



THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP

SADAG	011 262 6396
Suicide Crisis Line	0800 567 567
Pharmadynamics Trauma Line	0800 20 50 26
AstraZeneca 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@hargray.com • SMS: 31393

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DECEMBER NEWSLETTER



2012 has involved us in a lot of projects for mental health and for SADAG. We have involved the media, with other NGOs, government and the private sector to raise concerns about mental illness and working for more changes to government policies and medical aid schemes.

Mental Health Care in Decline

This month, we were asked by the Mail & Guardian to write an opinion editorial on the state of mental health care in South Africa. The article, that was published indicated that "South Africans' rights to proper treatment are under threat and holds long-term implications" [Click here](#) to read the powerful article.



New Clinical Trial for Major Depression

Patients with treatment-resistant depression, who have tried at least 3 different anti-depressants and are currently taking one or more medications can apply to participate in a new study. Patients who are not on a medical aid are particularly encouraged to apply. If you're between the ages of 18 and 70, and live near Johannesburg, Pretoria or Cape Town, please call Dessy or Meryl on 0800 000 401 between 8am and 3pm Monday to Friday. To read more, [Click Here](#).

Click here for a guide to clinical trial participation
www.nih.gov/health/clinicaltrials/



Medical Aid Schemes and Prescribed Minimum Benefits

Medical Aids are obligated to pay for treatments that fall into the prescribed minimum benefits (PMBs). This is done to make sure that you always have cover for essential health care. But the system isn't perfect, and your medical scheme may reject a PMB claim. It is essential that you know your rights when it comes to PMB claims.

[Click Here](#) to read the article by Laura du Preez that was published in The Star.



THRIVE – Your Guide to Mental Wellness

Announcing the launch of the first SA mental health magazine! Be inspired and informed! Read about real people who have overcome mental illness, or are successfully living with their condition. Read about how to create mental wellness for yourself. Pick up your **FREE** copy from your nearest Pick n Pay Pharmacy or SADAG support group. [Click Here](#) to have a peek at some of the articles and to find out more about subscriptions.

10 print subscriptions are up for grabs! Email win@thrivemag.co.za

Facebook: [Thrive Magazine](#)
Website: www.thrivemag.co.za

Twitter: [@ThriveMagZA](#)



Substance Abuse Capacity Building Project

SADAG is currently coordinating a three-phased project funded by the Department of Social Development to build support groups for substance Abuse and Mental Health. . We have been presenting a series of training workshops in all nine provinces. Our workshops cover topics that will help enable people to run a support group in their area. Some of the topics we have been presenting are: Depression and Anxiety, Substance Abuse, Trauma, Nyaope, Counselling Skills, Treatment and Rehabilitation of addictions and How to run Support Groups. The objective of this project is to establish support groups for substance abuse in conjunction with mental illness in rural areas of South Africa. We have had a very enthusiastic response and we look forward to opening many new support groups in the new year. To see the areas we have scheduled workshops in please [Click here](#)



Human Rights and Access to Mental Health Care

Elizabeth Matare, SADAG's CEO, was invited as a guest speaker at a meeting on Mental Health as a Human Rights Issue. The meeting was organised jointly by the Foundation for Human Rights, SADAG and the Department of Justice. [Click here](#) to read Elizabeth's report.



Rotary Partnership: The Start of Something Big

Rotary Clubs donated much needed and appreciated funding to SADAG to conduct a series of school visits and talks on teen suicide prevention. A team of 10 SADAG counsellors visited the Penelopele Secondary School near Midrand and met with 1,150 students. Each student was given a wrist band with the toll-free helpline number. A supply of Speaking Books, "Suicide Shouldn't Be a Secret", were donated to the school. Thank you Rotary Clubs in South Africa and America for helping to make a difference in the lives of so many South African youth. [Click here](#)

to read more.

Press and Media

Local Press



The teenage years are always emotionally charged and bring with them many different experiences and challenges. **TeenZone** magazine took a look at these. To read the article **depression– how to deal with it**, what the symptoms are and how it's treated [Click Here](#)

Obsessive Compulsive Disorder (OCD) can be very difficult to live with. **Cosmopolitan** magazine spoke to a woman who has been living with this illness for most of her life to find out what it's like. [Click Here](#) for her story

The **Mail & Guardian** newspaper explored whether **children are diagnosed with bipolar mood disorder** and how this condition affects them. To read more about this and for warning signs to look out for [Click Here for pg1](#) and [Click Here for pg2](#)

People are often nervous to see a psychologist or psychiatrist because they're unsure what that really means or what to expect. **The Waiting Room** magazine investigated the difference between these two professions, as well as what happens during a session – to find out [Click Here](#)

Online counselling is becoming more popular, but how do you know when it's a good idea and when it's just not right for you? **Cosmopolitan** magazine finds out – [Click Here](#) for more

The holidays are almost here and this can be a very stressful time of year. **Clicks Club Magazine** has put together a **holiday survival guide to help ensure the season is a happy one**. [Click here](#) for the article



International Press

SADAG is always aware of interesting articles both locally and internationally. Here are some must-reads from overseas.

Post Natal Depression: PND is a very real but highly misunderstood form of depression. [Click here](#) to read one woman's journey.

Depression and Poverty: South African research, conducted by Dr Crick Lund, has shown very similar findings – that poverty and depression are strongly connected. Part of a gallop poll in the USA in 2011 found that depression disproportionately affects those living in poverty. [Click here](#) to read the report.

Teen Suicide: We know that South Africa has an alarmingly high rate of teen suicide but it is not just our country that faces the challenge of preventing teen suicide. [Click here](#) to read the article from Psychiatric News.

Stress: We all have it, and we all wish we knew how to stop. Stress is a reality but here are some tips on how to stress less. [Click here](#) to read two articles on stress management.

Depression and Old Age: Many people assume that depression is a normal part of ageing but we know this isn't true. A new study shows that depression damages the quality of life in old age. [Click here](#) to read more.

Online Therapy: With lifestyles being fast-paced and stressed and finances often tight, online therapy is becoming increasingly popular. [Click here](#) to read two articles about online therapy.

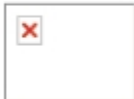
Sleep: We know that lack of sleep and sleep deprivation can trigger and exacerbate many conditions, moods, and illnesses. Research shows that poor sleep increases the risk of hypertension. [Click here](#) to read more.

Obsessive Compulsive Disorder: Many people have OCD tendencies or have been diagnosed with this disorder. Many people feel too ashamed to get help. [Click here](#) to read this article about how to step out of OCD thinking.

World Mental Health Day



The 10th of October was World Mental Health Day and across countries and communities, NGOs like SADAG were raising awareness about mental health issues, fighting stigma, and getting people talking about mental health.



Mental Health Swazi Style

SADAG is very privileged to work with Denise in Swaziland. She has been running a support group there for many years and does incredible work in the country. On World Mental Health Day a speech given by the WHO representative in which he especially mentioned Denise's group – the Mbabane Mental Health Support Group. [Click Here](#) to read the speech. Thank you Denise for your amazing work!



Depression Documentary and Talk at the University of Kwa-Zulu Natal

Survivors of Suicide support group leaders, Lori and Joy, held a Depression talk in KwaZulu Natal. The talk was very well attended – even more so considering the rain and mist! Sarojini Naidoo was excellent with the question and answer session. She is a lecturer in Psychology at UKZN and her interests are suicide, depression and couple counselling. There have been many youth suicides in the area recently and SADAG and SOLO is supporting and educating communities across the province to identify warning signs of suicide and how to cope if a loved one commits suicide.



Diepsloot Mental Health Awareness Day

This event was held in honour of World Mental Health Day celebrated on the 10 October, and using the theme of this year's world mental health day. Focusing on Depression a Global Crisis, there were 250 guests from Diepsloot and Surrounding areas attend, with speakers from the SANCA, Bryanston Methodist Church, SA Federation for Mental Health, Occupational Therapists from Bona Lesedi and two Psychologists. As a result the program for the day was quite full yet informative for the community members attending. Representatives from the SA Disabled people's association, City of Johannesburg, and Soweto NGO's all attended the workshop eager to learn about mental health and what they could do to help friends and family. [Click Here](#) to read more.



Meet SADAG's Board Members

Many people know SADAG for our wonderful counsellors, our Operations Director, CEO and founder, press liaison and as by lines and quotes in the press and media. But what about our Advisory Board? We thought it was time you meet our directors: Dr Colinda Linde and Dr Jan Chabalala. [Click Here](#) to read more.

Diepsloot



Janssens Counselling Container at Diepsloot has provided counselling to the Diepsloot community since 2010. SADAG has made an impact in the community and is recognised at grass roots level as an NGO that cares, supports and helps communities. In 2012, the Diepsloot team was invited to participate in a number of community events addressing issues like: HIV/Aids, Domestic Violence, Vigilante Justice, and Integrating ex-offenders into society. In 2012 the Counselling Container has provided free face-to-face counselling to over 400 members of the

community. Counselling challenges have ranged from substance abuse, rape, trauma, HIV and Aids, poverty, depression, anxiety, relationships, suicide, getting social grants, getting asylum papers, and bereavement.

[Click here](#) to read about the Mental Health Awareness Day at the Diepsloot Youth Centre.

New Facilities Around South Africa

Substance Abuse and Psychiatric Clinic in Upington

There is a new clinic opening in the Northern Cape. Based in Upington, the Resilia Clinic is a combination of 50% private patients and 50% public. The clinic offers in-patient service only. They are also offering a carefully monitored detox programme. Their professional staff include: psychiatrist, clinical psychologists, social workers, occupational therapists, nurses, and GPs. Please call 087 625 0260 for further information.

Houghton House

Houghton House is a substance abuse facility that has been operating for many years. They run 4-week and 6-week programmes and work with their patients to get them closer to recovery. Dan Wolf is a psychologist specialising in the treatment of addictive disorders, and is the director of the Houghton House Group of Treatment Centres. [Click here](#) to read his article or visit <http://www.houghtonhouse.co.za/>.

Lighthouse Rehabilitation Centre - Cape Town

A registered inpatient and outpatient substance abuse rehabilitation centre, that can accommodate 8 patients at a time. They provide a healthy, drug-free, safe and secure environment wherein the treatment and education of addictive behaviour is focused on. There is a 6 month aftercare treatment. For more info please [Click Here](#) to visit their website. Their programme is 4 weeks inpatient and 2 weeks outpatient.

Support Group Corner

We are very excited to announce that we have many new support groups starting. If you are interested in joining a support group – or starting one – please call SADAG on 0800 20 50 26 and ask for Meryl for details.

Western Cape

Mossel Bay: Jaco is opening a new depression and anxiety support group. The first meeting will be held on Friday, 30 November at 5pm. Meetings will be held at Balsinos Coffee Shop.

Rondebosch East: The depression and anxiety group will be held on 12th December at 6pm. Mike will host the support group at Rosedon House.

Eerste River: A new substance abuse support group for recovering addicts and their family members will be held at the AGS church every Wednesday between 10am till 12 noon.

Retreat: Living Grace Support group is an aftercare support group for recovering addicts, the meetings are daily and start at 4pm. The group meets at Corner Concert Blvd and Cowell Wy.

Somerset West: The Hope Support Group is a depression and anxiety support group which meet every Thursday between 7pm and 8pm. It is run by Joy and Valerie. The venue is the Firgrove Primary School.

Gauteng

Randburg: Martin runs a support group for men that have been sexually abused. The meetings are held at Crescent Clinic every Tuesday between 7.30pm and 9pm.

Sandton: Jane's support goes from strength to strength. They were interviewed by the Sandton Chronical. [Click here](#) to view the article. Meetings will start again at Rosebank Union Church cnr William Nicol and Sandton Drive on 11th Dec 6.30pm

Kempton Park: A depression and anxiety support group meets every Wednesday at 7pm is run by Rina. The group meets at the NG Hoogland Church in Van Riebeeck Park.

Honeydew: Meryl runs a post natal support group on the first Thursday of every month. Meetings are held at Eagle Canyon between 7pm and 8.30pm.

Gillview Heights: A new substance abuse support group will be opened in January 2013 by Lorraine. The group will meet every Thursday from 7pm to 9pm. Meetings will take place at 21 Hilary Street, Shop 2A, Gillview.

Eastern Cape

East London: Milly very kindly runs a depression and anxiety support group for SADAG in East London. The meetings are on every second Thursday of the month, between 5pm and 7pm.

Port Elizabeth: The bipolar support group is run by Simon every second Monday between 6.30pm and 8.30pm. Meetings are held at the Fountain Vineyard. His expertise and help to SADAG patients is very invaluable.



Clinical Psychology Positions – South of Johannesburg

A family therapy centre in the South of Johannesburg is looking to fill two clinical psychology positions (full time and part time). For more information, please contact Kim on (011) 432-2056 or email her kimberly@icon.co.za



Ice Aid-Emergency help where you need it instantly

Ice Aid is an emergency solutions company that provides prompt, efficient, comprehensive and technological solutions in the event of an emergency. They provide engraved wristbands with emergency information in the event someone has a relapse or attacks – like in the case of epilepsy, bipolar or acute illnesses. Without proper information, doctors and paramedics can misdiagnose common symptoms causing delays in treatment or receiving the wrong treatment. Their wristbands are connected to an SMS system that sends accurate patient information to the EMS team as well as a notification to the next of kin. [Click here](#) to read more or visit <http://www.ice-aid.co.za/>



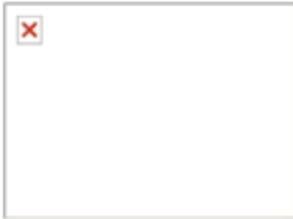
SADAG Talks and Wellness Days

SADAG gets invited to participate in many talks and wellness days and we get involved in some very interesting projects too.



Rand Water Wellness Day: 6thOctober

As part of their corporate healthcare programme, Rand Water hosted a Wellness Day for staff and management on 6th October at Rand Water head offices in Vereeniging. Brett Pepper and Venetia Dennis manned a SADAG stand. Besides educating the visitors on mental health matters and providing a wealth of information via our literature and leaflets, a substantial number of people asked for personal counselling and advice.



Tara Hospital Occupational Therapy Morning: 17thOctober

The Occupational Therapy Department at Tara Hospital in Saxonwold hosted an Open Day for staff members and visitors on Wednesday 17th October. The programme included talks by various speakers on the OT facilities available at clinics and hospitals, and the role of the OT therapist in the multi-disciplinary medical team (MDT) and was supported by representatives from Chris Hani Baragwanath, Sterkfontein, Weskoppies, Ministry of Health, Crescent Clinic and SADAG. We all had our own stands. Ours was manned by Marlene and Venetia who handed out brochures and information, posters and Speaking Books.

The National Youth Development Agency (NYDA) hosted a Youth Expo in Alexandra Township: 19thOctober

The National Youth Development Agency (NYDA) hosted a Youth Expo in Alexandra Township and the Deputy Minister (responsible for Performance, Monitoring and Evaluation) attended. [Click Here](#) to read more.

Helen Joseph Psychiatric Department

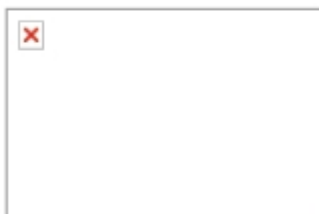
The Helen Joseph Psychiatric Department hosted a World Mental Health Day at the hospital, and invited SADAG and all the other hospital departments - Speech and Audiology, Occupational Therapy, and Psychology - to participate. [Click Here](#) for more information.



Monthly Counsellors' Meeting

On Saturday, 27 October 2012, counsellors and staff of SADAG had the privilege of attending a talk on Borderline Personality Disorder (BPD) by Kerry McLuckie, a clinical psychologist. McLuckie has had many years of experience working with this disorder, which provided great value and insight into understanding the complexity and nature of BPD. Furthermore she presented an extremely interesting and holistic overview of BPD. [Click Here](#) to read more.

Lisa Selwood presented a very informative talk about Adult Attention Deficit Hyperactivity Disorder (ADHD) on Saturday 24 November 2012. We get more queries on this topic and its causes. Between 2.9% and 16.% of any given population may have adult ADHD, with males more commonly. Lisa shared a lot of helpful information and we are grateful to her for sharing her expertise in this field. [Click Here](#) to read more about Adult ADHD.



Thank You SADAG!

Getting letters, emails and SMSes of thanks from callers and organisations we have worked with really makes our day and we love to share them with you.

Thank you so much for your help. I do not know how to repay your concern and kindness. Meryl was very helpful and she gave me some contact numbers for social support. I will be forever grateful to you and

Meryl. It gives me great comfort that they are people who care for their fellow men and women who they have not even met "Best wishes and regards, F.

"Thank you for the monumentous work you are doing. I live with a very sick spouse and I don't cope – it's tearing me apart. I was desperate and ready to give up and you were there. Thank you to a wonderful SADAG." C.

"You helped me 18 years ago – and you have helped me again! Thank you and God Bless" H

"Thank You for rescuing my nephew from the brink of death and for being there and taking him under your wing. You have saved a life. Cant thank you enough!!" P

"Thank you so much to the lady that went out of her way to help me. I received a lot of help. Thank you so much for all your help." Kindest regards U.

We at Precious Place of Hope would like to take this opportunity to whole heartedly thank you for supporting us our mental health awareness campaign held on the 27th of October 2012. We were indeed honoured to have you help us with booklets. You have truly brought hope to our organisation's aspirations and made success of the event. Your commitment to us has significantly shown that greater things can be achieved through joint efforts. Thank you so much once again for the love and support, but above all the passion in you for the work you do as well as the community work you do. May God abundantly bless you. Regards, Nathi Ncube, Precious Place of Hope-Admin.

"I would like to thank you guys for the help you gave me today after running around so long for help but one email sent by me to you gave me all the hope and assistance you then showed care and compassion and was with me and my family through phone calls during this day. May God bless you all for all your hard work and love for your God given jobs you really were a huge assistance to me and my family am happy to report to you that my brother was assisted and admitted. No words can explain how grateful I am to you guys KEEP UP THE GOOD WORK. God bless you all!" P

"We would like to extend our grateful thanks and astronomical appreciation for the care, generosity and contribution made by SADAG in this time of need after losing 6 teenagers to suicide. We have to highlight that your contribution has made it possible for us to not only reach our community but also the surrounding communities. The brochures and wristbands has come at the right time to reinforce the message that there is help out there and suicide is not the solution." Many Thanks Fair Havens Ministries.



SADAG's Wshlist!

People often ask us what we need in terms of goods for donating, currently we are in urgent need of the following:

1. A working Photocopier for bulk copying
2. 10 boxes of photocopy paper
3. A recording studio who will copy 500 DVDs free for us
4. Projector
5. Laptop

The Photocopier will assist us in making more copies of our handouts which we send to our callers, support groups and Mall days.
The DVDs are talks presented at our training workshops, which will be used at support group meetings.

If any one is able to donate any of these we would be so grateful. Please email Dessy@anxiety.org.za

Wishing you all a happy, healthy and safe festive season and a very hopeful 2013. Please remember that SADAG is open throughout the festive season on 0800 21 22 23 or 0800 20 50 26. If someone is in need of help, please call us. We're open from 8am to 8pm 7 days a week every day of the year.

When you choose gifts for 2012 please remember SADAG needs your gift as well. We really value your donations which help us keep our lines open year long. Please [Click Here](#) to the online button or donate to SADAG's bank account below.

Happy Holidays,

Zane Wilson
Founder

FNB Benmore Gardens
Account Number: 59251150677
Branch Code: 251255



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