

2022

# SADAG MARCH NEWSLETTER

Making Mental Health Matters

 @TheSADAG

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

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## Men, Mental Health and Stigma

SADAG in partnership with the Government Communication and Information System (GCIS) hosted a webinar where many heard why it is important that Mental Health be given the same attention as cancer or HIV/Aids. Psychiatrist Dr Frans Korb, Psychologist Zamo Mbele and lived experience guest Chris Debraine unpacked men's mental health, Mental Health in general and the stigma associated with it. Clinical Psychologist, Zamo Mbele said that Men are beginning to recognize that they need to be accessing health services. Especially when it comes to Mental Health. One challenge in this regard is the limited number of psychologists and psychiatrists practicing in South Africa. Mbele estimated that there is one clinical psychologist for every 100,000 people in the country.

Dr Korb stated that “Mental Health is an illness like any other and men should approach it seriously because it affects everyone. “The fear of the implications that Covid 19 had had was a further impact on Mental health and has increased the level of Post Traumatic Stress that people are experiencing.”

The special guest speaker, Chris Debraine, shared his experiences as a Mental Healthcare User who said “when dealing with my personal Mental Health, I felt like there aren't enough places as a man to speak to about it, share problems, and not many men have the resources I have.”

In an effort to address Mental Health issues in South Africa. “We need more influential figures to get involved in raising awareness “ Dr Korb called on Government, Civil Society and the Business sector to come on board and make more safe spaces for discussion and help. He also indicated that SADAG have been trying to deal with the stigma of Mental Health for many years and the barrier is still a lack of information that people do not know what Mental Health is really about, and the resources available to receive help. The need is for funding for more Brochures, Talks and Visibility which are all critical.

He said that SADAG began as a group for people dealing with Panic and Depression, but it has grown into a diverse Mental Health hub. There is a shortage of professionals in South Africa, and only one psychiatrist for 100,000 “ indicated Mbele. Due to this “we need more forums and platforms as there is a limited amount of psychologists in each region and the ratio makes it impossible for us to service and help everyone in each province.

[Click HERE to watch the recording.](#)

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### World Bipolar Day

The 30th of March marks World Bipolar Day and this year, the theme of World Bipolar Day is 'Strength for Today, Hope for Tomorrow'. In light of this theme, SADAG is raising awareness to eliminate the stigma that so many still feel in their workplaces, society and even in their homes.

By encouraging others to talk about it, sharing resources and encouraging others to share their stories. We can help people better understand their condition, and hopefully motivate them to reach out for more help.

If you or a loved one are living with Bipolar Disorder, we want you to share your story with us so that we can encourage others to seek help whilst eliminating stigma that surrounds Bipolar Disorder. Email your story to [media@anxiety.org.za](mailto:media@anxiety.org.za) so we can share your story and encourage others to do the same.

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### Join our upcoming #FacebookFriday

SADAG have an exciting month of #FacebookFriday LIVE Q&A's coming up. Each week we cover a different topic with different experts. Tune into our #FacebookFriday every Friday between 1:00 pm -1: 30pm. Throughout the Month, listed below are some of the topics covered in March and April:

- 25 March – ADHD: Risks of Treating VS not Treating ADHD with Medication

- 1 April – Bipolar Disorder, Signs, Symptoms, FAQ's and Treatment options
- 8 April – Anger Management, how to cope and where to get help

In case you missed our previous chats, you can watch all the recordings here <https://www.facebook.com/TheSADAG>. Check out the most recent #FacebookFriday chat by Social Worker Claudine Ribeiro on Understanding the Role of Social Workers in Mental Health.



## Radio 702 Webinar Recording (Crisis Support Online Form)

Radio 702 are taking the opportunity to support their listeners. In order to support you, they have implemented an Online contact Form on their

website for anyone who may need crisis intervention or Mental Health Support.

Recently SADAG AND 702 hosted a live Teen Suicide Prevention Webinar on the 17th of February with 702 host Africa Malane alongside a great panel of speakers, Psychiatrist Dr Mashadi Motlana, TV and Radio Personality Penny Lebyane and SADAG Operations Director Cassey Chambers. Click Here to watch the recording now - Click Here to watch the recording now -

<https://www.702.co.za/videos/14192/how-to-avoid-teen-suicide>



## Support Groups

Dear Friends, Peers, Colleagues, and fellow Mental Health Advocates! Between January and March SADAG have

launched over 10 new Support Groups, with all groups having monthly activities.

SADAG is launching another 10 New Support Groups in 2022. There are also many face-to-face meetings available, in areas such as Heidelberg, Soweto, Chatsworth, Pietermaritzburg, Eldorado Park, Galeshewe, Upton, Polokwane, Potchefstroom (Ikageng) and Thaba 'Nchu to name a few.

See posters below for Upcoming Support Group Launches

Join us at a FREE

## Depression & Anxiety Support Group

for young adults 18-35

When Saturday, 26 March 2022

Where eNdaleni Reformed Family Worship Church,  
Ndaleni A, Richmond, KZN

Time 2pm – 3:30pm



For more info & to RSVP contact Naledi 060 818 6487

Join us at a FREE Online

## Mental Health Support Group

for Heart Attack Survivors & Family Members

When Wednesday, 4 May 2022

Where Online | Time 6pm



For more info and to RSVP contact  
Vanessa 076 597 1965

Join us at a FREE

## Depression, Anxiety & Bipolar Disorder Support Group

When Friday, 1 April 2022

Where Vincent Methodist Church, Preston Ave,  
Vincent, East London

Time 5pm



For more info and to RSVP contact  
Vuyo 078 567 5060

FREE ONLINE SUPPORT GROUP MEETING

WITH GUEST SPEAKER, CLINICAL  
PSYCHOLOGIST, CHRIS KEMP, DISCUSSING

### RECKLESS BEHAVIOUR & HYPER-SEXUALITY IN BORDERLINE PERSONALITY DISORDER



Thursday 17 March 2022 | 7:00pm | Online

For more info & to RSVP contact  
Karen - 083 417 6087

## Peer Support Group Leader Training

SADAG hosted the first session of the FREE Online Peer Support Group Leader Training Introduction for tertiary students in University, TVET or PSET college (over the age of 18 years) via Zoom.

The session was extremely successful. The Online Training and Support Programme for Peer Support Group Leaders consists of 4 sessions that have been taking place weekly, on a Thursday at 6pm – 7pm, from 10th March till the 31st March.

SADAG is providing Training on how to start a Peer Support Group and different ways to manage student related issues on campus. We are very excited for the possibility of even more Peer Support Groups.

For more info about Support Groups click [here](#) or email [supportgroups@anxiety.org.za](mailto:supportgroups@anxiety.org.za) or call 0800 456 789



**FREE ONLINE STUDENT SUPPORT GROUP** NEW

JOIN US  
Tuesday 8  
March @ 6pm  
Online using  
Zoom

*Open to all students over the age of 18*



- STRUGGLING TO ADJUST TO UNIVERSITY LIFE?
- EXAMS, TESTS AND ASSIGNMENTS LEAVING YOU FEELING OVERWHELMED?
- FEELING DEPRESSED, DOWN, SAD OR ANXIOUS?
- GENERALLY FEELING LIKE YOU ARE NOT MANAGING?

FOR MORE INFO OR TO RSVP  
CALL: 0800 36 36 36  
EMAIL: SADAGPSG@GMAIL.COM  
OR WHATSAPP 'PEER SUPPORT GROUP' TO 076 882 2775



SADAG PRESENTS FREE ONLINE  
**PEER/STUDENT SUPPORT GROUP LEADER TRAINING**



- Are you a tertiary student?
- 18 years or older?
- Passionate about helping others?
- Interested in starting a Peer Support Group?

Join our **FREE Peer Support Group Leader Training:**  
4-part Online Interactive Webinar Series, Thursday once a week for four weeks

To register:  
<https://bit.ly/PSGpart1>

Info & more: Email Vuyi  
sadagpsg@gmail.com

THURSDAY, WEEKLY:  
10, 17, 24 AND 31 MARCH  
6PM - 7PM  
ONLINE USING ZOOM

\*PLEASE NOTE THAT RUNNING A PEER SUPPORT GROUP IS ON A VOLUNTARY BASIS.



## Diepsloot and Ivory park

### Highlights from SADAG's Counselling Containers

The need for further development of containers in communities where there is no mental health treatment and is growing greatly and we would like to establish two more Counselling Containers

in troubled areas this year.

Our two Counselling Containers in Diepsloot and Ivory Park are becoming busier as more people are being affected by the current fragile state of our economy and job loss. There is not only a call for more Counselling but there has also been requests for more mental health related talks in Schools, Churches, Clinics, Police Stations and other NGOs.

### Update from Diepsloot Sponsored by Janssens Pharmaceuticals

February was a busy month as we observed our annual Teen Suicide Prevention Week and participated in many awareness initiatives. We visited two large schools, Diepsloot Combined School and Rabasotho Combined School to speak to learners about our 'Suicide Shouldn't be a Secret Talk'.

We reached learners between Grade 8 and 12 in both schools. In addition, we received on average of 12 clients visiting our Container daily seeking mental health help after our presentations.

Unemployment is the most prevalent concern for many of our clients, and this often links to the Depression, Anxiety, Stress and other Psychosocial concerns that they present with. To assist some of the unemployed, we welcomed and coordinated opportunities from four companies that offered learnerships and internships within the community.

We are very thankful to be involved in such a wonderful initiative offered by the companies as it not only creates new job opportunities for our clients and Support Group Members but also new hope to many.

Our sincere thanks to Janssens Pharmaceuticals who have sponsored this centre for 8 years and helped us grow it especially for the 300,000+ living in Diepsloot.

### **Update from Ivory Park Sponsored by The Healthy Lifestyle Trust:**

Our Ivory Park Team were also kept extremely busy during February. We facilitated three school talks at Umqhele High School, Ikusasa Comprehensive School and Kaalfontain High School. We reached over learners between Grade 8 and 11 and 116 teachers during our Suicide Prevention Week Campaign. We received great feedback and were invited to speak to the additional grades during the month of April.

We also had to respond to community members that were affected by the flash floods on the 18th of February. The Team offered debriefing and counselling sessions to all those that were affected and also coordinated the collection and distribution of food, blankets and clothes to those that lost all their belongings during this tragic event. We would like to thank everyone that responded to our call for help we appreciate each and everyone's support and donations.

Our Counselling Container has grown in Ivory Park, and we are becoming busier daily. The prevalence of unemployment as being a major concern is also high in Ivory Park followed by relationship problems, GBV and Substance Abuse. We are also receiving clients desperately seeking help with getting their medication due to the lack of availability at local clinics. We have been fighting hard to create closer networks with hospitals to ensure that medication is more accessible and we help streamline the process of receiving medication. Due to the lack of funding in mental health, resources are very few and we fight to ensure that we maintain a valuable free services.

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## **SADAG Fundraisers**

### **Darkness into Light Fundraiser**

Suicide, whether completed or attempted by a family member, friend, colleague or child, has a ripple effects on all concerned. With suicide comes shame, silence, stigma and judgement which can result in those impacted in isolation.



The 'Darkness into Light Walk' aims to create awareness and break the stigma and silence around the global fight against Suicide and Self-harm.

The 'Darkness into Light Walk' is a global annual event which takes place in 150 different locations, 16 countries and across 5 continents.

To register please visit [www.darknessintolight.ie](http://www.darknessintolight.ie), please show your support as SADAG is a beneficiary and will receive a percentage of

the proceeds. For more information, please contact Fatima on [fatima@sadag.org](mailto:fatima@sadag.org)



HOW CAN I  
RISE TO THE  
#MHM  
CHALLENGE?



THEPSYCHOLOGYCOUCH.COM



### The Couch Fundraiser

Volunteer Group launch a new initiative called #MentalHealthMatters in an effort to raise awareness and funds for Mental Health and Suicide Prevention.

The Couch, (a psychology and psychiatry practice in Gauteng,) aims to create an awareness about the importance of Mental Health and in doing so hopes to break the stigma around Mental illness. SADAG shares

the same goal and has been successful at assisting thousands of those in need through the accessibility of their toll-free helplines and support groups.

We would like to lend a helping hand toward this cause and you can too, by simply:

- Take a picture of yourself with a sign that says #MentalHealthMatters
- Tag [@the\\_psychology\\_couch](https://www.instagram.com/the_psychology_couch) and [@sadag\\_official](https://www.instagram.com/sadag_official) in your post on Instagram, Facebook and LinkedIn
- Why does mental health matter to you?
- Nominate 5 or more other practitioners/individuals from organisations and companies by tagging them in our posts.
- To contribute towards SADAG's toll-free helplines, make a donation of any amount to SADAG via the link on this BackABuddy page
- Anybody can get involved! Let's see how far we can get together!

The Couch would like to lend a helping hand toward SADAG and you can too, simply follow the link below: [www.thepsychologycouch.com](http://www.thepsychologycouch.com). To contribute towards SADAG's toll-free helplines, make a donation of any amount to via our BackABuddy link:

<https://www.backabuddy.co.za/champion/project/mental-health-matters-with-sadag>

**Hot 102.7 Bust Award.**



On the 1st of March SADAG were surprised by HOT 102.7 FM. We were anonymously nominated for the HOTBUST! Our counsellors and staff were totally surprised and so grateful.

Thank you to @HOT 102.7 and the anonymous person who recommended us for all the love and spoils. We appreciate you! Please click here to watch the Hotbust -

<https://web.facebook.com/page/335962293097734/search/?q=hot%20bust>

We felt so very special with food, drink and gifts, thank you so very much for everyone's support.



## Npower Update

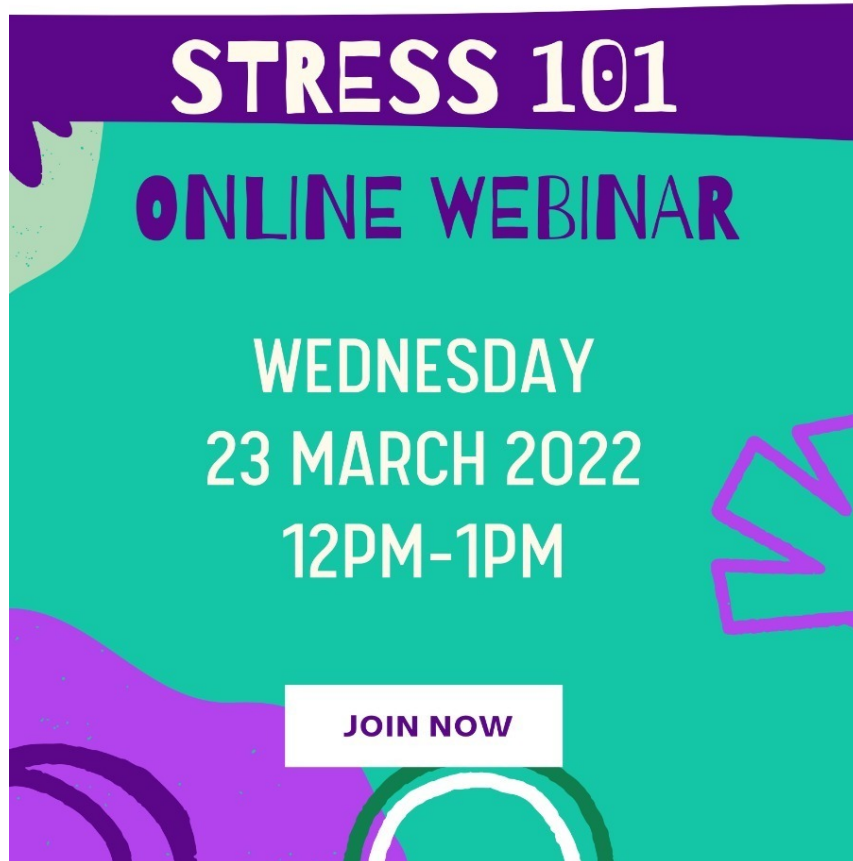
In order to help non-profit organizations and their staff navigate these challenges more effectively, especially throughout the Covid-19 pandemic, SADAG and Tshikululu Social Investments

launched NPOWERSA. NPower is a first-of-its kind NPO Mental Health Support Programme & 24-hour toll-free Helpline that offers FREE Mental Health Care & Support to all NPO's, NGO,s & NPC's in South Africa. Above and beyond the helpline that runs 24 hours a day, 365 days a year, NPOWERSA has hosted various webinars, events and capacity building workshops since its launch in 2020 and continues to help support non-profit workers, staff and volunteers through these unprecedented times.

Since the start of the Covid-19 pandemic, many NGO's have been dealing with chronic stress. In order to better support and help non-profit workers, NPOWER are hosting a series of webinars around Stress – Understanding stress, managing your own stress and managing team stress for the next 3 months.

If you, or someone you know, are struggling to cope and work or volunteer in the non-profit sector, join the first part of the three-part webinar series 23 March 2022 from 12pm-1:30pm with SADAG Trainer Coordinator, Senzekile Shongwe.





**STRESS 101**  
**ONLINE WEBINAR**  
**WEDNESDAY**  
**23 MARCH 2022**  
**12PM-1PM**  
**JOIN NOW**

RSVP



HEALTHCARE WORKERS  
**CARE NETWORK**  
Caring for the Carers by the Carers

**Healthcare Workers Care  
Network Webinar & Support  
Group**

The Healthcare Workers Care Network (HWCN) is a nationwide healthcare worker support network which offers all healthcare workers across the public and private sectors free support, pro bono therapy, resources, training and psychoeducation.

SADAG, in collaboration with the [Healthcare Workers Care Network have been working hard to create more resources and platforms where our Healthcare practitioners from around the country can access this much-needed FREE support and care. Are you a Healthcare Worker? Feeling burnt out, numb and exhausted?

Join the upcoming Healthcare Workers Care Network Support Group Meeting on Thursday 31 March at 6pm.

Click here to RSVP for the Online Support Group Meeting:

<https://us02web.zoom.us/meeting/register/tZApCuyuqTguGdRXOXAkZOyurdQ8I5oxSwfa>



**THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP**

**HEALTHCARE WORKERS CARE NETWORK**  
Caring for the Carers by the Carers

**FREE SUPPORT GROUP MEETING FOR HEALTHCARE WORKERS**

- Are you a Healthcare Worker?
- Feeling burnt out, numb and exhausted?
- No one really understands what you are going through?
- Depressed, anxious, irritable, sad or angry more than usual?

**Thursday 31 March 2022, 6pm**  
**Online using Zoom - To register <https://bit.ly/SGHWCN>**



**SADAG supports the callers to our Emergency toll free lines.**

**Your time is critical**

**Your need is vital**

**Your referrals for help are key.**

We at SADAG need to respond immediately and we are improving services daily and are working extensively to, make sure our systems are always available. With the increase in our daily calls, we are training more counsellors to ensure calls can be answered immediately. We will always try to provide the very best we can, as quickly as we are able to. Our services are available 24 hours 7 days a week and all this is done with no Government Funding. We rely totally on private individual and corporate sponsors all of whom believe in our mission.

We are here to help you in your most difficult times. We have increased our our toll free helplines to 33 lines , more than 23 night lines, and now over 250 counsellors and a team of amazing staff that will always be there for you. With over 2,500 calls a

day, we mistakes, but let us know and we will work to get them right very quickly. Our care and passion is there for you.

**Caller F said “a counsellor talked me off the ledge”.**

**Caller T complemented us by sending us feedback saying “You helped me get into hospital”. A mother of a client thanked us and said “ you helped my child throw away all her poisonous tablets”.**

We will never stop , our team are all committed passionate, and caring.

If you need help or support, phone us on 0800 567 567, 0800 456 789, 0800 12 13 14 , SMS 31393 or Whatsapp us on 076 882 2775 and a counsellor will assist you. Alternatively contact me on the email below if it is a serious problem or issue I can help you with.

Sincerely

**Zane Wilson (ms)**  
**Founder**  
**Sadag**  
**Zane@sadag.org**

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