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| SADAG Office | 011 234 4837 |
| Suicide Crisis Helpline | 0800 567 567 |
| Dr Reddy's Mental Health Helpline | 0800 21 22 23 |
| Cipla Mental Health Helpline | 0800 456 789 |
| 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 |
| 24 Hour Substance Abuse Helpline | 0800 12 13 14 |



Website: www.sadag.org



The South African Depression and Anxiety Group



TheSADAG

November Newsletter

SADAG experiences a dramatic influx of calls

Following the sad and tragic announcement of Jabulani Tsambo aka HHP's passing last week, The South African Depression and Anxiety Group (SADAG) themselves have been overwhelmed and inundated again with calls from people who feel completely helpless, hopeless and desperate for crisis intervention for depression and even suicide.

This week, we have had so many great numbers of additional suicide callers, concerned family members and even work colleagues calling in to ask for help, information and emergency intervention. Our volunteer counsellors have been fielding hundreds of calls per day, while more people have been reaching out via emails, SMSs and social media.

SADAG is not funded at all by government for the Suicide Helplines, and we have to constantly source money from private donations or corporate's to help pay for the telephone calls. We need more funds, we usually receive up to 600 calls per day, but with the shock and sadness of HHP's death, and the increased press, social media and awareness around depression and suicide, the calls have increased drastically and we need more funds from companies.

An amount of R100,000 thousand means we can run the Suicide Crisis Helpline for a Month. If we can get 12 companies to donate R100,000 for Christmas it will enable us to put another 4 people on lines immediately so we can help so many South African's who need urgent help.

"SA Depression & Anxiety Group desperate for funds after huge increase in calls"- All4Women

We urge companies to donate to SADAG – we are a registered NGO, tax deductible and BBBEE compliant. Contact Zane on zane@sadag.org to discuss further

corporate donations or Cassey 011 234 4837 , this will help SADAG continue assisting callers who need urgent hospitalizations – whether private or government – or crisis intervention such as ambulances or urgent appointments with mental health professionals – additional outgoing calls and a team of counsellors working on each case.

We need corporate help, please call Cassey Chambers on 011 234 4837 or email Zane Wilson zane@sadag.org. If you will help meet our needs.



SADAG's Mental Health Ambassador of the Year

SADAG has proudly supported Zanele Hlatshwayo depression and suicide prevention campaign called #Rise18 which she started earlier this year in memory of her father that she lost to suicide. Zanele, an ultra-marathon runner, created the #Rise18 fundraising campaign aiming to raise R180 000 through back-a-buddy, she committed to running 18 races in 6 months.

The campaign has been running for over 9 months, and after a total of 1600 kms ran, 116 press interviews and after many donations - Zanele handed over a cheque of R154 295.04 to SADAG at a special handover presentation on Saturday the 29th September. Afrika Tau, Zanele's close friend was the MC throughout the handover and took responsibility of sharing the story of Zanele's journey and introducing special guests such as Sandile Mkhize who shared an amazing inspiring story of his own story of Depression & Suicide for the #Rise18 project.

Therefore, we are incredibly proud to announce our very first **MENTAL HEALTH AMBASSADOR OF THE YEAR**, Zanele Hlatshwayo for her #Rise18 campaign that raised R154 295. 04 for our Suicide Helpline. We are honoured and humbled by your donation and support!

Dr Frans Korb, SADAG Board Chairperson and Psychiatrist – “Thank you Zanele for your unbelievable contribution towards those in dire need of Mental Health Care. You are truly an inspiration to all. We are incredibly proud to announce SADAG's Mental Health Ambassador of the year, Zanele Hlatshwayo”

This is not the end of #Rise18, it's only the beginning. Zanele Hlatshwayo is planning on reaching for new goals and continuing to raise awareness for Depression and Suicide Prevention. To support the next chapter of #Rise18, follow Zanele on Facebook ([@Rise18Zanele](https://www.facebook.com/Rise18Zanele)) and Twitter ([@zanhlathwayo](https://twitter.com/zanhlathwayo)).



Cipla Makes Mental Health Matter

SADAG in partnership with Cipla, are proud to launch a new **24-hour Cipla Mental Health Helpline (0800 456 789)** which aims to destigmatize Mental Health and assist the public with all Mental Health issues - including personal stress, mental illness, and other emotional problems. The Helpline will be open 7 days a week, 24 hours a day offering free telephonic counselling, information, and referrals to callers nationwide. Cipla are running a social media campaign called Depression shouldn't be a label. To support the campaign Cipla have put up a range of billboards across Gauteng, Kwazulu Natal and the Western Cape to raise Mental Health Awareness and remind people that help is available.

Some of the signs and symptoms of depression include problems concentrating, remembering details, and making decisions, fatigue, feelings of guilt, hopelessness, insomnia, irritability, restlessness, loss of interest in things once pleasurable, overeating or appetite loss, persistent feelings of sadness and suicidal thoughts.

“If you or a loved one is experiencing any of these symptoms, it is advisable to seek professional help. Depression does not simply go away, and there is no shame in seeking help for it,” says Cipla’s associate director for neuropsychiatry, Wouter Lombard.



You could save a life

Get a MySchool card and link it to SADAG to help fight depression and anxiety



Woolies MySchool Card

YOU can add SADAG to your beneficiary list and help raise money for our Suicide Helpline on a monthly basis while you shop!

The best part - It doesn't cost you a cent to make a difference. Simply swipe your MySchool Supporter Card when you shop at one of the many MySchool partners, which are listed [here](#). All the funds raised will be used to help pay for the telephone costs for SADAG's Suicide Helpline.

Please lend a helping hand to what we really need. Its as easy as getting a MySchool Card and adding SADAG as a beneficiary. Help people with depression and anxiety get the help they need. If you dont have a MySchool card yet, or would like to add SADAG as on of your 3 beneficiaries , please click [here](#) or email media@anxiety.org.za and we can help you further.



New SADAG Ambassador

We are proud to announce Cassie as one of SADAG's International Youth Ambassadors and we can't wait to raise Mental Health Awareness together. Cassie Snelgar is a designer, digital publisher and blogger from South Africa. The Founder of an ethical fashion brand CASLAZUR and editor of online magazine THE X CARTEL, Cassie has used her eye for the aesthetic to develop an online following of over 800K. Her awareness of the increasingly damaging effects of social media on the mental health and wellbeing of young people drove her to research ways in which to engage her followers with more responsible and positive messaging. Follow Cassie on Instagram [@cassiesnelgar](#).



Janssen's Diepsloot Corner

In October a number of activities and events were hosted in Diepsloot to commemorate World Mental Health Day.

A Youth Dialogue was held at the Afrika Tikkun Youth Hall. It allowed the youth to engage with stakeholders on issues related to bullying, peer pressure, substance abuse, gangsterism, depression, and trauma. A talk on mental health and wellbeing was held for patients at O.R.Tambo Clinic. SADAG presented a series of Talks on Exam Stress and Teen Suicide Prevention at Diepsloot Combined School and at Sunrise Secondary School. October is also regarded as Elderly Awareness Month and SADAG hosted a talk on Dementia at the Skills Centre in Extension 2.

Furthermore SADAG continues to offer hope and encouragement to all its support group members. This FREE Support Group meets twice a month and in October all the members benefitted from the generous donations of clothing that were donated by the SADAG Counsellors.

SADAG will also be hosting a number of activities in November and if you would like to participate

please let us know by emailing anne@anxiety.org.za.

A big thank you to Janssen for their 8th year of support for their contribution to the huge development of our work in Diepsloot.



Diepsloot matriculants are in need of Matric Dance outfits

Diepsloot Combined School is a non-fee paying school and will be hosting a Matric Dance on the 28th of November. Some of the learners do not attend the event due to financial constraints in securing outfits and additional items.

Karabo* (Learner); “As my 12 years at Diepsloot Combined draws to an end, I am looking forward to my matric dance in November. I am also worried because my friends and I cannot afford the lovely outfits that we see others wearing but it is my wish to wear a formal evening dress. I would be so happy if SADAG could fulfil my dreams.”

For learners this is a once in a lifetime event and SADAG encourages you to donate 2nd hand Matric Dance dresses/evening dresses, shoes, make-up or bags - and don't forget the boys so any jackets, suits or smart shirts.

Please email anne@anxiety.org.za or call 011 234 4837 to arrange drop off.



SADAG KZN

As Mental Health Awareness Day falls in October we had a busy month starting off with joining in and supporting the Mental Health Advocacy Walk on Durban beachfront on 7 October. The walk attracted over 700 people and showed that awareness and advocacy is really growing in the public in KZN.

We also attended the Spar Wellness Week (10 - 12 October) and a Wellness Day at Kerry Foods on 24 October which involved meeting employees and sharing mental health information and referrals.

The KZN Project Manager, Lynn Norton, did a number of talks during the month including an introduction to SADAG KZN at the Townhill Symposium in Pietermaritzburg on 5 October, and a talk to Medical Students at the UKZN Medical School for the opening of the Physicians Society on 11 October.

Psychologist Suntosh Pillay and Lynn, also attended the first Praxis Hangout Meeting with Shannon Hopkins on 10 October at the Department of Creative Arts, UKZN for a conversation around mental health.

SADAG KZN held their third Support Group Leader Training for 2018 at the Denis Hurley Centre on Friday 26 October which was well attended and brought together 24 people interested in starting support groups in and around the Durban area. If you would like to volunteer or get involved in the KZN activities, please contact Lyn on 078 278 7047 & kznsadag@anxiety.org.za.

Don't forget, there are 14 FREE Support Groups in KZN - including Ballito, Berea, Durban North, Empangeni, Estcourt, Ladysmith, Newcastle, Pietermaritzburg, Queensborough, Umhlanga and Verulam. For more information, call Lyn on 078 278 7047 or SADAG on 0800 21 22 23.



Blogs and Online resources

Looking for an interesting read on Mental Health? Perhaps you would like to hear a few stories from those living with Mental Illness?

- The blog [For The Heart Cries](#) is focused on sharing real life experiences with Mental Illness and Suicide written by Thomas Truelson.
- No one is you and that is your power. Read the blog by [The Nocturnal Wenchy](#) as she discuss life and living with Mental Illness.
- Soul Search is an investigative mental health podcast and blog focusing on breaking stigma and spreading awareness. Click [here](#) to view the blog Soul Search created by Tayla Welch.



The Dignity Project

Take part in the International Dignity project study to stand up for, fight for and promote mental health and well-being for all, with equality of treatment and dignity in experience.

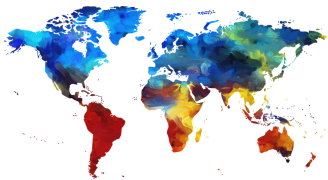
The results of this study will be used to open up important discussions with Mental Health Professionals about how to create dignity in patient experience, relating to mental health.

Please click [here](#) if you would like to take part in this important online questionnaire. The study will take 15-20 minutes and participation is voluntary.



Local Articles

- [Is Government failing on Mental Health?](#) Read more about the global mental health crisis by Melody Emmett in an article in The Sunday Independent.
- [Successfully Depressed](#) - "While stigma looms large over those who are clinically depressed, successful people usually feel extra shame for this supposed "weakness" – until they access help" read online article in Destiny Connect.com.
- Universities need to find ways to assist students who are passive in seeking help. Read more about [Campus Suicide](#) in a opinion piece by The University of Witwatersrand Johannesburg (WITS)
- SA discusses depression and suicide after HHP's death. [Read more](#) in a online article by Nivashni Nair at The Herald Live.
- [Here's how to support someone who's depressed.](#) Read the article by Destiny Man
- Settling down to study and then concentrating intensely in an exam takes skill and focus. Learn about the [8 tips to beat exam stress](#) in a video by Evan Zerf.
- "As mothers, we should all invest in our mental well-being by caring not only for everyone in our family but for ourselves too." Read about the [7 steps to mental health during motherhood](#) written by Munchkins, parent coaching.



International Articles

- Shock, or Acute Stress Disorder (ASD), is a psychological and emotional stress reaction that occurs when a person experiences or witnesses a traumatic event. Read more about ["How to Talk to Someone in Shock"](#) in a article By Christine Hammond.
- ["The Hardest Part About Living with Depression"](#) - Read the article by Margarita Tartakovsky, M.S. at PsychCentral
- Read about ["Setting Boundaries at Work When You Have Depression"](#) in a article by Virginia Boyles at HealthyPlace.com
- "The Essential Guide to Depression & The Power of Pets." Read the [article](#) by Donna Jackel.

Support Groups



SADAG has many Support Groups in areas such as Alberton, Akeso Randburg, Berea, Ballito, Kimberley, Durban North, Newcastle, and George. SADAG's Support Groups play an important role in the further assistance we provide callers. We always encourage members of the community who are interested in making a difference, to consider starting a Support

Group with our help. We have recently had new Support Groups launch in various areas such as; Newcastle, Berea, George, Mthatha, Bloemfontein, Sandton, and Krugersdorp. For more information click [here](#) or call Michelle on 011 234 4837.

If you would like to join a Support Group in your area, please call SADAG on 0800 70 80 90. If you would like to start a support group please call Michelle on 011 234 4837 or email supportgroups@anxiety.org.za



Speaking Books on Childrens Cancer

We are delighted to announce the latest creation of another new Speaking Book this time its for Children learning to Cope with Cancer which has just been launched in the USA.

For the first time there is now a colorful, well illustrated book that with a push of a button reads to the Child in their own language, and no matter their level of reading comprehension, the messaging will be seen, read, and heard to help them understand their illness and what they might be feeling .

This exciting collaboration was made possible with support from Pfizer and also has the endorsement of the World Medical Association, which is the global federation that represents millions of physicians worldwide. The Rotary Club of Hilton Head through their Early Act program for young Rotarians, auditioned and provided the school children to narrate the Speaking Books® in English and Spanish.

For further information on the book for Hospitals, Drs, and Clinics please email zane@sadag.org.

Making Mental Health Matter on Campus



With the recent news of the tragic student Suicides happening at various universities across the country, Depression and Suicide is an important topic to highlight on all campuses. SADAG have dedicated Student Helplines to assist University Students and staff members who are dealing with Anxiety, Depression or other mental health issues. It's good to know where to get help during this stressful exam season. The Helplines are aimed at supporting student's mental health, reducing the rate of suicide attempts across campuses and providing practical support for Stress, Anxiety, Burnout, Depression and more. We currently run various helplines.

- Discovery 24hour Medical Student Helpline - 0800 323 323
- The University of Cape Town 24hour Helpline - 0800 24 25 26
- The University of Pretoria Student 24hour Careline - 0800 747 747
- The University of the Western Cape afterhours Helpline - 0800 222 333
- Tshwane University of Technology afterhours Helpline - 0800 687 888



University Wellness Days throughout October

SADAG has been involved in various Mental Health Wellness Days at Universities such as University of Pretoria, Stellenbosch University, University of Kwazulu Natal, Rhodes University, University of Limpopo and Waltersisulu University just to name a few. SADAG provided awareness on Mental Health and helped guide students to get Mental Health Support on campus or resources nearby. Through the last month, SADAG have done numerous activations at the universities. Including taking part in wellness days, as well as holding workshops and talks to assist students and university staff with Mental Health support and information.

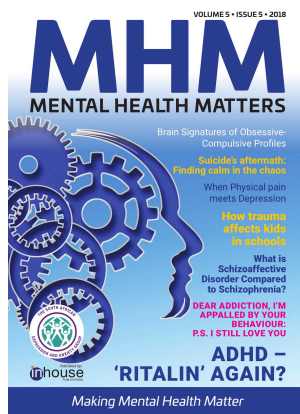


Workshops

- Join The South African Medico - Legal Association who will be addressing Physician Burnout, PTSD, Depression and Suicide on 3 November at 09h30. The event will be held at Cartel Rooftop Bar and Auditorium 71 Waterkant Street. Email romanysutherland@gmail.com for more information and to RSVP.
- **FREE EVENT** - The South African Guild of Actors is hosting a Mental Health Seminar with Clinical Psychologist Dr. Dimakatso Maboea on 10 November 2018

at 10:30am. The event will take place in Johannesburg. Click [here](#) or Email admin@saguildofactors.co.za to RSVP.

- Join The Talisman Foundation for a workshop on Stress Management. It will held on Saturday the 17th of November in Johannesburg from 10am-1pm and costs R50 per person. Anyone is welcome. Email socialwork@talisman.org.za for more information and to RSVP.
- 'Living with Bipolar Disorder' Workshop presented by Psychiatrist Dr Antoinette Miric, will take place on Saturday, 24th November and 1st December, 9 am - 12:30 pm in Saxonwold, Johannesburg. The workshop focuses on all the ups and downs of Bipolar Disorder, including preventing and predicting relapses, medication information, Bipolar Disorder info, CBT and self management techniques to live with the disorder. Family involvement in some sessions. Email doctor@dramiric.co.za for more information.



Mental Health Matters Journal

One of SADAG's projects includes the Mental Health Matters Journal that is distributed to GP's and Psychiatrists all over the country. This journal includes educative articles written by expert Psychiatrists and Psychologists, amongst others, to help Doctors better understand Mental Health and what they may be able to do to support their patients. If you are a Mental Health Professional, subscribe to the Journal, via the website, please click [here](#). If you already receive the Journal and

would like to recommend topics or you would like to write for the Journal, please email Tracy at research@anxiety.org.za.

Have you seen our recent journal? Read more about "What is Schizoaffective Disorder Compared to Schizophrenia?" by Clinical Psychologist Dr Thuraisha Moodley and explore the latest article on how trauma effects kids in school by Clinical Psychologist Saskia Fick. Read powerful editorial on Private Healthcare and specifically the Health Market Inquiry by Mark Heywood Executive Director of Section 27. Click [here](#) to read the Mental Health Matters Journal.



Feedback from our callers

- I appreciate the advice that she gave me. Keep up the good work I won't hesitate to call again. I don't feel ashamed as she made me feel like she is a friend. Lots of blessings to you guys doing amazing job - S
- Thank you very much for that line and the lady who spoke to me on Sunday morning - N
- One of your counsellors spoke to me in depth on Friday and give names of Psychologists etc to contact. Thank you so much for following up. - S

- Thanks a lot... I was considering one of the worst way out But after the conversation I feel much better. - N
- I wish to thank JOHAN for assisting me with a problem and giving good advice. He was patient and very helpful. - W
- Thanks so much for getting back to me. I eventually found the support group and will be joining them this evening. Thank you so much for the efficiency and understanding of your staff. I really thought it would be like calling a call centre where no one knows anything and frustrates a person. But it was the complete opposite and I could feel the care and empathy. - C



SADAG needs your Donations

With up to 600 calls being received a day and the increased need for help in the Suicide Call Centre. SADAG is in dire need of more Jabra Headsets in order to make it easier for counsellors to help those in need and especially to maintain the quality care that SADAG tries to provide daily.

SADAG are also in need of two more laptops, photocopy paper, extension cords, USB cables and LAN cables.

If you can help us or know of someone who can, please contact Vanishaa on 011 234 48 37 or email newsletter@anxiety.org.za

Yours sincerely
Zane Wilson
Founder and Director
zane@sadag.org



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