

	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: <a href="http://www.sadag.org">www.sadag.org</a>		EMAIL: <a href="mailto:zanel@medport.co.za">zanel@medport.co.za</a>
 The South African Depression and Anxiety Group		 @TheSADAG

## Bipolar Awareness Day May 26

*SADAG Bipolar Day brings you Talks, Online help, Support groups, Press and Twitter*



### Free Community Awareness Talks

For next week's Bipolar Awareness Day (26 May), SADAG wants to help educate and support both people living with Bipolar Disorder as well as help their family members and loved ones. We are hosting two FREE Awareness Talks in Diepsloot (JHB) on 26 May and Kenilworth (CPT) on 28 May with expert speakers and celebs such as Lillian Dube sharing tips, helpful resources and answering all your questions about living with Bipolar for more information on next week's events:

- Diepsloot, Thurs, 26 May - Lillian Dube supports you and your family with Bipolar at the Diepsloot Skills Center at 10am-12pm. For the full details [click here](#).
- Akeso Kenilworth Clinic, Saturday, 28 May - at 9am-12pm with a great line-up of speakers. For the invite and how to book your seat [click here](#).



## Bipolar Support Groups

The following Support Groups will be hosting meetings and awareness talks in support of Bipolar Awareness Day– the meetings will include guest speakers on Bipolar related topics, tips for managing Bipolar Disorder and learning how to support loved ones dealing with Bipolar:

- PE, Kabeka has been running for over 5 years & will host a special meeting for Bipolar Awareness Day on Monday, 23 May at 6:30pm, for more information [click here](#).
- JHB, Bromhof Bipolar Support Group will meet on Wednesday 25 May at 7pm, for their Bipolar Awareness Day special meeting, for details [click here](#).
- JHB, Melville Bipolar Support Group will meet at 6:30pm, Thursday 26 May, for meeting details [click here](#).
- CPT, Plumstead will be hosting two Bipolar Awareness Day Talks on Thursday, 26 May [click here](#) for details.
- JHB, Parkhurst has a special guest Mia, who will share her journey, Living With Bipolar. On Tuesday, 7 June, for the meeting details [click here](#).



## Online Bipolar Questionnaire

If you think you have Bipolar Disorder take this self-rating questionnaire and discuss the findings with your mental health expert. Please answer each question to the best of your ability. [Click here](#) to download the questionnaire.

# twitter CHAT

## First Ever Twitter #bipolarchat

Are you on Twitter? Join us for a tweetchat on Bipolar Awareness Day - Thursday, May 26th at 6-7pm!

A tweetchat is a live, moderated discussion on Twitter. It happens when a group of people all talk together at a set time via Twitter about the same topic using a specific hashtag (ours is #bipolarchat). Tweetchats usually follow a question and answer format, with the moderator asking questions, and the group answering and discussing. Of course, you don't have to answer questions, you're welcome to just 'observe' and absorb the conversation without actively participating.

All you need to do to participate is a Twitter handle. Visit [www.tweetchat.com](http://www.tweetchat.com) at 6-7pm on May 26th and enter #bipolarchat to join the discussion. Looking forward to tweeting with you.

Twitterers will be chatting with SADAG Senior Counsellors. For more information please call Sam on 011 234 4837.



## Facebook Friday Online Bipolar Chat - 27 May

The upcoming chat is on Friday the **28 May 2016**. With 2 live online expert Q&A chats at 1pm & 7pm. Wherever you are in the country you can ask for FREE Expert advice on our live chat. Want to know more about the benefits of attending Support Groups? Want to know more about identifying relapse? Want to ask about your treatment option(s) or questions on meds? Or how best you can take care of someone who has Bipolar Disorder? Then ask our expert doctors on #FacebookFriday.

Join the chats at **1pm** with Psychiatrist **Dr Duncan Rodseth** from Donald Gordon Medical Centre. He specialises in Aviation Psychiatry and Bipolar Disorder.

And again at **7pm** with **Dr Mike West** from Akeso Clinic in Milnerton. He specialises in treatment-resistant psychiatric conditions, Substance Abuse Disorders, Suicide and Bipolar Disorder. To view the poster, [click here](#).

To join the chat, go to our Facebook Page: [The South African Depression and Anxiety Group](#) or login via our website, [www.sadaq.org](http://www.sadaq.org) click on the Facebook icon and you will be directed to our page.

#### **Upcoming Facebook Friday Topic(s):**

- *Family Relationships & Marriage Counselling*, on 10 June 2016 with Psychologist Irene Hatzipapas & Brian Blem
- *Substance Abuse*, 24 June with Clinical Psychologist Denise Mulder & Psychiatrist Dr Robert Bothwell



#### **Useful Online Videos**

We have informative short videos that can be useful for someone wanting to learn more about Bipolar, as well as understanding stigma, how to manage side effects, how therapy help, etc. and many more videos [click here](#).

You can also go to Crest.BD which has a lot of effective videos on Bipolar Disorder. Learn about managing bipolar disorder - on your own terms; Psychosocial Intervention, Your First Psychotherapy Session, Everything you need to know about Bipolar and more helpful videos [click here](#) .



## Crest BD - Self-help Tools

### Quality of Life Tool

Good quality of life and health is possible in people with Bipolar Disorder. The Quality of Life Tool is a free online resource by [CREST.BD](#) research team collaborated with IT developers as well as with experts with life experiences of Bipolar Disorder, [click here](#) for more. On their website you will also find self-help tools which include Expert Q&A, real people sharing their experiences and chat forums for people living with Bipolar and their loved ones.



**what are you  
walking for?**

## We need you to join #TeamSADAG at 702's Walk The Talk

Radio 702 presenters Gug's and Sizwe have chosen SADAG as their beneficiary for the "702 Walk The Talk" taking place in Emmarentia on Sunday, 24 July 2016. You can either enter the 15km walk for *R180*, the 8km walk for *R160* or the 5km walk also for *R160*.

Support SADAG & Mental Health by joining #TeamSADAG. We need you to register and walk for #TeamSADAG visit [www.walkthetalk.co.za](http://www.walkthetalk.co.za). Entries are limited to the first 50 000 paid entries up to 1 June 2016.

For more details call Amanda or Tshogo on 011 234 4837 or email [media@anxiety.org.za](mailto:media@anxiety.org.za).



## Online Forums and Websites

There are a number of helpful online resources from around the world for both patients living with Bipolar Disorder and their family members. These chat forums offer peer support and encouragement.

[Click here](#) for a list of available online Bipolar Disorder Chat Forums and websites.



## Local & International Articles

There are a lot of articles available on Bipolar Disorder. For articles like *Living With Bipolar Disorder*, *The Battle with Bipolar*, *Diagnosing & Managing Bipolar Disorder* and many more, [click here](#).

To read more international articles on bipolar [click here](#). There are interesting articles on topics such as learning to *Track Your Mood*, *There's an App for That!*, *Six Things You Probably Don't Know About Bipolar Disorder* and *Going Home after Bipolar Treatment*.

SADAG offers free telephonic counselling 7 days a week, 365 days a year, from 8am to 8pm. We have a network of over 200 Support Groups throughout South Africa. We offer educational materials, including free multilingual brochures on mental health issues, including Bipolar, depression, PTSD, OCD, anxiety, trauma, sleeping disorders, schizophrenia, teen suicide and substance abuse. Call the Dr Reddy's Mental Health Helpline 0800 21 22 23 or the Adcock Ingram Depression & Anxiety Helpline on 0800 70 80 90.

Regards  
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