, and adult care, amongst other topics.

Please contact the Association for Autism office for further details on 012 993 4628 or afautism@iafrica.com.

Bipolar Awareness Day:

SADAG will be highlighting bipolar during Bipolar Awareness Day on the 26th May. If your community, school, company or organization would like a talk or workshop, or would like to hold a wellness day, please call Dessey or Claire on 011 262 6396/ 6389.



Thank You to our Amazing Donors!



Thank you

We have wonderful help from many donors. Often people think SADAG is totally supported by the Pharmaceutical industry, which is not true - less than 10% of our funding comes from the industry. We get free office space from Liberty Life, SMS services from Starfish and Stouf, copiers from Discovery Health, paper from SAPPI, and financial donations from Hendler and Hart, who generously supported the counsellors' Christmas get together last year. We also receive donations from many individuals who donate through their corporate giving programs, and individual donations. [Click here](#) to donate.

Next month we will list all our pharmaceutical sponsors and projects they are involved with.

What SADAG Likes to Hear...



"I spoke to Sally when I called SADAG- she listened and was caring and helpful. The notes I was posted were relevant and helpful too. And lastly, going to a SADAG meeting (even though my mom and I are not the ones suffering with depression, my dad is) was the most helpful of all. We now have a new plan going forward for my dad and we got the support and hope we needed. The support group was very inspiring and the psychologist that I was referred to was professional and kind. Thank you for a wonderful service" C from JHB

"Thank you very much for your help. Apart from the selfless service you've undertaken to provide, your staff have excellent people skills. A lady called Clare phoned me yesterday evening and assisted with all my queries. Thank you, M." CT

Wishing you all a healthy and happy 2011! We continue to voice your concerns for effective representation for better mental health care at Hospitals, Clinics, Conferences, Medical schemes and most significantly, the South African Government.

Sincerely,

Zane Wilson (ms)
Founder
SADAG
zane1@hargray.com