

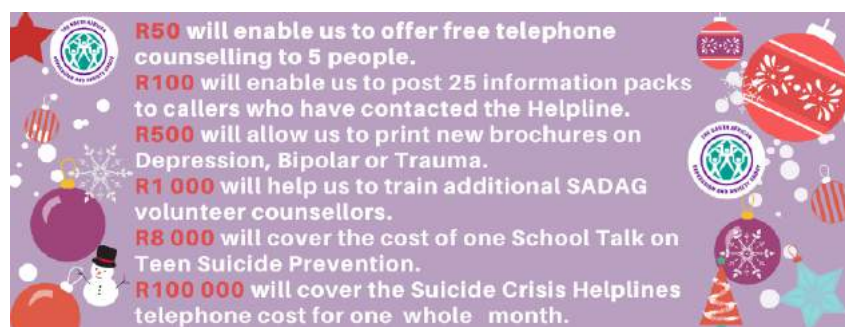


With your donation - SADAG will help more people this Holiday Season and beyond

Your support helps SADAG change over 600 lives a day.

Mental Health issues do not take a holiday, and neither does the South African Depression and Anxiety Group (SADAG). During the Festive Season, we are open to help people with Depression, Anxiety, Bipolar Disorder, Trauma and Suicidal thoughts. People from all over South Africa contact our Helplines to receive support even if their Mental Health practitioners are away.

Mental Health help is a free phone call away but we need your donation to help us to continue to grow and support the people who rely on us for assistance every single day.



Donate

Your support will ensure that every caller who contacts the SADAG Helplines during this festive season, will receive the counselling and referrals necessary.

Please click [here](#) to our donate page or email us on admin@anxiety.org.za for information about donating and banking details.

We wish you and your families a very happy and healthy holiday.

Sincerely

Zane Wilson
Founder and Director
zane@sadag.org



SADAG Office
Suicide Crisis Helpline
Dr Reddy's Mental Health Helpline
Cipla Mental Health Helpline (24 hrs)
Pharma Dynamics Trauma Helpline
Adcock Ingram Depression and Anxiety Helpline
24 Hour Substance Abuse Helpline
SMS

011 234 4837
0800 567 567
0800 21 22 23
0800 456 789
0800 20 50 26
0800 70 80 90
0800 12 13 14
31393

 The South African Depression and Anxiety Group  TheSADAG



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