



SADAG Tel	011 262 6396
Website	www.sadag.co.za
Suicide Crisis Line	0800 567 567
Pharmadynamics Police Line	0800 20 50 26
Astra Zeneca Bipolar Helpline	0800 70 80 90
Sanofi Sleeping Disorders	0800 753 379
Substance Abuse Helpline	0800 12 13 14
E-mail	zane1@hargray.com

SADAG September Newsletter

- We are gearing up for World Mental Health Day on the 10th October. Watch the media and visit us on our website (<http://www.sadag.co.za/>) from 30th September for more news about the upcoming events.
- An additional Panic Workshop in Johannesburg 10th October will be held by specialist psychologist Dr Colinda Linde at R100 per person.
- A Suicide prevention workshop will be presented in Durban October 10th – Prof L Schlebush and Prof Lasich at cost of R100
- Lupi ,SADAG and Maponya Mall join together to raise Mental Health Awareness on 10th October in Soweto with Dr Greg Johnsson.
- Understanding Panic and its Treatment, Breathing and Cognitive skills to help you cope on 10th October in Cape Town by psychologists Diane Mallaby and Angelique Victor for R100 per person.
- Art Exhibition and Free Mental Health Lectures in Pietermaritzburg by artist Nicky Leigh from 6th - 22 October
- SADAG and Johannesburg Bipolar Association are sitting on Medical Schemes Committee.
- Psychiatry Film Festival by M Powered – Fourways.
- Newly Launched South African Books- Bipolar Disorder, OCD and Eating Disorders.
- Support Group Corner.

Mental Health Matters: Top SA Celebrities celebrate and educate on Saturday October 10th World Mental Health Day



SADAG is using Saturday, October 10th to highlight the many facets of mental health care around South Africa. From Diepsloot to Durban, Cape Town to Soweto, Thoyandou to Benoni, over 47 talks, presentations and videos will be available free to members of the public. Celebrities like Lilian Dube, Graeme Richards, Kerry McGregor, Lupi Ngcayisa, and Elana Afrika are all putting their weight behind this massive de-stigmatisation and awareness campaign for their communities. In attendance at the workshops will also be psychiatrists, psychologists and counselors with knowledge and skills in depression, bipolar, panic disorder, OCD, trauma and suicide prevention. The orange ribbon is the worldwide symbol for mental health.

An online discussion with a psychiatrist Dr Frans Korb, psychologists Michelle Scott, and David Rosenstein from 8am Thursday 8th October until Sunday 11th at 8pm is a perfect opportunity to have any questions you have about any mental health issue answered by professionals.

The following areas will be hosting World Mental Health Day events:

Gauteng: Alberton, Diepsloot, Edenvale, Heidelberg, Pretoria, Parktown, Randburg, Rosebank, Sandton, Siyabuswa, Soweto and Vosloorus.

Limpopo: Thambazimbi and Thohoyandou.

Free State: Bloemfontein, Kroonstad, and Sasolburg.

Northern Cape: Kimberley and Upington.

Western Cape: Belhar, Cape Town, Durbanville, George, Grahamstown, Grassy Park, Hermanus, Muizenberg, Paarl, Somerset West and Worcester.

Kwa-Zulu Natal: Durban, Kwa duza, Howick, Pietermaritzburg and Westville.

Mpumalanga: Nelspruit, Ermelo and Witbank.

North West: Klerksdorp

Eastern Cape: Butterworth, Barkley West and Port Elizabeth.

One in five South Africans will suffer from a mental health problem at sometime in their life. This is an invaluable opportunity to get information on any mental health issues for yourself or your family. Please log onto www.sadag.co.za from the 30th September to get more information about where the activities are taking place nationwide, or call 0800 20 51 21 or 0800 70 80 90.

Dr Colinda Linde's Panic Workshop – 10th October

Dr Colinda Linde's panic workshop was incredibly successful and as we were over-subscribed, Dr Linde has very kindly agreed to hold another workshop on World Mental Health Day, the 10th October in Sandton. We have space for only 40 participants so anyone wishing to attend, please contact Chevonne on 011 262 6396. The workshop is a must for anyone who suffers from Panic Disorder, or has a loved one who does.

At a cost of only R100, this is an invaluable opportunity. Time 2pm.

“ Dr Linde has totally changed my attitude. I can cope so much better now after 5 years of not knowing where to turn” (K)

“My wife and I attended the workshop as I couldn't really understand panic. The workshop gave me an understanding and insight into how frightening this illness is. The exercises and tips will help us both so much” (Mr J.S)

Teen Suicide Prevention workshop – Durban 10th October

Due to the high number of teen suicide attempts in KZN, a Teen Suicide Prevention Workshop will be hosted by Joy Chiang, SADAG Support Group leader. It will be presented by Suicidologist Prof Schelbusch and Professor Lasich expert Psychiatrist in conjunction with SADAG at the University of Kwa Zulu Natal (Main Function Room, Howard College Campus, George V Avenue). The workshop will be held on the 10th of October in line with World Mental Health Day, starting at 9am. The following topics will be covered:

- What is depression, and how it can be recognized in the youth.
- Identifying suicidal behaviour.
- Skills for interventions by teachers, parents, NGO's and counselors.
- Panel Discussion and Question and answers.

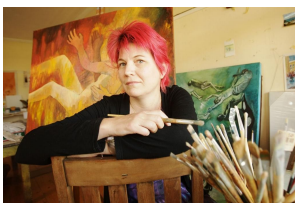
The duration of the workshop is 3 hours. The cost is R100 p.p. Please contact Joy on 083 256 5993 or joy@crisisteam.co.za or Chevonne on 0800 70 80 90 to book your spot! Workbooks, manuals and materials will be supplied.

Panic Workshop in Cape Town on 10th October 2009

Diane Mallaby, Cape Town based Psychologist, will be running a workshop on Panic Disorder to help patients learn how they can cope better and understand the reasons behind these debilitating attacks. She will teach coping skills and how these attacks can become much less fearful once they are understood. This is a great opportunity for friends and family members also to attend to understand the illness better and to help their loved ones cope. It is priced at R100 per person to enable those who are not on medical aids to participate.

If you are interested in attending this workshop, please phone Diane Mallaby on 082 343 1603 or dmallaby@vodamail.co.za to book your place.

Art Exhibition in Pietermaritzburg



Established artist, Nicky Leigh, will be presenting over 20 paintings and drawings on the theme of Depression from October 6th - 22nd October at the Jack Heath Gallery at UKZN. This coincides with World Mental Health Day in South Africa, and having depression herself she hopes to offer inspirations and encouragement to both sufferers and to others through her work. Her work aims to encourage creative perseverance in the face of overwhelming hopelessness.

A series of FREE lectures by professionals in field of Mental Health will accompany the exhibition on Saturday the 17th October. These presentations are aimed at informing the public about depression, anxiety and bipolar disorder and to offer help to sufferers as well as to family members.

MOOD DISORDERS LECTURES 17TH OCTOBER

SPEAKERS:

9.00 DR STEWART LUND	Psychiatrist :	Depression & anxiety
9.30 DR MARIA DOBREVA	Psychiatrist :	Bipolar- Good news/ Bad news
10.00 PROF. GRAHAM LINDEGGER.	UKZN Psychology Dept	Art, Faith & Depression
11.00 FLOSS MITCHELL	Psychologist	The gifts of Depression
11.20 SHEVONNE RAUTENBACH	Clinical psychologist.	Family Support
11.40 TIM BARRY.	Psychologist.	Family support
12.00 NICKY LEIGH.	Artist.	MY DEPRESSION – Journey through the fire.

For more information, please contact Cheryl Prior on 083 325 7136 or visit the website at

Psychiatry Advisory Committee Meeting

Linda Trump, of the Johannesburg Bipolar Association, and Zane Wilson (SADAG Founder) have been elected to the Psychiatry Advisory Committee for the medical schemes association. The purpose of this committee is to make recommendations for mental health patients with regards to their medical aids, to attain clarity on psychiatric treatments and a more defined Bipolar Disorder algorithm. The committee, chaired by Professor Chris Szabo, included Dr Eugene Allers, (SASOP), representatives from Pfizer, Eli Lilly, Discovery, Elim Clinic, Medi-Help, Momentum and other interested parties. The recommendations that were made now go forward for consideration by the Medical Aid Council. We will keep you posted. Thank you to Professor Szabo and Dr Allers for their incredible support. We are really proud that NGOs are being included in decision making meetings like this and seen as an important part of the healthcare system.

Mental Health Conference – Birchwood Hotel 6th August



The conference was designed to promote public awareness of mental health issues, research into mental illness, and the integration of mental health system into primary health care by addressing the stigma associated with mental illness. Cassey Amooore of SADAG was invited to open the 2 day conference with a talk "Unpacking the stigma associated to mental illness and implementing anti-stigma programmes in communities". It was incredibly interesting and the delegates were very interactive and shared insight of their work with mental illness. There were 60 delegates which included delegates from the Department of National Health as well as from regional health departments, hospitals, university departments, the council for medical schemes and NGOs. It was a great initiative to get a network going between different sectors and to work together to "make mental health matter".

SAfm Radio: Show on Postnatal Depression - 11 August

Every 2nd Tuesday of the month, SAfm have a dedicated a 1 hour live radio show on Mental Health topics. Karen Key, both producer and presenter, has been incredibly supportive and has done many shows previously on different topics such as depression, panic, bipolar and OCD. On the 11th August, the topic was Postnatal Depression and Psychiatrist, Dora Wynchank and Psychologist Wendy Hay, kindly gave up their evening to give insight into the illness. They were also joined by a representative from the Postnatal Depression Association of South Africa, Debbie Levine, discussing how their group can help new mothers who need telephonic counselling, information and referrals to professionals. The show also received some really interesting calls from people with personal stories and queries. It was a great success and we were able to help so many people on the phone lines the next day. Thank you to the professionals who offered their time as well as Karen from SAFM who continuously raises awareness for others.



3 Talk: Teen Stress and Exams – 13 August

On the 13th August, Janine Shamos appeared on 3 Talk as part of a panel discussing the pressures teens face and how to cope with them. It was a very interactive, vibrant, and interesting show with issues being raised by the teens, callers and the panel including things like peer pressure, bullying, exam stress, school pressure and self-esteem. Many teens called the show to voice their concerns and share their coping skills, and SADAG's lines were very busy. If you know of a school who would like SADAG to do talks on teen suicide, exams stress or depression, please contact Chevonne on 011 262 6396 or admin@anxiety.org.za. Although we are nearly booked fully now until the end of the year.

Urban Brew Suicide Prevention Training – 14th August

On Friday, the 14th August, Cassey Amooore presented a Suicide Prevention workshop for 15 producers from Urban Brew Studios (they produce many TV programmes including Shift, Gospel One, YOTV and 3 Talk). The group was very interactive; many of them asked tough questions relating to the calls and situations that they faced on a daily basis. One of the biggest issues is receiving calls from viewers who felt overwhelmed, depressed or even suicidal, and the skills Cassey imparted are going to be very helpful for them. SADAG was very grateful that Urban Brew took the initiative for such a programme as it equipped their staff with practical skills on how to help an individual in a crisis. If any other production studios, corporate or other organisation would like to have a similar training, please contact Cassey on 011 262 6396 or email office@anxiety.org.za.

SADAG Counsellor and Support Group Training – 15 & 16 August



SADAG held their counsellor training, the last for the year, during an intensive weekend training on the 15th and 16th August at Pfizer Building in Sandton. A huge thank you to Pfizer again for their generosity of their facilities. The turn out was wonderful as we had about 120 people that attended the training. SADAG did recruitment at different varsity's such as Monash University, University of Pretoria, University of Johannesburg and WITS University. Amongst the attendees, there were guests that travelled from as far as Swaziland and Botswana. The training, from 7:30 to 17:00 both days, had top experts in

psychology and psychiatry present talks on vital mental health topics including depression, anxiety, trauma, bipolar, sleep disorders, substance abuse, self-injury and panic. Senior SADAG counsellors and trainers held roundtable sessions on important counselling issues like admitting someone into hospital, helping patients who have no finances, how to start a support group, as well as issues like eating disorders, ADHD and bullying.

Thank you to all the psychologists and psychiatrists that presented very informative and interactive topics: Dr Laverne Mountany, Dr Dora Wynchank, Dr Alison Bentley, Neil Amooore, David Rosenstein, and Leeann Hartman, as well as all the senior counsellors who presented and coordinated the round table sessions.

Also, a very big thank you to Pfizer for allowing us to use their venue again and again and to Grant Queck who organised the venue and ensured that all the technical equipment was working.

"I'd just like to take this opportunity to thank you for an eye – opening experience this past weekend. I've learnt more than I expected to & have gained some valuable insight into what is likely to become a future career." (Keneilwe)

"The course was very interesting – all the speakers were absolutely excellent – so were the SADAG people and counsellors we met – especially Cassey Amooore and Elizabeth. There were 110 participants – and NO time for any social interaction. If I lived near Joburg I would definitely sign up as a volunteer counsellor with SADAG and hope to get accepted." (Jette, Swaziland)

"I was fortunate to be invited to attend a SADAG Counselor Training weekend with the most amazing professional speakers. About 120 people attended the full day sessions, which included practical roundtable sessions in the afternoon. Exceptionally well organized with self explanatory notes on every session, including case studies. My head was spinning by Sunday evening." (Winnie, Edenvale Support Group leader)



McCarthy Mercedes Centurion Wellness Day – 18th August



On Tuesday the 18th of August, SADAG conducted a series of talks in Centurion at the Mercedes Benz Dealership for the McCarthy Group. The three talks, delivered to three different groups of around 25 people each, looked at depression, suicide, anxiety and substance abuse. The co-ordinator at McCarthy said that we had helped them tremendously and we are in turn grateful for the opportunity to help educate all their employees and get them on the road to mental wellness. The talks were presented by Shai, Janine and Serena.

Psychiatry M Powered Film Festival – 20 – 23 August

Between the 20th and 23rd August, Psychiatry M Powered held the first Psychiatry Film Festival hosted at Toyota's venue "The Arena" in Fourways. Five of SADAG's senior counsellors attended as part of the expert panel. This was co ordinated by Dr Laverne Mountany and her two colleagues, Dr Z Mamomedy and Dr LM Motlana, from Riverfield Lodge who have started the NGO Psychiatry M Powered.



Feedback from Dessy:

A refreshingly different and thought-provoking experience, the Psychiatry Film Festival evening was a welcome change from the usual Friday night schedule. Expertly organised and well attended, the venue soon filled with a crowd of mature intellectuals eager to discuss, shed light on and learn more about mental health. The entertainment for the evening was "What about Bob", a hilarious film about an anxious, phobic and extremely intrusive patient who drives his self-involved psychiatrist to the brink of insanity by barging in on his month-long holiday and assuming that all of his doctor's genuine efforts to get rid of him are some kind of revolutionary therapy techniques.

During the discussion that followed a few issues were introduced. Some thought the stereotypical portrayal of the psychiatrist was a wonderful caricature, while others felt it only served to reinforce the existing and often negative perceptions of these professionals. Another interesting point raised was that the light-hearted manner in which this film addresses the anxiety experienced by the patient – depicted as comic rather than a serious and often debilitating mental illness – only serves to show the lack of importance awarded to mental health, especially in comparison to other physical disorders.

Feedback from Michelle:

On Saturday 22nd August I attended the first M-powered psychiatry film festival which aimed to de-stigmatize mental illness and dispel myths about treatment of mental illness. The movie I was involved in discussing was "Kings and Queen". This is an

intricate story of the life of a man who has bipolar disorder as seen through the eyes of his ex-lover. Both characters share a grandiose view of themselves and their world (hence the reason for the title). The character who suffers from bipolar is the one who was at first portrayed as being mad, but near the end of the movie, we see that his ex-lover, who lives a charmed existence, has her own delusions of grandeur. We get a feel of what it must feel like to have delusions of grandeur because we get just as surprised as the characters do when the outside world does not react as expected.

During the discussion of this film amongst the psychologists and psychiatrists we discussed ethics as a big theme. This was because the therapist who treated the main character did not appear to recognize the severity of the symptoms. This character never received medication for bipolar disorder and possibly continued to live a life of disrupted manias and depressions. We also dispelled myths around hospitalization and the brutal way it is often depicted in movies. Another theme we discussed was the potential damage of looking at people as a diagnostic label. In other words how people with mental illness are not just their disorder. I'd like to say thank you to everyone who organized it. It was a lovely experience.

Feedback from Irene and Patty:

Patty and I were invited to participate in a panel discussion following the screening of the movie "Girl Interrupted". The movie was based on American author, Susanna Kaysen's 18 month stay in a psychiatric hospital in the 1960's after an unsuccessful suicide attempt. The young woman, Susanna, was diagnosed as suffering from 'Borderline Personality Disorder'.

The film touches on many different themes in the treatment of mental health issues. Those mentioned by the panel members included the emphasis on medication in earlier decades as opposed to an increased focus on 'talk therapy' today. The role of the psychologist too has changed over the years. Instead of being 'experts' imparting knowledge to clients about their conditions, many psychologists today seek to empower clients to take responsibility for their lives. Another observation made by the panel was, how, in this movie, Susanna's borderline personality diagnosis seemed to become her identity - the fact that she was attractive, intelligent and a very gifted writer appeared to be unacknowledged. Nowadays many psychologists encourage their clients to focus on their positive attributes as these can be seen as resources to be used in tackling their problems.

Patty and I shared SADAG's involvement with issues such as support and destigmatisation of mental illness. Most of the questions asked by the audience revolved around the stigma that mental illnesses have in our communities. During the time period in which this movie was set, mental health issues were greatly stigmatized. Today organizations such as SADAG work very hard at destigmatising them. Although aspects of the movie were quite disturbing, the audience was assured by the panel that these days, treatments are not as inhumane as they were portrayed in the movie. Overall, a great initiative to empower the public with regard to mental health.

UCT Recruitment Talk – 24 August



On Monday 24th August, Zane Wilson visited the Graduate Psychology Department at UCT to recruit students who may be interested in being trained to give workshops on teen suicide prevention to peri-urban and rural schools in the Western Cape with limited access to resources. Although there was a small turnout, they were very enthusiastic and asked pertinent questions about SADAG's work with the youth. There will be two trainings, the initial one with Diane Mallaby, and a follow up workshop with one of SADAG's Johannesburg trainers. Once participants have completed the two sessions, there will be some onsite observations at schools in the area. SADAG is constantly called on to do school talks, particularly in schools that have had a suicide.

It was decided we needed a special Cape Town-based team. Our thanks to all of you that have shown interest in being part of this Western Cape Initiative. If anyone would like training in this programme, please contact Chevonne on 011 262 6396 between 10 am and 6pm.

BBC Radio Interview about Mental Health and HIV/Aids in South Africa for World Mental Health Conference in Greece - 26 August



Claire Bowes a producer at BBC World Service in London contacted SADAG, as she was producing 3 days of radio reports on global mental health. Much of this was broadcast from the Movement for Global Mental Health summit in Athens from the 2 – 4 September. One of the initiatives BBC was looking at is the movement to align treatment for HIV and mental health. Jonah Fisher, SA correspondent, met with SADAG CEO, Elizabeth Matare, and discussed the relation between HIV and depression in South Africa, especially since 1 in 10 people suffer from HIV/AIDS and 1 in 5 South African's will suffer from a mental health issue. Elizabeth also spoke about the use of the Speaking Books in educating rural patients and low-literacy communities regarding HIV and Depression. Jonah then met with two of our support group leaders, Emmanuel and Nsovo, who run our Soweto HIV and depression support group on a weekly basis. They were able to give valuable information on the type of issues they deal with and how the support group can help so many patients and even family members. Go to the BBC world website and input Mental Health to see a wide range of interviews.

CPSI Conference, Cape Town – 27 - 29 August

The 3rd Public Sector Innovation Conference was held in Cape Town at the Cape Sun Hotel from 27 to 29 August, 2009. The South African Depression and Anxiety Group, as the recipient of the first CPSI Award, was invited to display and share with other Government Departments, civil society and strategic partners, the concept of the innovative, education and communication tool, the Speaking Book. The expected delegates were nearly 400 people. Elizabeth Matare, SADAG's CEO, assisted by Ms Una Hammond, our Support Group Leader from Belhar, enthusiastically shared innovative ways aimed at empowering communities. The occasion opened windows of opportunity for Una who met many strategic people who were moved about the work of Support Groups. Una made a lot of friends who pledged their attendance and support on World Mental Health Day. Thank you Una, for your unwavering support to SADAG.

Loretta Convent Teachers Training – 28 August

On the 28th August at the Convent Loretta High School, a team of 4 trainers went to present a suicide prevention talk to the teachers. The talk was presented by Janine Shamos to roughly 28 teachers and looked at depression and stress in teens,

suicide in the youth, and emotional bullying and its effects. The Life skills teacher who arranged for us to come to the school is extremely concerned about the students and the high rate of suicide attempts the school has every year, and is keen to assist these students and empower the teachers with more knowledge.

SADAG Counsellor Meeting – 29 August

On Saturday 29th August, SADAG invited psychologist David Rosenstein, who is in private practice in Sandton, to do a talk for our counsellors on “How to help callers deal with Trauma”. He specializes in this and spoke about debriefing and how trauma can be dealt with and he gave interesting case studies of the kind of calls we may get at the call centre. His case studies and examples he discussed ranged from car accidents, hijackings, violence, and rape, and he spoke about the various ways people could get help and start to cope again. Not every person who goes through a traumatic experience will get PTSD. David explained that some people have built in support structures, and resilience which helps to buffer them. We appreciate David giving up his Saturday morning to go through this very important subject with our counsellors.

We also had top advertising agency, Metropolitan Republic, present to the counsellors on their fantastic campaign “HAVE HOPE” that they are doing for SADAG as a way to raise awareness. Metropolitan Republic have been very generous in helping us out with some great radio adverts as well as incredibly creative artwork that we will be able to use in newspapers, billboards and magazines adverts. They have taken SADAG on as their pro-bono client for the year. As a fun way to celebrate the launch of the “HAVE HOPE” campaign, we arranged colourful cup cakes with giant iced M on them for Metropolitan.



Sleep Disorders Line

SADAG and Sanofi-Aventis have launched a toll-free counselling line for people who struggle to sleep due to sleeping problems. The line - 0800-SLEEPY (0800 753 379) – and the disorders that lead to sleeplessness were discussed during a 20 minute programme on SAfm on the 3rd September. If you are having problems sleeping or suffer from a sleep disorder, give the line a call.

Recommended reading

We have two new books featured on our website: A book on eating disorders by Prof Chris Szabo, and a book giving a personal insight into Bipolar Disorder by Rahla Xenopoulos from Cape Town.



Prof Szabo was the consultant in charge of Tara's eating disorders unit for many years and is a world expert on the subject. Eating disorders typically affect young females and are amongst the most disabling and lethal of all psychiatric conditions. While it is white females who are stereotypically affected, eating disorders are affecting more and more black females, even males. Prof Szabo's book – “*Eating Disorders*” - provides critical information on diagnosis and treatment of eating disorders in South Africa. The book is available at a cost of R120 (excl. postage). Please contact Rochelle Keene on 011 717 2081 or email Rochelle.keene@wits.ac.za

Our second featured book, available at Exclusive Books, is “*A Memoir of Love and Madness*” written by Rahla Xenopoulos. The author is a Bipolar sufferer and has who has written an honest and moving account of the illness giving the reader insight into this very misunderstood condition.

For a list of recommended reading, from Depression to Bipolar, OCD to Borderline personality disorder, please log on to <http://www.sadag.co.za/> and click on the link on the left-hand-side under 'newsletters'. There is a new section called Recommended books.



Support Group Corner

The Polar Bears Group – Constantia

Happy fourth birthday to the Polar Bears support group in Constantia! Suzanne has done, and continues to do, amazing work and run a very important group. At a recent meeting, Suzanne changed the tone of the day, by inviting members to share something helpful that each had done for themselves or learned which had an incredibly positive effect on the members and the meeting as a whole. People read poetry and inspirational writing, and shared some really helpful hints. We think this is a great idea for other support group leaders to try.

Edenvale Bipolar and Schizophrenia Support Group – Winnie Botha

We had several new members joining us and after welcoming them all, our “panel of experts” shared all their experiences with us. Everyone was able to pass on valuable information, based on past experiences, including diagnosis, medication, gainful employment, being stigmatized, not receiving understanding or support from their community, friends and family, etc. The discussion included the problem with Health Care facilities and inadequate Clinic assistance and medication. With Mental Health Awareness Day being 10 October, we have booked the hall in Klopper Park, Edenvale from 13:00.

From our callers

"About a year and a half ago I contacted SADAG about solutions to getting help with Bipolar and Borderline Personality. I'm unemployed so couldn't get private treatment. I'd also heard some horror stories about the state system. I was encouraged by SADAG to go for the state treatment, because it is better than nothing. 4 months ago I finally got the courage to at least try the state system. I'm now in my fourth month of treatment at Natalspruit. The system is slow and you spend a lot of time sitting on a hard bench. But I have my music. The visits are short but the Dr. covers all the bases. My first visit she took a full blood panel so I was very impressed by the thoroughness. I'm on two meds now. I was very surprised that the meds weren't generic. I'm still not 100% stable but the peaks and dips are less and I feel better every month. I know there's a long road ahead but for the first time in over 10 years I feel like I might actually have a chance of a normal life sometime in the future. Thanks again to everyone at SADAG". ST

With World Mental Health Day coming up on the 10th October, please contact Cassey, Chevonne or Fatima on 011 262 6396 for any corporate, or community talks on mental health for the month. Watch the press and our site – <http://www.sadag.co.za/> – from the 30th September for more details.

Best Wishes,

Zane Wilson, SADAG Founder

Zane1@hargray.com

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