



## December Newsletter 2018

# Mental Illness doesn't go on holiday and neither does SADAG

Christmas is fast approaching and we humbly ask you for your help. Mental Health issues do not take a holiday, and neither does SADAG. We are open throughout the year, 365 days, a year (even Christmas and New Years) to help people with Depression, Anxiety, Bipolar Disorder, Trauma and Suicide attempts. During the festive season, although many patients are away, the number of calls do not decrease.

People from all over South Africa contact our Helplines to receive support and help, even if their Mental Health professionals are away. Therefore we need your help. Whether with donations, time, or volunteering, there are various ways you can help support SADAG this festive season.

### Donate this festive season



SADAG get more calls from people who are very lonely, but also from people who are grieving and may be having their first Christmas without their partner, child or family member.

Some have recently gone through a traumatic event such as a sexual abuse, loss of a loved one, becoming unemployed, or are experiencing financial difficulties. There are many reasons that

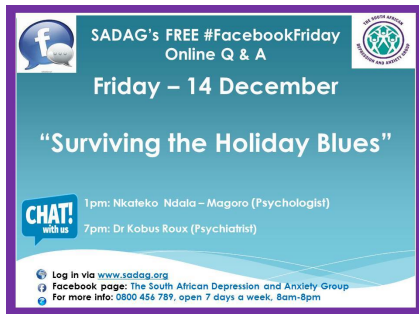
people experience Depression, Anxiety or Trauma over the festive season – and they, too, reach out for help.

Over the last few months, SADAG has seen an influx of calls to the Suicide Crisis Helplines and it is important that we have enough donations to help fund the lines, as we are a NGO and our Helplines are not funded by The Department of Health.

Here are a few things your donations could pay for.

- **R50 will enable us to help five callers with their Mental Health problems.**
- **R100 will enable us to post 25 brochures and information packs to callers who have contacted the Helpline.**
- **R500 will allow us to print new brochures.**
- **R1 000 will help us train additional SADAG counsellors for the Call Centre.**
- **R8 000 will cover the cost of one School Talk Teen Suicide Prevention.**

Click [here](#) to donate. Your support will ensure that every caller who contacts the SADAG Helpline will receive both the counselling and referrals necessary.



## Surviving the Holiday Blues - Facebook Friday Expert Online Q&A

To help people cope with their specific stressors or worries this festive season, SADAG is hosting a FREE Facebook Friday online Q&A with experts discussing coping tips, how to

avoid burnout and managing your Mental Health.

Join the online chat with Psychologist, Nkateko Ndala - Magoro in the afternoon from 1pm – 2pm. The evening chat will be at 7pm – 8pm with Psychiatrist, Dr Kobus Roux who can provide you with advice on how to stick to your medication and what to do if you find yourself struggling.

To join the chats, LIKE SADAG's Facebook Page: [The South African Depression and Anxiety Group](#). Facebook users that would like to remain anonymous can send an email to [media@anxiety.org.za](mailto:media@anxiety.org.za) and we will ask on your behalf.

## The Christmas Blues Survival Guide



Many people who experience depression, anxiety and stress during the holidays are told or believe that they should just 'get over it'. But having the 'holiday blues' is more than a down-day... and you can't 'will' yourself out of it. Family, friends and loved ones may not understand your feelings or behaviors, and you wanting to avoid certain things or situations can create conflict.

- [5 ways to support a loved one with depression over the festive season.](#)
- [How to have a happy and healthy Christmas.](#)
- [Where to find support this festive season.](#)
- [7 ways to beat the December blues.](#)

SADAG is open throughout the holidays – even Christmas Day and New year's. SADAG is able to provide telephone support, counselling and referrals. Call 0800 456 789 or 0800 12 13 14 to speak to a counsellor 7 days a week, every day of the year, 24 hours a day or visit [www.sadag.org](http://www.sadag.org) for more info.



## Looking to volunteer over the Christmas holiday

SADAG is always in need of more volunteers year round for many people.

Mental Health problems don't have working hours, so they can affect anyone, anywhere, any age and any gender. It is important for us to help people 365 days a year! We get many calls over the festive season from people who feel helpless, hopeless, lonely and desperate for crisis intervention for Depression and even suicidal feelings.

Volunteers must be based In JHB and willing to commit to a 4hr shift per week.

New Volunteers will have to attend a compulsory counsellor training in 2019, however you can assess first if it will suit you. To volunteer this festive season email: [supportgroups@anxiety.org.za](mailto:supportgroups@anxiety.org.za) or click here to fill in an online application form. You will start with administration and clerical, once we have checked references.

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## Diepsloot Corner – Santa Shoebox Project

SADAG identified 52 children belonging to The Family Africa (ECD and Youth) programmes. These children were either orphans, vulnerable and or affected by HIV, and SADAG wished to bring some festive joy into their lives.

All the gifts were handed out at to the jubilant children on Friday, 7 December at The Family Africa premises in Diepsloot. The programme was beautifully coordinated by the staff of Family Africa and SADAG.

The children sang their hearts outs and it was breath-taking to see the beautiful smiles on their faces as each one of them received their gift. The parents that accompanied the children were really amazed by the generosity of SADAG as we also treated them and the children to a variety of sweets and snacks. Thanks to Anne, Nono and Shanne.

The project was a great success and if you would like to partner with us in any future projects please contact Anne (0837547509) or Nono (0836498639) or send an email to [anne@anxiety.org.za](mailto:anne@anxiety.org.za)

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## Volunteer in your community

If you aren't able to donate or don't live in Johannesburg, why not volunteer at a Mental Health Organisation in your area? Call 011 234 4837 to speak to Michelle, who can provide you with your nearest Mental Health Organisation in your area.

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## Support Groups

SADAG has many Support Groups in areas such as Bedfordview, North Riding, Vanderbijlpark, Centurion, Claremont, Kenilworth, Port Elizabeth, Pietermaritzburg and Thabazimbi. 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.

As the year draws to an end, we would like to remind all individuals that Support Group Leaders will be taking a short break over the festive season and will resume

meetings again in the New Year.

To all of our committed Support Group Leaders, thank you for your continued support that you have provided to your Support Group and surrounding community this year. Your time and donations, and arrangement of speakers are valued greatly. We look forward to working with you again in 2019.

## **NEW Support Group launches to look out for in 2019**

### **Gauteng**

- Morningside Manor – Depression and Anxiety Support Group
- Sandton – Depression and Anxiety Support Group for Young Adults
- Vanderbijlpark – Depression and Bereavement Support Group

### **Mpumalanga**

- Nelspruit – Depression and Anxiety Support group

### **Western Cape**

- Maitland – Support group for families/ loved ones supporting people with Mental Illnesses
- Durbanville - Depression and Anxiety Support Group

If you would like to join a Support Group in your area, please call SADAG on 0800 70 80 90. Ask for Michelle please.

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## **Thank you to our dedicated volunteer counsellors**

SADAG is so grateful to our great team of volunteer counsellors. Thank you for your dedication, gratitude and especially for choosing to help others by showing your support and kindness to Mental Health.

Your patience, respect and perseverance to all callers is valued.

Most of all, thank you for your commitment, without you, we would not be able to continue to do the work that we do.

We wish you and your loved ones Happy Holidays and a very good rest.

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## **Thank you for your donations and ongoing support.**

We would like to thank our most wonderful donors in many different companies and fields of business. Some have been with us now over 18 years and we value the help they give to our clients and patients so very much.

Thank you to Newsclip for their pro bono contract for media monitoring. We wouldn't be able to raise Mental Health Awareness without you. We show many companies how valuable the large number of stories on mental health pages are and circulate to our patients. A sincere thanks to Stouf, for continuing to provide SADAG with the sms platform that is used by thousands of patients who need to be urgently in touch with us. We would like to thank Trunuty Communications who have so kindly upgraded our phones, many many times and have a technical consultant available at all times for support that is necessary. We have had to add many more lines during the last year and the company is willing and helpful, particularly when our lines are swamped during Mental Health TV programmes, or crisis in the country.

We have also, been receiving amazing IT support from Ultimate Solutions who are assessing our IT systems and have provided us with a UPS for load shedding, our systems are not the most modern or up to date so we need consistent help. Thank you to Stefan Labuschagne who has been helping us and upgrading our "daisy " system since it was first installed. He is in Pretoria, so travelling to us to assist, is greatly appreciated, and now as it gets larger and larger we are looking at new systems. We would like to thank Bill from SB printers for all his assistance with our printing of posters, brochures, training manuals and so much more ,we appreciate your speed and working over hours.

Thank you hugely to Noreen Greaves who is generous enough to sponsor us our amazing office space and especially the owner Beulah Bonugli overseas who has been so very generous and kind to us for many years and without this office space we would not have all the space for our staff, volunteers, admin, training and immediate help which we sometimes rely on. Thank you for your help to so many thousands of people.

We would also like to give a huge thank you to Derek Mclardy from Printer Sprinter for all the continuous printer services and support.

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

**Yours Sincerely,**

**Zane Wilson  
Founder and Director  
zane@sadag.org**

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