

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
HDI "You Decide" Youth Helpline	0800 33 33 77
24 Hour Substance Abuse Helpline	0800 12 13 14



WEBSITE: www.sadag.org EMAIL: zane1@medport.co.za SMS: 31393



SADAG Needs Volunteers to Run More Support Groups in Your Area



The South African Depression and Anxiety Group (SADAG) is Africa's largest Mental Health advocacy group. Our call centre has 15 helplines and we assist callers countrywide with Mental Health queries, we are available 7 days a week from 8am to 8pm. One of the key referrals we give callers are details of Support Groups in various areas throughout the country. These groups run once or twice a month and we are looking for recovered patients, family members, psychologists or teachers to help run a Support Group in their community.

Support Groups can offer anyone suffering from a mental illness, as well as their loved ones, a place of warmth, understanding and support. Research shows that Support Groups can help people cope with and recover from a wide variety of problems. They are able to provide information on the illness and ways to treat and manage it, as well as help give patients and loved ones names of places where further help and assistance can be found. SADAG support groups are run either by members of their local community who have recovered from one of these disorders or professionals working in the community. These groups allow members the opportunity to form connections with others experiencing similar troubles and to learn from one another in a non-judgmental, confidential atmosphere.

All new volunteers receive information and manuals from our trainers who will be in your area during March, April or May. Our new Support Group leaders are helped with how to run their group once or twice a month usually it lasts about two hours. Alternatively some are operated on a Saturday afternoon.

We help volunteers find a suitable venue and arrange guest speakers occasionally. We will also help promote the Support Group to the local media to advise people in your area about the group and what the dates and times are. SADAG keeps SMS lists of patients in all areas wanting to attend Support Groups which we will send out on the Support Group Leader's behalf before every meeting. We also provide brochures, pamphlets and posters.

Volunteering is an incredibly rewarding experience and highlights just what an important role each of us plays in our community. To find out more information on how to start a Support Group, please contact us on 0800 21 22 23 or email supportgroups@anxiety.org.za, and we will be able to answer all your questions. For more information, video clips, as well as local and international articles or to download brochures please visit www.sadag.org.

To see this video on the work SADAG does , [click here](#).

More...

Areas that Need Support Groups:

- Krugersdorp
- Soweto
- Roodeport
- Pretoria
- Vaal Triangle
- Randfontein
- Klerksdopr
- Potchefstroom
- Ermelo
- Middelburg
- Newcastle
- Ladysmith
- Margate
- East London
- Bloemfontein
- Port Elizabeth
- Nelspruit
- Rustenburg
- Kimberly
- Cape Central
- Knysna
- Stellenbosch
- Worcester
- Houtbay
- Kenilworth
- Paarl