



Tomorrow is Bipolar Awareness Day

26 May 2021

The 26th May marks Bipolar Awareness Day and this year, SADAG is raising awareness once again to eliminate the stigma that so many still feel in their homes, workplaces and in broader society.

By talking about it, sharing resources and encouraging others to share their stories, we too can help people better understand their condition, and hopefully motivate them to reach out for help.

If you have a loved one living with Bipolar Disorder, you might find it easier to support them if you understand their symptoms, treatment plan and self-management techniques.

To help better understand Bipolar Disorder, you can use the information below to support and encourage your loved one to stay well and get help when needed.

Bipolar Day Facebook LIVE Video's

Wed 26 May

SADAG are so excited to be hosting our first Facebook LIVE video tomorrow for Bipolar Day (Wednesday 26



May).

Facebook LIVE videos lets you livestream Roundtable sessions, Q&A's and Webinars on Facebook. Viewers can watch from a phone, computer or connected TV.

Reactions, shares, comments, and other interactive features enable you to engage with us. To LIVE stream go to our Facebook Page - [The South African Depression and Anxiety Group](#) on Wednesday the live stream will be featured on our page.

Join SADAG as we host three Facebook LIVE video's on Wednesday between 12pm - 3pm. Don't miss the opportunity to learn more about Bipolar Disorders, listen to Expert Bipolar FAQ,s with Psychiatrist Dr Antoinette Miric, Roundtable discussion with Support Group leaders and loved one's as well as a Lived Experience guest sharing their own personal journey with Bipolar Disorder.

Stay tuned to SADAG Facebook Page - [The South African Depression and Anxiety Group](#) to get more details. If you miss it, don't worry you can go back to our page and watch the video and your own convenient time.

A vertical poster for a Facebook Live event. At the top, it says 'SADAG'S FACEBOOK FRIDAYS ONLINE Q&A' with a Facebook 'f' logo and a speech bubble icon. Below this is a row of five colorful emotion emojis: a smiling face, a face with a wide-open mouth, a face with wide eyes, a sad face, and an angry face. In the center, a white speech bubble contains the text 'Understanding Bipolar Disorder' and '28 May 2021'. Below the speech bubble, the event schedule is listed: '1PM - 2PM' with 'Dr Alicia Porter Psychiatrist' and '7PM - 8PM' with 'Christel Roets Clinical Psychologist'. At the bottom, there are logos for 'Dr.Reddy's', 'WWW.SADAG.ORG', and 'The South African Depression and Anxiety Group'.

Don't miss SADAG's FREE Facebook Expert Online Q&A focusing on Bipolar Disorder

SADAG is hosting a FREE #FacebookFriday Online Q&A on Friday the 28th of May to help people living with Bipolar Disorder, as well as their friends and family members.

Through our #FacebookFriday Online Chat, Psychiatrist Dr Alicia Porter and Clinical Psychologist Christel Roets will be answering all questions such as managing symptoms, medication FAQs, identifying relapse or how to support someone living with Bipolar.

To join the chat, go to our website www.sadag.org or directly to our Facebook Page: [The South African Depression and Anxiety Group](#). (@TheSADAG)

To remain anonymous, please send us an SMS to 31393 with the word "Facebook" or email media@anxiety.org.za and ask your question and we will post it for you anonymously.



Online Toolkit for Bipolar Disorder

The symptoms of Bipolar Disorder can disrupt relationships, work, studying and other areas of a person's life. To learn what Bipolar Disorder is, how it is diagnosed, ways it is treated, what you can do to support a loved one, and how to manage medication please make use of the Toolkit below:

- Brochure explaining signs, symptoms, treatment and support - [Click here](#)
- Miss SA Shudufhadzo Musida hosts a Bipolar Disorder Mindful Monday Session with Author and SADAG Support Group Leader, Samantha Smirin. [Click here](#) to watch the discussion.
- Online Videos with Dr Leigh Jeanet about what Bipolar is and how to identify the warning signs- [Click here](#)
- Everything you need to know about Bipolar - [Click here](#)
- The Best Bipolar Disorder Apps for 2019 - [Click here](#)
- Self-help tips - [Click here](#)
- Learn how to use a mood Diary - [Click here](#)
- What can family and friends do to help - [Click here](#)



#LetsTalkMentalHealth Webinar Series

Cipla in partnership with Mail & Guardian has launched #LetsTalkMentalHealth Webinar series where health experts provide useful tips about how to make mental health a priority.

- Clinical Psychologist, Zamo Mbele gives tips on Covid-19 fatigue, stress and burnout from working from home, deal with grief and loss as well as to protect our children's mental health. [Watch Now](#).
- In the second episode Psychiatrist Dr Frans Korb talks about stress, depression, insomnia, panic attacks, anxiety, PTSD and ensuring a healthy mind. [Watch here](#).



The Power of Support Groups

Are you looking to join a Bipolar Disorder Support Group? Would you like to start a Support Group in your area?

We have Support Groups all across the country, and many online Bipolar Support Groups for people with Bipolar and groups for loved one's.

If you would like to learn more about SADAG Support Groups please [click here](#) to our Support Group page on our website. If you would like to join a Support Group, please contact SADAG on the Dr Reddys Helpline on 0800 21 22 23 or the Cipla Helpline on 0800 456 789 and we can help you further.



Bipolar Disorder Articles

Knowledge is power - and learning as much as we can about Bipolar Disorder, ways to cope, helpful resources and how to support a loved one, is very important to understanding the condition and how to better support someone we care about.

- Understanding Bipolarity: Do We Have A New Pandemic Of Bipolar Mood Disorders. Written by Psychiatrist Dr Kobus Roux. [Click here to read more.](#)
- Do People with Bipolar Disorder Recover? You aren't alone in wondering about your loved one's future. As an expert in bipolar management—with bipolar—I still face mood swings and symptoms. Here's why. [Read more](#) by Julie A. Fast at BpHope.
- When it comes to bipolar stability, the way your loved ones treat you makes a difference. You can guide them in how best to support you. Here's how - [Read more](#) about Teaching Caregivers How to Help You Through Mood Episodes in an article by Julie A. Fast at BpHope.
- ADHD in People with Bipolar Disorder: What We Know. [Read more](#) in an article by Daniel Yetman at Healthline
- SADAG Support Group Leader, Author and Bipolar Coach, Sam Smirin, article on "[De-stigmatise yourself](#)" which was published in the SADAG's Mental Health Matters Journal
- Hospitalization for Bipolar Disorder. How does hospitalization fit into your treatment? In most circumstances, a combination of medication, psychotherapy, and lifestyle management can keep bipolar disorder under control. [Read more](#) in an article by Anthony Watt at Healthline
- Psychiatrist, Dr Leigh Janet, unpacks Bipolar Disorder, explains treatment and answers FAQs in this series of short online videos - [click here](#).
- [Healthy Lifestyle tips for managing Bipolar Disorder](#) on WebMD

- Loved ones and caregivers need support too - the International Bipolar Foundation has a range of resources, articles and helpful webinars for caregivers - [click here to access resources available for caregivers](#)
- An insightful article on "[20 unexpected signs of Bipolar Disorder](#)"

Its okay not to feel as good as you usually do during these unpredictable and difficult times. SADAG are always here to help you. There is always help, there is always hope.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, Depression, or Anxiety, or feel like you are struggling to cope, please call the Cipla Helpline 0800 456 789/ Dr Reddys Helpline 0800 21 22 23 or visit www.sadag.org for self-help tips to manage your mental health during these times.

**Best Wishes,
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