

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



## SADAG November Newsletter



### Nationwide Help for Medical Students

A new 24-hour Discovery Medical Students Helpline 0800 323 323 aims to assist medical students, interns and young trainee doctors to cope with personal stress, Mental Illness and other emotional problems. SADAG in partnership with Discovery, launched this free, nationwide service on the 19th of October to alleviate the

pressures medical students face on a daily basis and offer free telephonic counselling, support and referrals.

**Below are a few articles focused on the new Discovery Medical Student Helpline:**

- [Click here](#) to read about the launch of the Discovery Medical Students Helpline.
- [Nationwide help for medical students just a phone call away](#)
- [Dedicated Helpline launched for Medical Student Interns](#)



### Life Esidimeni Arbitration Hearings

The tragedy of the Life Esidimeni crisis has been unfolding in public hearings chaired by Deputy Chief Justice Moseneke since last month. 2 years on from the original announcement from GDoH, which saw over 1700 severely

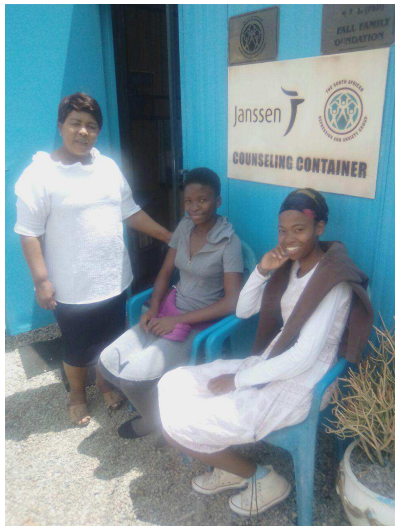
mentally ill patients being discharged from Life Esidimeni Hospitals into unfit and under resourced NGOs around the province, which later had over 143 patients die

from various reasons including dehydration, starvation & exposure and hundreds more ill, relapsed and unwell. The Arbitration Hearings have been traumatizing, frustrating and difficult at times to watch- but it has also provided some answers and explanation to affected families.

**Here are just a few articles that have covered the stories over these past two weeks.**

[Esidimeni arbitration finally putting pressure on the state culprits; Post-mortem shows Esidimeni patient ate brown paper & plastic; Life Esidimeni: Dr Makgabo Manamela's absence from arbitration upsets victim's mother on her late son's birthday; Life Esidimeni: Manamela showed no interest in plight of relatives or patients, arbitration hears](#)

The Life Esidimeni tragedy can never happen again – SADAG is even more committed to keep fighting for and highlighting patients rights living with mental illness, including their families, to access treatment and care [Click here](#) for more.



## Continuing to provide Mental Health Care to the people in Diepsloot

SADAG offers free counselling for Mental Illnesses and other psychosocial problems in Diepsloot, Monday - Friday from 8 am to 4 pm at the Janssen Counselling Container. SADAG is also able to host free talks at the various NGO's and CBO's in the community. These events are all kindly sponsored by Janssens Pharmaceuticals who has been a sponsor for over 6 years. The focus for this month was on Stigma and helping to

deal positively with discrimination.

SADAG is currently looking for **sponsors for two more Counseling Containers in two new areas**, who desperately need mental health services and support. [Click here](#) to read a recent article based on the research done on the Janssens Counselling Containers' success in Diepsloot and [click here](#) for the infographic of the key findings. For more about the Counselling Container, please contact Cassey on 011 234 4837 or email [zane1@medport.co.za](mailto:zane1@medport.co.za).

## Teaching Youth about Suicide Prevention



SADAG in partnership with National Lotteries Commission (NLC) and Rotary Hilton Head USA, has recently hosted School Talks in 3 provinces. The aim of the talks was to create awareness and understanding of Depression, Suicide Prevention, and how to access support & referrals. Every learner or teacher received a Speaking Book, which is an audiovisual tool to assist youth with low literacy skills to understand important psychosocial issues such as making healthy choices, saying no to alcohol and

drugs, how to deal with bullying, identifying typical signs of Depression and risk factors for suicide. SADAG also aims to empower the community members to make a positive difference in the youth, the family, the community and society as a whole. [Click here](#) to read more about this project. If you need more information about these workshops please contact Anne on 083 754 7509 or email [anne@anxiety.org.za](mailto:anne@anxiety.org.za).



## University Student Helplines

SADAG has worked closely on projects regarding Mental Health and University Students. Our two biggest projects through 2017 have been with the University of Cape Town (0800 24 25 26) and the University of Pretoria (0800 747 747) with Helplines for Students and

also Staff Members. These helplines offer the universities with 24-hour support, telephonic counselling and crisis intervention. SADAG has also been involved in talks on campus, debriefing sessions, wellness days, radio interviews, press articles and various other events to provide students with information and resources. We look forward to welcoming new relationships with various other universities in the future to expand our reach to students. There is a need to provide support and care for all students at universities, mental health matters on campus too. If you would like to know more about our services, please email Lara on [supportgroups@anxiety.org.za](mailto:supportgroups@anxiety.org.za)

- [Top 5 Mental Health Problems Facing Students](#)
- [University mental health: taking student well-being seriously](#)

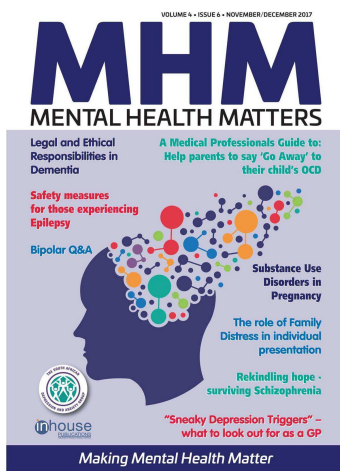
## Next #FacebookFriday Online Chats

Both HIV/AIDS & Depression and Holiday Stress Q&A's are coming up in December



Don't miss the opportunity to ask your questions about **Mental Health and HIV/AIDS** on the 8th December at 1pm-2pm and again from 7pm-8pm, with experts Zamo Mbele (Psychologist) and Dr Sindi van Zyl (GP).

On the 15th December, log on to ask questions on **Holiday Stress and Loneliness** with Dr Marcelle Stastny (Psychiatrist) at 1pm-2pm and Nkateko-Ndala Magoro (Psychologist) at 7pm-8pm. To join the LIVE free chats, go to our [Facebook Page](#) for more information. To ask questions anonymously, please email [newsletter@anxiety.org.za](mailto:newsletter@anxiety.org.za)



## Mental Health Matters Journal

The last edition of the Mental Health Matters Journal for 2017 has articles on a variety of topics. Read the guest editorial on the new 'Discovery Medical Student Helpline'. Read '[Sneaky Depression Triggers](#)' by Dr Kerryn Armstrong and an informative article on the '[Legal and Ethical Responsibilities in Dementia](#)' by Dr Gale Ure. There is an article on the Janssens Diepsloot Container based on its recent research, titled '[A small counselling container is delivering big miracles](#)' by Dr Dworzanowski-Venter. Another valuable article titled '[The Role of Family Distress](#)'

written by Christopher Kemp.



## A Special Thanks to our Support Groups

SADAG's Support Groups are an important part in our Mental Health advocacy to help work to break down

Stigma. We find that members gain comfort and confidence from colleagues in their Support Groups. We have Support Groups across the country in different areas of Mental Health. We have professionals speaking at our Support Group meetings regularly on a variety of topics. SADAG wishes our dedicated Support Group Leaders a very happy festive season and thanks them for all the work they do each year to help their communities. Call 0800 12 13 14 for more information or for the closest support group near you.





---

## Substance Abuse 24hr Helpline & New Developments

SADAG is proud to announce that The Department of Social Development (DSD) have extended the contract for their Substance Abuse 24hr Helpline and SMS service for 2017-2018. It will be available during the festive season when many people need help and support especially regarding drugs and alcohol over this holiday period. Look out for a new dedicated Substance Abuse Facebook Page and a new Online Counselling App launching in the next few weeks.



## Houghton House Recovery Centre

Houghton House is a very active Substance Abuse facility that caters for Medical Aid patients as well as many that cannot afford the fee.

[Click here](#) to watch some of their useful videos and [click here](#) to find out more about the facilities that they provide.



## International Press

There have been many valuable articles published internationally this month. To read them please click the titles below.

- [Which Country Has the Best Health Care System](#)
- [Older Adults More Likely to Disclose Suicidal Thoughts As They Age](#)
- [Midday Light Therapy May Be Best for Bipolar Disorder](#)



## Local Press

Locally there has been numerous articles based on a diversity of Mental Health topics.

- ['Suicide in youth'](#) by Dr Frans Korb from the Medical Chronicle.
- ['People need to talk about their stress'](#),

by Mjo Odwa published on Wits Vuvuzela.

- [It's Okay to Not Be Okay](#) by Bianca Hartel
- [Free Mental Health Resources In South Africa & How To Access Them](#) by Mia Arderne
- [Employees with mental illness still battle stigma in the workplace](#) by Tamar Kahn



## Workshop for MENTAL HEALTH PROFESSIONALS

Acacia is providing LIVE seminars in Johannesburg, Cape Town and Durban in January 2018 with international speakers.

Don't miss this opportunity to gain valuable knowledge for R4000. Learn more about Cognitive Behavioural Therapy (CBT) and Mindfulness from International expert, Dr Richard Sears from Cincinnati, Ohio USA. [Click here](#) to find more.



## Typical Day at SADAG

"On behalf of the Psychiatry department at Leratong Hospital, I would like to send you all a big thank you for arranging the presentation at our Mental Health Care day. Darrian's presentation was thought-provoking, relevant and covered the topic

of Suicide and Suicide Prevention in a very accessible way. He also discussed the work done by SADAG which I believe was very useful to the professionals and lay-people who attended. Our event was enhanced because of it."- BT

"I received a call from one of your counsellors...from my conversation with the counsellors, I could detect there may finally be light at the end of the tunnel. ...Speaking to someone like Joe, who has a clear understanding of my condition, I felt relieved. He also spoke to my sister and suggested I go see a GP. I've silently endured this pain for so long thinking I am strong. Hopefully I'll be helped, Thank You." - RK

"I would like to thank you for the call I received yesterday afternoon. It was very informative and an eye opener. I will utilize the numbers provided for further assistance. Much appreciations" -NM

"I just wanted to say a huge thank you for being a part of our Talisman Open Day, it was fantastic to see SADAG there. It has been a challenging year for mental health services and it was great to see everyone come together at the end of the year to celebrate the good work that has been done." -PT



## Donations

We would like to thank Standard Bank for their very generous donation, a very special thanks To Julian Turner who organized a wonderful donation from their World Mental Health Day events in October. A sincere thanks to Knights, for the new desks for our call center that were so kindly donated to SADAG. We would like to thank Trunuty Communications who have so kindly upgraded our phones, many many times and have a technical consultant available at all times for support that is necessary. Our lines are swamped at the moment.

We have also, been receiving donations from wonderful donors, including Dr IW and True South Actuaries and Consultants (Pty) Ltd, we would like to thank all of you tremendously for the support from R50 upwards. Thank you to L'Oreal who were generous and sponsored gifts for our wonderful volunteers when we had our recent end of year party to thank our volunteers for all their dedication. We would also like to thank Beulah Bonugli who very kindly donates our current office space to us, as well as a huge thank you to Noreen who helps us maintain our wonderful office space.

---

**Wishing everyone a happy festive season, SADAG will be available from 8am-8pm every day as well as 24hr Helplines are also available.**

**Best wishes from SADAG**

**Zane Wilson**

**Founder**

**The South African Depression and Anxiety Group**

**[zane1@medport.co.za](mailto:zane1@medport.co.za)**

©2017 SADAG | P.O. Box 652548 Benmore • Johannesburg, 2010 • South Africa

[Web Version](#)   [Forward](#)   [Unsubscribe](#)

Powered by  
**GoDaddy Email Marketing**®