



**THE SOUTH AFRICAN
DEPRESSION AND ANXIETY GROUP**

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| SADAG | 011 234 4837 |
| Suicide Crisis Line | 0800 567 567 |
| Pharmadynamics Trauma Line | 0800 20 50 26 |
| Adcock Ingram Generics 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 |

Website: www.sadag.org • Email: zane1@medport.co.za • SMS: 31303

April Newsletter 2014 SADAG, Publicity and Sponsorship

Leading the press stories this month was one by Marion Scher, Media Trainer on the Biz Community website with a heading "Sponsorship that will make a major impact on peoples lives".

If you could get R24,5 million worth of free editorial coverage for two months (January and February) would you be happy or what??

SADAG is a registered NGO who do more for mental health than any other organization South Africa. The irony is however that the more successful they are, the bigger knock they take financially. Every time there's publicity the lines get fantastically busy. [Click here](#) to read the full story. SADAG thanks our Press Officer, Meryl, for the work that she has done.

Next month look for huge news on our New Offices, Donated Switchboard System, Security, Computers and moving Trucks.

Bipolar Awareness Day – 26 May 2014



SADAG will be hosting community dialogue sessions – "Ask the Dr" - in Johannesburg, Randburg, Pretoria, Cape Town, Durban, Port Elizabeth and Bloemfontein to name a few. Please visit our website from the 15th May for the complete list of dates and talks in areas throughout SA. We will also be uploading videos from the experts, support group leaders, and people living with Bipolar Disorder onto our website (www.sadag.org). Our Facebook Friday chat in May will be on Bipolar Disorder, and we will be working with schools, universities, communities and corporates to highlight awareness about this illness.

SADAG is also looking for people who live with Bipolar Disorder and have overcome some of their challenges and would like to share their stories through press and media to inspire others to get help. If you are a patient, loved one, or colleague, and feel comfortable sharing your experiences of Bipolar Disorder, please contact Meryl on Adcock Ingram Bipolar Helpline 0800 70 80 90 or email her on admin@anxiety.org.za.

If you are part of an ad agency or creative department and would like to help SADAG with pro bono adverts, viral campaigns or posters, please call Cassey on 0800 70 80 90.



Facebook Friday LIVE Online Chats- Next is Insomnia

SADAG's Facebook Friday online chats have been an incredible success and allow people from across SA to access information and advice and seek help from experts from the comfort of their computer or smartphone. SADAG's Facebook users often help each other, provide support and advice. Please visit our Facebook page "The South African Depression and Anxiety Group" for your daily articles, tips, press notifications, etc. Please call us on 0800 21 22 23 for more information.

Treating Insomnia may improve your Depression:

Join our Facebook Friday online chat tomorrow, 25th April at 1pm & 7pm for a discussion on Insomnia and how it can improve your depression. Most of us experience the occasional sleepless night, but for some people getting a good night's sleep is a rare exception. A good night's sleep is essential - it helps us feel refreshed, alert, and even happy the next day. Sleep expert Dr Alison Bentley will be available to answer any questions you may have regarding your sleep patterns, what is classified as a good night's sleep, and how you can cope with not sleeping properly and what treatment there is for you. For more information on the Insomnia Facebook Friday, [click here](#)

Note our upcoming Facebook Friday Chats

- 9th May- **Mental Illness affects the whole family** – How to cope & helpful tips
- 30th May – **"Ask the Dr":** Bipolar Disorder, treatment, challenges and self help tips

[Click here](#) to read an extracts from this past month's chat.

Medical Aid Schemes changes to codes



An issue SADAG often gets queries from members of medical aid schemes about is that of the codes on doctor's accounts. The Council of Medical Schemes (CMS) tries to decode the codes so patients know what their doctors are charging for and what the numbers mean. [Click here](#) to read more.

Mental Health Rights in the Workplace – March Counsellor Meeting



Every month SADAG holds a counsellor training meeting for our volunteers. This month's key speaker was Labour Lawyer, Peter Strasheim who discussed the topic: To Disclose or Not To Disclose - That is the question?

Mental Health issues will affect the working lives of 1 on 4 South African employees – in ways that may present workplace challenges, but can also open up employment opportunities. Between 8% – 12% of all employees can have a mental health diagnosis. Many of our counsellors get calls by distressed individuals who have been unfairly dismissed after the disclosure of their mental illness, or are in fear of disclosing their status, or are currently/previously being bullied or isolated due to colleagues and employers being aware of their mental illness.

[Click here](#) to read what expert Peter Strasheim had to say.

Teen Suicide Prevention Week Feedback



Teen Suicide Prevention week was in February 2014 and SADAG would like to thank all the celebrities, press, media, schools, professionals and organisations who participated in this critical and life-saving week to raise awareness of teen suicide and help teens in need get the help they need.

SADAG hosted a very successful press conference with 50 journalists attending. During February, we had over R15 million worth of press and media coverage. We also visited 7 schools and presented Teen Suicide Shouldn't be a Secret to 7 922 students. Through our Facebook Friday online chat, we engaged with over 2 300 people. The #WeCare campaign was a huge success with celebs and the public helping to raise awareness – we were even trending – twice! [Click here](#) for the full report, pictures and events.

Donations



As an NGO, SADAG relies on donations and sponsors. We have been incredibly fortunate and have received a number of donations recently from wonderful organisations and generous individuals that helps us to support the thousands of South Africans who need mental health advice, treatment and information. To donate to SADAG, please visit our website (www.sadag.org) and click on the donate button – it's as easy as that! To read more about the donations received by SACAP (Claremont), Adcock Ingram Generics and Akeso Crescent Clinic, [click here](#).

Our thanks to the anonymous donor who requested we "keep up the good work". It was a substantial donation. Our sincere thanks.

School Talks : Generously sponsored by Rotary International and Adcock Ingram Generics



SADAG's "Suicide shouldn't be a secret" school talk programme is a critical part of our fight to prevent teen suicide. By talking to teens and teachers about the facts of teen depression and suicide, SADAG helps not only to raise awareness about teen suicide as a preventable tragedy but also empowers communities to recognise a teen at risk and intervene. A very big thank you to our incredibly generous sponsors Rotary Hilton Head SC and Adcock Ingram for enabling us to present this vital talk and distribute life-saving information to over 7 922 learners and over 170 teachers in just three days! During Teen Suicide Prevention Week, teams of SADAG trainers visited seven schools

Himalaya Secondary School in Laudium; Westbury Secondary School in Westbury, Ivory Parl Secondary School in Midrand, Rabasotho Secondary School in Diepsloot, Belvedere Secondary School on the East Rand, Diepsloot Combined Secondary School in Diepsloot, Sunward High School in Boksburg, Gauteng, and Strandfontein Secondary School in Cape Town in the Western Cape.

[Click here](#) to read more about these talks.

New Volunteer Counsellor Training: 1st and 2nd March 2014



Over the weekend of the 1st and 2nd of March, SADAG had intensive Counsellor Training for new volunteer counsellors and Support Group Leaders. The weekend was jam-packed with fantastic speakers who shared their insights on a variety of mental health issues including Suicide Prevention, Depression, Obsessive Compulsive Disorder (OCD), Trauma, Substance Abuse, Panic and Anxiety, and Bipolar. Thank you to our amazing speakers and counsellors, and to Pfizer for hosting us once again. We look forward to welcoming new counsellors to the call centre.

[Click here](#) for more about our training weekend.



Board of Directors

Meet SADAG's Board Members

This month we will be introducing you to Dr Frans Korb and Dr Jan Chabalala who both serve on our Board. Dr Frans Korb is a Psychiatrist and Clinical Psychologist, of which there are only a handful of such professionals in SA, who works from a private practice in Blairgowrie, and visits a mental health clinic in Mpumalanga once a month. Dr Jan Chabalala is a Psychiatrist who runs both a private practice and works in 1 Military Hospital with a special interest in HIV and Mental Illness, Depression in the Elderly and Community Development.

To read more about Dr Frans Korb [click here](#). Or to read about Dr Jan Chabalala [click here](#)

Support Group Corner



If you are struggling with depression, grief, job loss or mental health problems, please join a local Support Group. Meeting with others in similar situations can ease feelings of isolation and help you learn coping strategies. Most peer support groups are free of charge. To find a Support Group in your area, contact SADAG on Dr Reddy's Mental Health Helpline on 0800 21 22 23.

[Click here](#) to see what areas new Support Groups have started in.

Thank you ETV & Refinery



Refinery, a Post Production company, and ETV kindly donated their specialisations and time to SADAG during Teen suicide Prevention Week for the airing of our 30-second PSA. ETV were also generous enough to air the PSA 60 times for the whole of February and into the first couple of weeks of March. Through their kindness, SADAG was given the opportunity to reach so many youth, and to 'speak' to them in their homes and educate them about teen suicide prevention. We are very grateful to ETV and Refinery for their selfless contribution.

If you didn't get a chance to catch the advert on ETV, [click here](#) to watch it.



Local Press



It is with incredible press support that SADAG is able to be so effective in destigmatising mental illness, raising awareness of mental health issues, and advocating for the rights and needs of patients.

People Magazine helps identify the risks and warning signs of Teen Suicide. [Click here](#) for the double page spread: "Teen Suicide-The Silent Killer"

1 in 5 Teens will think about killing themselves. Vicus Burger from Die Volksblad Newspaper, talks to Psychiatrist Dr. Helen Gledhill about the importance of this issue. [Click here](#) for the full story.

to Psychiatrist Dr Helen Clark for her comments on this issue. [Click here](#) for the full story: "Druk Groot Op Tiensers"

Depression is often misunderstood or goes unrecognised, even by sufferers themselves. [Click here](#) for an informative article on Depression: "10 Things I Now Know About Depression"

Die Volksblad, has an interactive comic strip (SkoolBlues) that tackles issues faced by teenagers. In this issue, they talk about Teen Bullying. [Click here](#) for more: "Volksblad, n Hou Teen Boelies:

Many people fear disclosing their mental health diagnosis to employers, friends and family. When it comes to life insurance policies, full disclosure is vital. [Click here](#) for the article in Risk SA: "Disclosing Depression and Insurance Policies"

Are you a smoker and would like to quit? Are you concerned about the Health and Mental Health risk factors of smoking on yourself or your loved ones? [Click here](#) to read an article in Live Mag: "Smoking and its Relation to Mental Health"

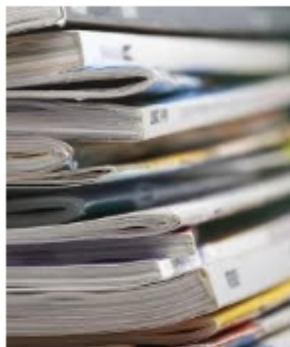
Depression may be a contributing factor as to why someone who may want to commit suicide. Servanus Magazine helps us identify the warning signs of suicide and what to do if you know of someone who is at risk. [Click here](#) to read: "Dealing with someone who is considering suicide"



Thrive Magazine – Hitting the shelves now!

The Autumn 2014 issue of Thrive magazine is now at Pick 'n Pay Pharmacies and selected CNAs and Exclusive Books in Gauteng, Cape Town, Durban and Port Elizabeth. This issue of the magazine honours SADAG's 20 years with stories on support group leaders Jay and Michelle Barnes, and Cathy Matthews. Also read about anti-depressants, self-acceptance, Omega-3s, affirmations and colour therapy.

[Click here](#) to receive regular bits and pieces of Thriving information and inspiration with Thrive's twice-monthly newsletter, ThriveBytes.



International Press

The international press often has very interesting articles that SADAG likes to share with you. If you have missed any in the past, they are all on our website under International Press.

Bipolar Women Have Special Pregnancy Concerns that may need to be addressed in the period before and after childbirth. [Click here](#) to read the article.

Childhood ADHD Linked to Obesity in Teens: A new study suggests that children diagnosed with attention-deficit/hyperactivity disorder (ADHD) may put them at higher risk of becoming obese in adolescence. [Click here](#) to read more.

More Evidence That Bullying Raises Kids' Suicide Risk: Children and teens involved in bullying - victims and perpetrators alike - are more likely to think about suicide or attempt it. And cyber bullying appears more strongly linked to suicidal thoughts than other forms of bullying, a new research review finds. [Click here](#) to read more.

First trials in the UK for incurable Depression using Ketamine on a small number of patients. [Click here](#) to read the full article.

Reaching My Autistic Son Through Disney: Owen barely communicated with my wife and me. But he opened up to the Disney films. [Click here](#) to read this incredible story.

A concerning new study has found that the majority of teens who are referred for mental health care or treatment, don't go. [Click here](#) to read: **Less Than Half of Teens Referred for Mental Health Treatment Go Through With It.**



Talks and Presentations

Crucial to SADAG's work is to create awareness about mental illness through education programmes that we offer in schools, communities and businesses. Only through education can we hope to destigmatise mental health issues and get people the help they need. [Click](#) to read more about SADAG's school talk on eating disorders and a corporate talk on stress.



Diepsloot Counselling Container

Janssen funds and SADAG manages the Counselling Container in Diepsloot. The Container offers free counselling, referrals as well as community outreach, school talks and awareness days throughout the community for the almost 200 000 residents of this sprawling township.

[Click here](#) to read about the Teen Suicide Talk at Diepsloot Combined School.



Upcoming Workshops in Cape Town

There is a 2 day seminar taking place in Claremont in the Western Cape by Dr Lesly Uys. The seminar titled "Death, Grief and Dying" is for carers who work in this field or for someone who may be struggling to come to terms with the death of a loved one. The cost is R900 per person (includes a free book) and runs on the 9th and 10th May. There is a special discounted rate offered to SADAG members. For more info, [click here](#)

Department of Social Development and SADAG: Substance Abuse Support Group Programme



SADAG runs the Department of Social Development's Substance Abuse 24 hour Helpline – 0800 12 13 14. Over the past year SADAG, with the support of the Department of Social Development, we have conducted workshops in 38 areas around South Africa focusing on the mentorship and facilitation of 98 substance abuse support groups. The mentorship programme consists of 3 workshops per area each focusing on various aspects of Substance Abuse and training community members to be Support Group leaders. [Click here](#) to read more about the programme. To start a Support Group in your community, please contact Naazia or Justine on 0800 12 13 14/ 011 234 4837.

Please diarise Substance Abuse Prevention Day on the 26th June, contact Justine or Naazia on info@anxiety.org.za or 0800 12 13 14 if you want to host an awareness talk, wellness stand, workshop or support group meeting in your community, work, school or community centre.

[Click here](#) to see our press coverage and support for our Substance Abuse Support Groups.

USAID Sexual HIV Prevention Programme: Ivory Park



USAID funds the South African Sexual HIV Prevention Programme (SHIPP) in support of HIV combination prevention efforts and outcomes. SADAG is one of SHIPP's partners, together with Futures Group, the Wits Reproductive Health and HIV Institute (WRHI), the Centre for AIDS Development, Research, and Evaluation (CADRE), and EngenderHealth. SADAG is working in Ivory Park with schools and communities to create awareness and education about Mental Health and HIV.

[Click here](#) to read more about SADAG's teen suicide prevention talks with well known Soccer star Matthew Booth at the Umqhele Comprehensive School in Ivory Park.

Thank You's



SADAG would like to thank Stefan Labuschagne for his ongoing help in the last five years for working on and servicing our computers free of charge. His help especially over the weekends is greatly appreciated.

SADAG relies on our wonderful volunteers to provide hope, help and support for all South Africans affected by mental health issues. It is always so special for us to know that we are making a positive difference in people's lives.

"Thank so much guys for always being there for us. Please know that we appreciate you so much. It is a nice back stop, knowing that there will always be someone to talk too." (KH)

"Thank you for the wonderful work you do – I wish you were there when I was still at school." (JZ)

"Wonderful, kind and passionate organisation. I know what I am talking about. Thanks, all." (RB)

As we continue SADAG's 20 years of advocacy, it continues to fight for the rights of mental health to be seen as equal to other illnesses and health needs. It is through your support and voices that we can continue to do the work we do. Book your community, school or corporate talks, or call us on 011 234 4837 to find out how you can get involved, Naazia will assist you.

Regards,

Zane Wilson

SADAG Founder

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