



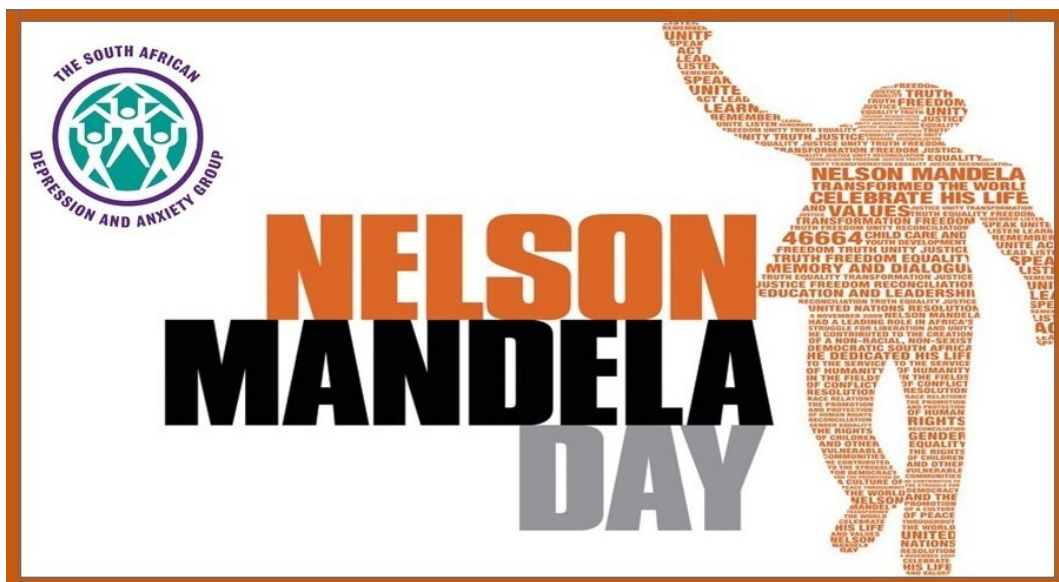
SUPPORT SADAG'S FUNDRAISER – SIMPLE AND FAST!

“Do what you can, with what you have, wherever you are on this Mandela Day”, says SADAG Founder Zane Wilson. The South African Depression and Anxiety Group (SADAG), is encouraging every individual to participate and challenge each other in our ‘67 seconds to create an impact with R67’.

According to the World Health Organisation (WHO) one in every eight people, or 970 million people around the world, are living with a Mental Health condition, Depression and Anxiety are the most common

disorders. In 2020, the number of people living with Depression and Anxiety rose significantly because of the Covid-19 pandemic. Initial estimates show an increase of over 26%.

While effective prevention and treatment options exist, sadly most people with Mental Health issues do not have access to effective Mental Healthcare. Health systems have not yet responded adequately to the needs of people and are under-resourced.



SADAG has filled the gap in the lack of Mental Healthcare access and support for 28 years through our services, which include Toll-Free 24-hour Helplines, WhatsApp

Help Chat, SMS Helplines, Counselling Containers, Support Groups, and vital information sharing. These support services are all easily accessible and free for anyone in crisis or in need of Emergency Mental Healthcare, anywhere in the country, 7 days a week. Currently, we receive around 2500 calls daily and as the numbers increase so does the need for more funding. We depend greatly on donations and the generous support of people and companies. For as little as R67, SADAG will be able to cover the call costs of at least three incoming toll-free counseling calls.



Mandela Day celebrates the idea that each individual has the power to create change and make an impact for a cause they feel passionate about. This day shines a light on the legacy and values of Nelson

Mandela. We encourage you to make Mental Health Matter by contributing to SADAG's challenge by donating R67 or more to help us continue the important support we provide to thousands of South Africans every day.

How YOU can support SADAG for Mandela Day:

- Donate R67 or more, go to our online donate page [South African Depression and Anxiety Group \(sadag.org\)](https://www.sadag.org)
- Create a challenge with your family and friends by encouraging them to donate as well
- Share our social media posts on [Facebook](#), [Twitter](#), and [Instagram](#) to encourage your followers to support Mental Health for Mandela Day

How your COMPANY can support SADAG for Mandela Day

- Donate a lump sum on behalf of your department/team with the number 67 in mind
- Challenge employees or departments to donate as little as R67 each
- Match every donation made by your employees

[Donate Here](#)



"There can be no greater gift than that of giving one's time and energy to helping others without expecting anything in return," Nelson Mandela.

ENDS.

For more information or queries contact Fatima on 072 089 4346 or fatima@sadag.org

©2022 SADAG | P.O. Box 652548 Benmore • Johannesburg, 2010 • South Africa

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

Powered by
GoDaddy Email Marketing®