



## 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

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## MAY NEWSLETTER



### Bipolar Awareness Day - 26th May

Bipolar Disorder is the 3rd most researched topic on our website, and in order to help in understanding Bipolar we are doing a series of talks and film reviews for Bipolar Awareness Day in all 9 provinces. We have imported the Oscar winning film on Bipolar, "Silver Linings Playbook", with Bradley Cooper, Jennifer Lawrence and Robert De Niro to show. This will be shown free of charge, to families and friends at Support Group meetings nationwide.

Apart from asking our support groups to help us, we have also asked Universities to assist us in de-stigmatizing this illness, due to the age of onset of Bipolar which is very often late teens to early 20's. [Click here](#) for more details of dates and times of the shows.

The full list of times and venues will also be on our website from the 20th May. We have over 20 venues, from Cape Town to Witbank, Durban to Grahamstown, Sandton, Benoni, Port Elizabeth, Alberton, Edenvale, Parktown, Worcester, Rosebank, Stellenbosch, Randfontein, Hermanus, and others. All the events are open to everyone.

There will be two special workshop events, the first one in Port Elizabeth, which is a workshop on Bipolar "Facing the Dragon" by Suzanne Leighton, on the 25th May, and another one in Cape Town at Valkenberg Hospital on the 27th of May. [Click here](#) for more details.

Also to highlight Bipolar Awareness Day, there will be professionals and a person living with Bipolar on the SABC 3 TV show "I Am Woman: Leap of Faith" on the 26th of May at 9:30 discussing symptoms and self-help tips. Jen Goy has Bipolar and is talking about her success in managing the symptoms and her new career as the Editor of Thrive Magazine. Soweto TV is also showing a documentary on Bipolar Disorder on Saturday the 25th May at 9pm on DSTV channel 251

There is also an online bipolar questionnaire on the front page of our website which is a self-rating scale and may be very useful if people are going to their doctors or psychiatrist for the first time. [Click here](#) to download it.

Following Bipolar Awareness Day activities, our next Facebook Friday chat will be hosted by two of South Africa's key Psychiatrists, Dr. Shadi Motlana and Dr. Sheldon Zilesnick. The live chat will be on the 7th June at 1pm with Dr. Motlana, and 7pm with Dr. Zilesnick. They will answer all your medication, symptoms and treatment queries. Please diarise.



## Book Review

Reading books may be very helpful in understanding different disorders. They also give us a different view of the person living with mental illness which then helps us understand what they are experiencing.

There are many self-help books for depression that have been proven to be useful but which ones do experts recommend? Liz Anderson, from the University of Bristol, and colleagues have examined the use of self-help books for treating depression (Anderson et al., 2005). They found six books that were recommended by experts, although only one book had evidence of its effectiveness. [Click here](#) to view these recommended books.

There are also 3 new books on depression that have been reviewed by Psychcentral which also features a new South African book called "Boy". [Click here](#) to read a short review of these books.

On our website there are other recommended books on topics such as Panic, OCD, ADHD. [Click here](#) to see a range of books.



## Support Groups

Once again, we have several new groups which have been established in Rustenburg, Mamelodi, Orange Farm, Witbank, Bushbuck Ridge, Ladysmith, Klerksdorp, Cape Town, and many more areas. [Click here](#) for more details on these support groups.

**The OCD Support Group** running in Cape Town continues to go from strength to strength. The next meeting will be on the 6th of June starting at 6.30pm. They will be watching an episode of the 'OCD Project' and a short discussion afterwards by Psychologist David Rosenstein. For more details, follow the link [www.rosensteintherapy.com](http://www.rosensteintherapy.com)

**The Witbank Support Group** headed by Gwen for the last 16 years is moving venue. For more information on her next meeting on 6 June, please ring 013 692 5388.

**The Sandton Support Group** hosted an "Ask the Dr" evening at the end of April, which was attended by over 30 people living with depression, anxiety and bipolar. Psychiatrist and psychologist Dr. Frans Korb was asked some very interesting questions about medication, side-effects and how to minimize them. Our thanks to the coordinator Jane for her support.

**The Benoni Support Group**, Carlo and his team are now sending out motivational SMS messages to inspire support group members in between their meetings and to encourage them to stay positive. They welcome all to their Saturday Meetings at Lakeview Hospital twice a month.



[The Strandfontein Depression Support Group](#) has its next monthly meeting on Monday, 20th May 2013. An informative talk on Sleep and Insomnia will be given by Dr. Adelbert Scholtz. He will explain why people need sleep the importance of regular sleeping patterns for physical and mental health and ways and means to combat insomnia. All interested persons are welcome free of charge.



## International Press

The topics Depression, OCD, PTSD, Medication, CBT and ECT for severely depressed patients have been a source of useful information this month.

**Power up your diet** This article takes a look at food that help enhance your Memory and Mood. [Click here](#) for more on how walnuts, asparagus and blueberries can improve your mental health.

**PTSD Help:** PTSD Support Groups Can Help Recovery. Feeling connected to a group of people who truly understand what it is to suffer from PTSD can be a powerful form of help. [Click here](#) for more.

Research has shown, that people over the age of 60 have had fewer **depressive symptoms** once treated with Cognitive Behaviour Therapy (CBT) [Click here](#) to find out why.

**Electroconvulsive Therapy** (ECT) Can Restore Quality of Life for some **Severely Depressed** Patients. [Click here](#) to find out more on how this therapy works.

For those of you who are interested in the development of **Psychiatric Medication**, [Click here](#) for the full article called 'Where will the next Prozac come from?'

One Flew Over the Cuckoo's Nest is a famous psychiatric film, but have you ever wondered what **psychiatric units** are really like? A Psychiatrist shares this information with us from his point of view. [Click here](#) to find out what he has to say.

Technology has become a useful tool that we often rely on for information. In this article they take a look at a few **apps** that are used to help manage **bipolar disorder**. [Click here](#) to read more.

How you can **support your partner** who has been diagnosed with Bipolar Disorder? [Click here](#) for the article 'The Power of Two' guiding you on how you can be a pillar of strength for your loved one.



## Local Press

Local press has also given us great stories, during April and May, on topics as diverse as whether you tell your company you have a mental problem, to a story from Mail and Guardian on how a mother lost her son to suicide. Elle magazine describes panic attacks, and Longevity discusses how to decrease your risk of trauma on the roads.

If you have diabetes, a heart condition or **bipolar**, is there a need to disclose your condition to your boss? Read page 62 of the for some answers. Read the May issue of O' Magazine [Click here](#) to read the article.

The **Mail & Guardian** newspaper covered a heroic story of how a mother lost her son to suicide and is now determined to try and save youth from the tragedy of **Teen Suicide** or [Click here](#) to find out more about her.

Are you a slave to **Anxiety**? Eleanor Morgan from **Elle Magazine** shares a personal story of what **panic attacks** are and how you can stop them. [Click here](#) for the full story.

Did you know that **depression** is twice as commonly diagnosed in women in their reproductive years, as men? Dr Rykie Liebenberg has written a very interesting article "**Women's mental health: More support needed**". [Click here](#) to read more.

PTSD is an anxiety disorder which develops as a result of experiencing a traumatic event. **Longevity** magazine has an article on how you can decrease your risk of experiencing trauma. [Click here](#) for the link.

Do you give yourself **pep talks**? Can your pep talks sometimes become counter productive and thus become self destructive? [Click here](#) to read an article in **Buddies for Life** where they discuss healthy ways of reassuring ourselves.

**Natural Medicine Journal** takes a look at **Treating Depression** by utilising nutrition, supplementation, exercise, medication and psychotherapy. [Click here](#) for more information on how to use the integrated approach to treating depression.



## Thrive Magazine

The second issue of Thrive magazine is out now! Collect your free copy from Pick 'n Pay Pharmacies, or view the magazine online at <http://www.thrivemag.co.za/> 10 FREE subscriptions are up for grabs. To enter the draw, go to the Thrive magazines website and sign up for the free monthly newsletter by the 26th of May.

This month's edition has powerful stories on OCD by Psychologist Bradley Drake, as well as an article on Psychotic episodes by Dr. Judy Bently.



## Mental Health Advocacy - Do not Underestimate your Contribution

There is still much to be achieved for mental health care and treatment in South Africa. If you would like to know more about how to advocate for better care for your family member or friend, [Click here](#) for some recommended starting points on Mental Health Advocacy, reviewed by our CEO Elizabeth Matare.



## Are you still feeling depressed?

Updated Text: If you are suffering from depression, are on an antidepressant and still feel you are not as well as you could be, there is a drug trial that you could consider. The trial is taking place in Pretoria and Cape Town, please [Click here](#) for more information.

There is also a story on our website that will help you make a decision about participating in an appropriate trial. [Click here](#) for the link





## Psych Central Forums

Psych Central has free community forums, which could be very helpful for you as you can easily post questions or view posted questions about many mental health topics. [Click here](#) to view the forums on Psych Central's website.



### New South African Website for Panic, Social Phobia and CBT

Cognitive Behaviour Therapy (CBT) is all about empowering people to be able to help themselves after they have completed their CBT with a qualified psychologist.

However CBT therapists are often far and few in South Africa and therefore there is limited access to this type of treatment.

This website offers self-help based on CBT training by Dr. Colinda Linde who has had over 20 years of practice as a clinical psychologist. There is information for every day problems such as negative thoughts, poor sleeping habits, work-life balance and for mental health problems such as panic and social phobia. [Click here](#) for a useful article on panic.

The information on this site does not replace a consultation with a professional and if the situation is acute, self-help is not recommended as the first step. Some of the content on the site is free of charge to help those who need support, coping strategies, and a CBT booster now and then. [Click here](#) to be directed to the official website.



### Diepsloot Counselling Container

SADAG continues to develop its rural outreach and community support work in Diepsloot. The counselling container, a short distance away from the affluent area of Dainfern, has its hands full helping patients with Substance Abuse, Crime, Trauma, Violence, Abuse, Depression and Suicide Prevention. [Click here](#) get a glimpse of the extensive work the centre has done so far this year.



### Wellness Days, Corporate Talks and Workshops

#### Traditional Healers' Summer Imbizo

SADAG was invited to present a series of mental health talks at the traditional healers Imbizo. Over 30 Traditional Health Practitioners from Gauteng, Eastern Cape, Mpumalanga and Limpopo attended. [Click here](#) for pictures and more content.

#### Lekgorong-Thabaneng Library Workshop addressed the issue of learners dropping out of school

Even though SADAG cannot be everywhere all the time, we do try to assist as much as possible, especially in rural areas. We provided materials and armbands to a library for a youth workshop in Cloe Village in Limpopo. [Click here](#) to read more about the project and the community youth programmes run by passionate people, such as Mrs. Lolo Kekane, trying to make a difference in the lives of local teens.

#### Employee Wellness Talk at Newsclip

Newsclip, one of our major sponsors, who monitor all our press, radio interviews, and TV appearances free of charge, requested a talk on Trauma and Suicide Prevention. [Click here](#) to read more about the talk that A di Vos and Anne Rajcoomar presented.

### Professional Child Therapist Networking Presentation in Pretoria

Lian Taljaard, Research Intern at SADAG, presented a talk on Teens Suicide Prevention in Pretoria together with other organisations such as Lundbeck and Akeso. [Click here](#) to find what else was discussed at the event.

### The Children's Act Workshop by the SA Federation of Mental Health

Anne Rajcoomer, one of our Senior Trainers, attended a workshop to discuss the implications of abuse and violence on children with intellectual disability and mental illness. Despite SADAG not being directly involved in this field we still feel it is critical to know the Rights of children. [Click here](#) for details.

### Wellness Day at the Department of Trade and Industry

SADAG Counsellors Anne Rajcoomar and Phumzile Vilakazi, attended the Department of Trade and Industry (DTI) Wellness Day. [Click here](#) to read more about the day.

### SADAG's Monthly Counsellors Meeting

Ruthann Sedgwick, a speech and language therapist, presented us with a very interesting talk about Traumatic Brain Injury (TBI). The counsellors gained insight of how life-threatening it is and how it affects not only the patient, but also the family members. [Click here](#) to read a short review of the talk.



### Bipolar Facebook Friday - Bipolar 7th June

Part of SADAG's campaign to raise awareness for Bipolar Awareness Day on 26th May, we will be hosting our fortnightly Facebook Friday online chat dedicated to Bipolar Awareness. This live chat will be taking place on our Facebook page "The South African Depression and Anxiety Group" or you can follow the link on our website <http://www.sadag.org.za> on the 7th June at 1pm and/or 7pm for an hour each with South African psychiatry experts, Dr. Shadi Motlana and Dr. Sheldon Zilesnick who will be answering all questions regarding symptoms, medication, treatment plans, and explaining how important support systems are for people who have mental disorders such as Bipolar Disorder.

St Anthony's Home

### Private Home for Acute Mental Health Patients

St Anthony's Home in Mowbray, in the Western Cape, is a new facility for people with acute Bipolar, Schizophrenia, severe debilitating Depression and certain forms of Brain Damage who are needing care. It has 45 private rooms where patients get assisted care, supervision of medication and routine visits to their psychologist and/or psychiatrist. Costs range from R9 000 per month for single dormitory rooms to luxury double room suites. To find out more, [Click here](#) for their website.



### Thank You

Hi. Thank you Zane. A lovely lady contacted me and gave me the contact details for a Bipolar support group and a Grief support group. Both are near me. Many Thanks to SADAG for your help and kindness. E

Dear Zane and Team

Just would like to let you know that I was so impressed with the SADAG response. I wish I had contacted you years ago, as I found the information very helpful. Also am very grateful for being introduced to a support group, best thing that ever happened to me. Many grateful thanks! You have saved my life, as I was becoming really desperate and spiralling down a black hole fast. SADAG is fantastic and I praise you guys from rooftops, as I think there is a huge need for people to know that there is help and support groups at no cost. Thank you Thank you Thank you. SZ

Hi. I received a call from a counselor and she was very helpful. She gave me hope that

I am not alone and advised me on where to go from here. Thank you so much. S

Good Day Zane. A very friendly counsellor called me, she helped me a lot. Thank you so much for the help. I am so thankful. YS

**Facebook Friday Thank You's**

Thank you so much for the opportunity we had to chat on Facebook and thank you for the email that reminded me about this chat.

Good evening, I am grateful for SADAG for hosting these chats today.

Thank you very much for the input Alicia and Cornelia we appreciate it and for the support you are giving us. Will chat again at 7pm.

Sincerely,  
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