



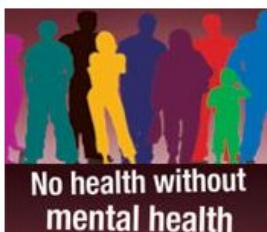
THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP

SADAG	011 262 6396
Suicide Crisis Line	0800 567 567
Pharmadynamics Trauma Line	0800 20 50 26
AstraZeneca Bipolar Helpline	0800 70 80 90
Sanofi Aventis Sleeping Disorder Helpline	0800 753 379
Substance Abuse Helpline	0800 12 13 14
Dr Reddy's Mental Health Helpline	0800 21 22 23
Support Group Helpline	0800 20 51 21

Website: www.sadag.org • Email: zane1@hargray.com • SMS: 31393

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OCTOBER NEWSLETTER 2011



▶ World Mental Health Day (WMHD)

World Mental Health Day is on the 10th October and this year SADAG's theme is "Chronic Illness and Coping with Depression." Chronic illnesses like Diabetes, Heart disease, Parkinson's, Cancer, Stroke, and Fibromyalgia impact on sufferers' Mental Health as well as the mental and emotional wellness of their loved ones. SADAG will be holding **FREE** talks around South Africa on Chronic Illness and Mental Health. Psychiatrist or psychologists will talk with patients, family members and care givers about how to cope with a diagnosis of a chronic illness and speakers will be available to answer questions at the end as well as give practical tips and advice. [Click here](#) to see venues, speakers and dates of the talks in different regions of South Africa or visit <http://www.sadag.org/> for more information.



▶ "Ask the Dr" Online – 10th October 2011

If you cannot get to one of these workshops on WMHD on the 10th October, you may be interested in going online on Monday the 10th October between 1pm – 2pm and 7pm – 8pm where psychiatrists, psychologists and SADAG counsellors can answer your questions on chronic illness and depression, or anything associated with mental health problems. This is an opportunity to get expert advice, free of charge, even if you are in the smaller centers throughout South Africa. To ask a question, go to <http://www.sadag.org/> on the 10th October, on the left hand side of the homepage there will be a red button titled "Ask the Dr Online" – click on it to access the online discussion group and ask your question. You will be able to remain anonymous.



▶ Upcoming Events & Fun Campaigns for WMHD

Mental Health Information Centre (MHIC) – Bundu Bush Walk, 8 October

Tara Hospital World Mental Health Day on 14th October 2011

Sterkfontein Hospital Open Day - Mental Health Awareness Day, Fun Walk and Mountain Bike Race on the 15 October 2011

On Saturday the 8th October, the Mental Health Information Centre will be holding a Bush Bash Walk in honour of mental health awareness. MHIC would like to invite members of SADAG who are in the Cape to join them for this walk for Mental Health.

On Friday the 14th October, Tara Hospital in Sandton, will be hosting their World Mental Health Day event with the theme of "The Great Push: Investing in Mental Health". The event will be from 8:30 – 13:00, and if you would like to attend please contact Sayuri Pillay on 011 535 3213 or srpillay1@gmail.com.

Sterkfontein Hospital will be holding an open day on Saturday the 15th October. There will be numerous activities and stalls to raise awareness about mental health and Sterkfontein Hospital's role in its care. For any further information please contact Dr Ralf Brummerhoff ralfbru@mweb.co.za or Ms Audrey Mogapi on 011 951 8329.

[Click here](#) for more information about the above events



▶ Vista Clinic Fundraiser in Pretoria– Take a Leap! The Great Push: Investing in Mental Health

The theme for the 2011 World Mental Health Day is "The Great Push: Investing in Mental Health" – and as such, on 16th September 2011, Vista Clinic had 27 individuals skydiving for mental health (26 tandems and 1 free-fall). The purpose of this venture was for the individuals to uphold the focus of World Mental Health Day (by taking one great push from an airplane), raise awareness and funds for the South African Depression and Anxiety Group (SADAG), and have fun while overcoming their fear of skydiving. The day was a major success and the original aim of R20 000 for the fundraiser was reached and broken.

Three SADAG Counsellors, Naazia, Rachel and Marlene, participated in the event. "It was not only an original idea to raise funds for Mental Health but also a once in a lifetime experience, totally amazing", said Naazia.



Vista Clinic is a private psychiatric clinic that provides mental health services to people 16 years and older. The most frequent conditions treated are mood and anxiety disorders such as depression, bipolar disorders and post-traumatic stress disorders. SADAG is a non-profit organisation and is at the forefront of patient advocacy, education and the destigmatisation of mental illness in the country. The activities that SADAG carry out include among others more than 180 support groups, professional counselling staff that operate counselling lines, educational materials, referral services to mental health professionals all of which is free to all patients. Vista Clinic would like to thank Mega Bus for the organisation of transport and Witbank Skydiving Club for the experience of a life time, especially Corne Myburgh (master skydiver) for the entire organisation with the club.

[Click here](#) to read story in The Centurion newspaper.



▶ Munching For Mental Health – Celebrity Dinner

South African Celebrities And Corporates Munch For Mental Health To Support SADAG's Teen Suicide Prevention Campaign

On the 13th September, 13 of South Africa's most influential and funniest celebrities were treated to a delicious three-course dinner at Sandton's Metropolitan Restaurant in Benmore Gardens Shopping Centre, to raise funds for the South African Depression and Anxiety Group's (SADAG) teen suicide prevention programme – "Suicide Shouldn't be a Secret". The event proved to be a huge success with guests requesting we make this event an annual one....so watch this space for our next FUNdraiser!!!

[Click here](#) for more on this fantastic evening



▶ Twitter is Back

It seems like everyone uses Twitter these days – do you? SADAG does too! Twitter is a great way to share and discover new information and now you can follow SADAG. Follow us [@TheSADAG](#) and see how we're making the Tweet-waves.

[Click here](#) to read what our celebs had to Tweet about their evening with us.



▶ New Press and Media

SADAG is the first-line of information for the media in South Africa when they want to know the facts of mental health. On the 6th September, psychiatrist Dr Shadi Motlana, SADAG Director Nkini Phasha, and psychologist Debbie Howes appeared on 3Talk for a programme on Mental Illness & Stigma. The show was incredibly topical and pertinent and our lines were busy for a week afterwards!

[Click here](#) to read some of the stories mentioned above.



▶ International Press

Every month we see many interesting articles on different international sites for various Mental Health issues. This month we feature, Women and ADHD, "Why four fifths of Adults don't tell their doctor they feel depressed, Certain **psychiatric Disorders in youth** are linked with risky sexual behaviour, How many **self harm patients** never get full assessments on discharge. how a

new Depression treatment that is like re-booting the brain, "How few suicidal people receive treatment, and a fully comprehensive brochure on Borderline Disorder.

[Click here](#) to read these articles.



➤ New Support Groups

Kenilworth – Mothers of Adolescents Support Group

Jacqui Russon, qualified Occupational Therapist, will be offering a series of support group meetings for moms of challenging adolescents or for those experiencing challenges themselves as moms of teens. The 10 sessions are held during school terms for 1.5 hours per session. There is a cost of R150 per session. Please contact Jacqui on 082 4100 105

Cape Town – SAD Support Group

Psychologist, David Rosenstein, will be starting a new Free Social Anxiety Support Group in Cape Town following the success of his OCD Group. Groups will be held once a month and there will be no charge to participants. Anyone interested in this Social Anxiety group, or his OCD Support Group, can call David on 071 448 53 61.

Nelspruit Support Group

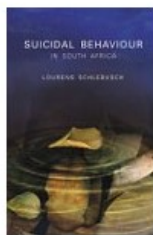
A word of thanks to Joshua Nagar, Support Group leader in Nelspruit, for letting people know that there is help and for being such an inspiration. [Click here](#) to read Joshua's article in The Lowwelder.



➤ Casual Day – Very Rock 'n Roll

Casual Day is a firm favourite on the South African calendar, and this year, SADAG was a Casual Day beneficiary. Corporates across the country came dressed 'casual', dressed 'up', or 'down' in aid of mental health disability. Thank you to all of those who participated – same time next year!! A big jazzy Thank You to Hollard Insurance, Richton Employee Benefit Consulting, PharmaDynamics, Media House Durban, SHL Consulting and Midrand Graduate Institute.

[Click here](#) to read more about Hollard Insurance, Richton Employee Benefit Consulting...



➤ Books for your Shelf

Suicidal Behaviour in South Africa by Prof Lourens Schlebusch

Suicidal behaviour in the world and in South Africa has reached critical proportions. This cuts across all ethnic, gender and age groups. A disturbing shift has emerged, as increasingly more young and black South Africans are affected. This book explores why individuals succumb to suicidal behaviour and is a must-have for anyone interested in the field of suicide prevention. Prof Schlebusch is SA's foremost expert on suicidology and a world-renowned name in suicide awareness.

Please contact Prof Schlebusch on 031 260 4324 or schlebuschl@ukzn.ac.za.



➤ Into the Light – Suicide Remembrance Walk Feedback

The Annual Suicide Remembrance Walk in Umhlanga went very well – even considering the World Cup Rugby was on – and had almost 100 people attending. The walk has grown tremendously over the last couple of years and we thank Joy and her team for their amazing dedication and passion.

For more about the group, Joy can be contacted on 083 256 5993 or via email support@survivorsofsuicide.co.za

[Click here](#) to read Joy's feedback



➤ Medihelp's "Living With..." Series

Witnessing or experiencing traumatic incidents such as hijackings, domestic violence, violent attacks, road accidents, robberies and even natural disasters can result in post-traumatic stress disorder (PTSD). In the DVD "Living with PTSD", Simon Pellat shares his story of dealing with this disorder after being



hijacked at a fuel station. His story is an example of how the correct diagnosis and treatment can effectively restore quality of life.

The second season of the popular KykNET discussion programme "Lewe Met" will start on Tuesday, 18th October 2011. This is a new 13-part series, presented by the award-winning journalist Ruda Landman and psychiatrist Dr Franco Colin. Topics under discussion include Anorexia, Asperger's Syndrome, Phobias, and Post Natal Depression. The programme will be aired every Tuesday evening at 20:00. Repeats of the programme will air on Wednesdays at 15:00, Thursdays at 01:00 and Sundays at 22:30.

[Click here](#) for all the information.



SAVE THE DATE

DEMENTIA CONFERENCE

25th & 26th October 2011

The Pavilion, V&A Waterfront,
Cape Town

Watch www.dementiasa.org for further details!

▶ Dementia South Africa – Second South African Conference on Dementia

Dementia South Africa will be hosting their Second Conference on Dementia in Cape Town on the 25th and 26th October at The Pavilion Conference Centre. Delegates will be provided with the unique experience of gaining the latest information with regards to issues the industry is currently facing. The event will draw local and international speakers. Dementia care in South Africa today faces many challenges. This conference will explore some of the global methods and best practices in caring for people with dementia. Please visit <http://www.dementiasa.org/> for details and more information.



▶ SADAG Talks

Police Talk – KZN

The talk was very informative, kindly sponsored by Pharmadynamics, there were 40 police officers who attended the talk. Psychologist, Francois De Marigny, spoke about depression and trauma in the officers. There were a lot of questions about the legal issues surrounding depression and being dismissed from work once a diagnosis is made, as well as whether or not needing treatment shows weakness in an individual. Francois De Marigny answered this by discussing that having depression and getting counselling after a traumatic experience is essential. SADAG's information was given to the police officers – they were very grateful and all said how great it is to have materials to take home with them, as well as having information in the police station for colleagues that were not at the talk. Thank you to Carol and Dr De Marigny for helping our "boys in blue".

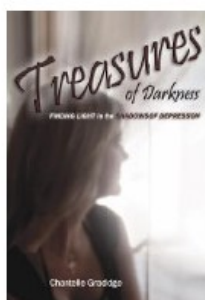
[Click here](#) for more information.



▶ UNISA Wellness Days

There was a great response from the students at the UNISA Wellness Days hosted at their Daveyton and Pretoria campuses during September. Their programme for the morning included a motivational speaker, then the SADAG Depression talk, and then the fun walk began around the Unisa Campus. Many students took part in the Unisa Fun Walk and after the walk most came through to the SADAG stand as well as visiting the other exhibitors - SANCA, UNISA, Bonita's Medical Scheme and Men's Clinic International. Our counsellors had many questions and students were grateful for the opportunity to learn more about mental illness and its treatment.

[Click here](#) to read more about the wellness events.



▶ Thank You - Treasure of Darkness

SADAG receives lots of letters and emails from people across the country who thank us for being there when no-one else was. We appreciate and value every word! And we would like to say a "Thank You" of our own – to Chantelle Gradidge who has very kindly donated 100 copies of her book "Treasures of Darkness: Finding light in the shadows of depression" to SADAG for World Mental Health Day. We are giving these to our support group leaders who through their dedication, commitment, and passion are helping so many South Africans. Thank you Chantelle! To buy a copy of this powerful book, at a special discounted price of R60, please email Chantelle on chantellecapper@absamail.co.za to get your copy.



THANK YOU

Dear sir/Madam,

I just want to say thank you for responding so quickly to my e-mail last week. You have really helped me in making a choice to live again and talked about my problem to others. I saw this weekend that I am not alone in this world that went through depression. Thank you very much again and for your heart, in helping people like us

Kind regards
S

Hi Zane

Its baby steps but at least its a start. Sometime all of this makes me feel like a failure that I can't help and do everything wrong but in my head I know it's not my fault. Thank you very much for always coming back to me and just listening it really helps a lot.

Thanks,
B

We have successfully completed our last training for the year and look forward to assisting many more people through new support groups and additional counsellors. Devastating as it is to read the statistics of 16 youth deaths a month in the Eastern Cape due to teen suicide, we will continue to help and to prevent unnecessary sadness and suffering to those with mental health problems.

We hope that you all benefit from the many talks around South Africa on World Mental Health Day and would love you to join us for the "Ask the Dr" online question and answer sessions on our website on Monday the 10th October at 1pm - 2pm and 7pm - 8pm with Dr Korb.

Regards,

Zane Wilson (Ms)
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