

# YOUR DONATION DOUBLES

## MATCHING FOR MENTAL HEALTH.



**DONATE HERE!**



[www.sadag.org](http://www.sadag.org)



[@TheSADAG](https://twitter.com/TheSADAG)

Over the last six months, we've had the most wonderful help and recognition for Mental Health – together with the never ending requests for our support. We hear from people who just want help and those whose lives have been touched by sadness, whom lost loved ones, family members suffering from bipolar, depression and panic disorder as well as a growing amount of children being bullied.

Amazingly, the generous donations that we receive assist us in funding the ever increasing phone bills despite the absence of any support from the major telecommunications companies in South Africa such as Telkom, MTN, Cell C or Vodacom. We rely greatly on phone services to connect us with the people that need our help.

We help everyone – anywhere in South Africa, any age, gender or race – we are here to help!

The fundraising cycle race in memory of Douglas M, was a great success and we had donations that amounted to over R30,000. We also received very generous donations from a private engineering company of R200,000, R42,000 from Back-A-Buddy, R35,000 from Hi-Tech Sports, R45,000 from Maddison Advertising, R25,000 from AECl and R5,000 from Galderma as well as many many others. All the donations make a huge difference in keeping our Toll-free helplines open.

Christmas and the season of giving is almost upon us, and whilst for most of us this is the time to celebrate with family and friends, for many it's a dreaded time of the year – where loneliness and despair is all they can look forward to. So please consider including us in your gift giving or encourage your friends and colleagues to join you in donating even R100 each.

Best of all – in the spirit of Christmas giving, an incredibly generous donor has guaranteed to **MATCH ALL DONATIONS** up to the amount of R100,000 starting on November 20th and ending on New Year's Eve. Whether R50, R500 or R5000 he will match it.

PLEASE SUPPORT US AND GET MATCHED!

**DONATE NOW!** [CLICK HERE](#) to our online donate page or email us on [admin@anxiety.org.za](mailto:admin@anxiety.org.za) for our banking details or tax benefits.

Wishing you very Happy Holidays and a Prosperous New Year.

**Best Wishes,**  
**Zane Wilson**  
**Founder and Director**  
**SADAG**  
**[zane@sadag.org](mailto:zane@sadag.org)**

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