

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
24 Hour Substance Abuse Helpline	0800 12 13 14



WEBSITE: www.sadag.org



The South African Depression and Anxiety Group



TheSADAG

February 2018



Teen Suicide Prevention Week

Next week is Teen Suicide Prevention Week (11-18 February 2018) and with 1 in 4 South African teens who have attempted suicide - it is crucial we create awareness around teen depression and suicide prevention.

More recently, we have seen reports in Press and Media of children as young as 6 years old who have committed suicide. This week there were reports of an 8 year old girl who died from suicide in Durban.

SADAG is focusing on raising awareness amongst teens, children, teachers, parents and communities to help prevent Teen Suicide.

- Our "Teen Suicide Shouldn't be a Secret" School Team will be visiting schools in Roodepoort and Centurion amongst others.
- SADAG is hosting a FREE Online Facebook Friday chat on Friday, 16th February with experts answering all questions on Teen Depression, warning signs and Suicide Prevention. See below for more details.
- Click here for the Teen Suicide Prevention Posters advertising the Suicide Helpline number. Print it and put it up at your school, community, taxi rank, campus, workplace, church, etc. Or nominate a school and send their details to newsletter@anxiety.org.za
- Go to www.sadag.org to see out ONLINE TOOLKIT which includes practical tips on what to say/not to say to a depressed teen, warning signs, etc. As well as online expert videos, adverts, posters and infographics of stats.
- You can also follow us on Facebook or Twitter (@The SADAG) for more info, posters and useful tips to help us #StopTeenSuicide

Teen suicide solution

SADAG HELPS THOUSANDS OF SA TEENS THROUGH SCHOOL PROGRAMMES

367 Schools in 5 years
10 counsellors sent out at a time

1200 TO **2500** learners per school

9 provinces

SADAG MAKES A DIFFERENCE BY:

- Speaking to 1 class at a time
- Making sure teens can recognise symptoms in themselves or friends
- Making youth aware of what action to take
- Giving learners opportunities to ask questions and share problems
- Explaining who to talk to in community: teacher, pastor, social worker, psychologist, nurse etc.
- Ensuring youth know how to contact SADAG via phone or SMS 31393

SADAG GIVES

- Presentations and Workshops
- Wristbands with contact numbers
- Speaking books to libraries
- School principal support and encouragement
- Teachers training on identification of teens at risk

RESEARCH FROM 29 SCHOOLS AFTER SADAG'S PROGRAMME

- 91.5% of learners indicated that depression is treatable
- 95.5% of learners indicated that a suicidal person should not be left alone
- 91.7% of learners were able to recall SADAG's Suicide Toll Free Helpline
- 89.8% of learners were able to recall SADAG's SMS Number

CONTACT SADAG
011 234 4837 | SMS 31393
www.sadag.org
Toll Free Line: 0800 567 567
Open 365 days a year - 8am to 8pm

COMMENTS FROM THE SCHOOLS

"SADAG spoke to our Grade 10 - 12 learners. The response from learners was very positive and well appreciated. The school would like to thank SADAG for the sterling service they offer to communities throughout SA."
(Mr Morris, Eldorado Park Secondary School)

"SADAG visited our school today and conducted a workshop about depression and suicidal tendencies. They first engaged the learners and then later talked to the whole staff. We were very impressed by their presentation."
(Mr Vena, Mpilileweni Secondary School in Katlehong)

TEEN SUICIDE prevention

Teen suicide in south africa

9,5% Non-natural deaths in young people are due to suicide

ONLY 1% of mental hospital beds are assigned to children

20,7% of teens have considered attempting suicide

!!! Youths between 15 and 19 years old are the most at risk

Females attempt suicide more often than males with a ratio of **3:1**

MOST COMMON METHODS:

- Hanging
- Shooting
- Poisoning
- Overdosing
- Gassing
- Burning
- Cutting

40% or more of fatal suicides occur over weekends - mostly between 7am and 8pm

23,6% teens have had sad or hopeless feelings

28,6% Free State province has the highest provincial prevalence of learners with sad or hopeless feelings

0% Funding from the Department of Health

60% of youth with a Mental Health Disorder do not get the treatment they need

16,8% Made a plan to commit suicide

MOST COMMON WARNING SIGNS

- Sudden behaviour change
- Helplessness
- Withdrawal
- Change in eating patterns
- Unusual preoccupation with death or dying
- The giving away of valued personal possessions
- Signs of depression
- Moodiness
- Hopelessness
- Change in sleep patterns

HIGH RISK FACTORS

- Relationship problems
- Family issues
- Violence, emotional or sexual abuse
- Family history of suicide or depression
- Disease
- Bullying
- Substance abuse
- Previous attempts

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Free Online Help for Teen Suicide Prevention Week #FacebookFriday

1 in 4 South African teens have attempted suicide. It is important for all parents, teachers & friends to know the warning signs of Teen Suicide, how to talk about Depression and how to get help. Join the #FacebookFriday Teen Suicide Prevention Online Q&A on the 16th February at 1pm – 2pm and again at 7pm – 8pm. Ask our experts, Educational Psychologist, Tshepiso Matentjie and Psychologist, Cindy Van Wyk, for advice, tips and how to help your teen. [Click here](#) for more information and like our Facebook Page: [The South African Depression and Anxiety Group](#).



SADAG needs Volunteer Counsellors

We are in need of more people on our shifts, which is due to the massive publicity over the last two years which has led to an increase in calls to the call centre. We train all our telephonic counsellors over a weekend and prior to that, you have the opportunity to sit in our call centre and view what our work involves. Our shifts that we offer are from 8am to 12pm, 12pm to 4pm or 4pm to 8pm, seven days a week. [Click here](#) for the press release and [click here](#) for the form

that you can complete. We are hosting a training weekend on the 3rd and 4th of March. We would like to welcome you to SADAG.



University Helplines and Mental Health on Campus

As 2018 begins, SADAG has taken on two new university helplines; The University of the Western Cape (UWC) and Tswane University of Technology (TUT). SADAG runs 5 different University Helplines now which are effective in providing students with free telephone counselling. Universities have decided to focus on Mental Health on campus and provide more support to students. We aim to promote Mental Health Awareness on campus and are looking forward to taking part in Wellness Days, Awareness talks, radio interviews & press articles during the year ahead. We look forward to sharing information & resources with students across the country. SADAG will be visiting several Universities during Orientation Week to talk about our services and Helplines available. If you would like to learn more about the University Helplines, or want to find out how to get a Helpline for your University/College or School, please email Lara at supportgroups@anxiety.org.za



New Online Resources for Substance Abuse Help

SADAG, in partnership with the Department of Social Development (DSD), have been running the 24-hour Substance Abuse helpline (0800 12 13 14) for the last 9 years.

Over the years, we have really come to understand that reaching out for help can be the biggest challenge. To help encourage people to reach out, we have created an online "[CONTACT THE COUNSELLOR](#)" button on our website (www.sadag.org). By clicking on the button and filling in the short online form with your details, once you click "SUBMIT", a counsellor will get your details and contact you to help further. The online "[CONTACT A COUNSELLOR](#)" button is available 24 hours. If you know someone who has a drug or alcohol problem and needs help - please encourage them to contact us via the new button.

Also, please [click here](#) for electronic copies of our Substance Abuse Prevention brochures available in Afrikaans, English, isiZulu, Sepedi, Sesotho, Setswana and Venda. If you would like brochures, handouts or posters on Substance Abuse for your school, community hall or company, please contact Justine on 0800 12 13 14 or press@anxiety.org.za



Upcoming Workshops

Practical Mindfulness Workshops

Are you struggling to cope with all the Stress in your life? Mindfulness can help! Develop a mindfulness practice that suits your lifestyle and which enables you to remain calm, stay focused and make the best decisions in any situation! The course is in Randburg and consists of 6 modules at the cost of R350 per module, there are package deals available and the costs are covered by your Medical Aid. [Click here](#) for more details and to book your module.

Akeso Randburg - Adolescent Workshop

It's happening again! Akeso Randburg is hosting an Adolescent Workshop on the 17th February at 8:30 am for Mental Health Professionals. Speakers include Dr Sarvani Pather and Luke Lamprecht. [Click here](#) for details. RSVP to megan.h@akeso.co.za

Annual Ethics Alive Symposium

“JUSTICE, EQUITY AND HEALTH”

The Gauteng Mental Health Marathon Project (Life Esidimeni Tragedy) has highlighted the lack of access not only to clinical and technical resources for our patients but also to ethical practice and care. Equity considerations include the promise of our much anticipated NHI and whether or not progressive universalism will be a reality in light of the current context. Speakers include: Mr Pravin; Gordhan; Professor Malegapuru Makgoba; and Professor Elmi Muller. It will be held on the 15th March, at 6pm at the Wits Education Campus, Parktown, for more details [click here](#) and RSVP to Samkelo.Nsibande@wits.ac.za by the 8th March.

Acacia Therapy and Health Training

Dr Lane Pederson will be holding one-day Personality Disorder Workshops in Durban on 27 March, Stellenbosch on the 2 April, Randburg on 4 April and Nelspruit on 6 April. Early bird registration is open until 28 February at the cost of R1,700. [Click here](#) for more detail and [click here](#) to book your spot.

Assertiveness Workshop

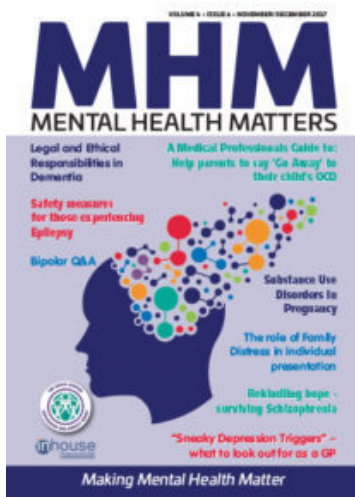
Learn quick ways to be Assertive, express yourself clearly & confidently in any situation at the Assertiveness Workshop on the 27th February from 6pm – 8pm in Blairgowrie, Randburg. The cost for the workshop is R400 per person and is hosted by Psychologists & CBT Experts, Dr Colinda Linde and Tyrone Edgar. For more details about the workshop and to book your seat please email tyrone.edgar@cbtrsa.com or call 010 591 2223





Support Groups

Many of the Support Groups that have closed over the December period have now reopened in areas such as Sandton, Alberton, Akeso Randburg, Claremont, Kenilworth, Somerset West, Kloof, Durban North, Pietermaritzburg. SADAG's Support Groups play an important role in the 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 us. We have recently had various new Support Groups start in areas such as Musina, Edenvale and also Benoni. If you are looking for a group closest to you, please call 0800 70 80 90 for more information.



Mental Health Matters Journal

One of SADAG's projects includes the Mental Health Matters Journal that is distributed to GP's and Psychiatrists all over the country. This journal includes educative articles written by expert Psychiatrists and Psychologists amongst others to help Doctors better understand Mental Health and what they may be able to do to support their patients. If you are a Mental Health Professional, subscribe to the Journal, via the website, please [click here](#). If you already receive the Journal and would like to recommend topics or you would like to write for the Journal, please email Vanishaa at

newsetter@anxiety.org.za

Read an article written by Chris Kemp, Psychologist, on the '[The role of Family Distress in Individual Presentation](#)' and an article by Dr Lavinia Lumu, Psychiatrist, on '[Substance Use Disorders in Pregnancy](#)'.



SADAG 2018 Professional Membership Form.

Without our Psychiatrists and Psychologists, our callers would not be able to reach out to get the help they so desperately need. If you are a Psychiatrist or Psychologist please fill in and update your details for our referral guides for 2018. [Click here](#) to fill out the form. The R500 registration fee requested will help us

to update our referral guides that are used to assist up to 400 callers per day as well as print brochures on Depression, Bipolar, ADHD, PTSD and others. Please send the completed form and your proof of payment to research@anxiety.org.za



Press

International

Read a unique article on '[7 Gifts of Borderline Personality Disorder](#)' and '[ADHD and Adults: When You're Having a Difficult Day](#)'. Another interesting article is '[The Confusing Narcissistic Cycle of Abandonment and Return](#)'.



Local

In the local press and media, we have had articles based on the recent Esidimeni Arbitration, "[62 Esidimeni missing persons cases](#)" and an informative article by the Daily Maverick written by Greg Nicolson titled "[Life Esidimeni: Arbitration – Painful, Flawed, Full Of Lies – Still Honoured The Victims](#)". Read an article printed in the Fair Lady Magazine titled '[Teens in Crisis](#)' written by Leizel Robertson. Also, read an article titled "[Why are you always tired?](#)" by Glynis Horning from the Clicks Magazine.



Akeso Milnerton's Eating Disorder Programme for Adolescents & New Arcadia Hospital Opens!

Akeso Milnerton is proud to announce the opening of our Eating Disorder programme for adolescents; a first of its kind in the Western Cape private sector. Adolescents need to have a full medical work-up done before admission and need to bring the relevant medical documents. They must also be accompanied by a caretaker. For more information on this program, please contact Akeso Milnerton on 087 098 0450. [Click here](#) for more information.

Akeso Arcadia in Pretoria is the newest Akeso Hospital which offers specialised in treatment programmes for General Psychiatric Disorders, Addiction, Adolescents, as well as Geriatrics. [Click here](#) for more information



Rise18 Suicide Awareness Fundraiser

There are 23 completed suicides every day, and a further 460 attempted suicides every 24 hours in SA. It is for these reasons that Zanele, after losing her dad to suicide, has decided to rise and run for raising awareness about Depression and Suicide. Zanele will be raising funds and awareness for SADAG in an attempt to raise R180 000 by running 18 races between January and July 2018 for the Suicide Crisis Helpline. Help support the fundraising project by visiting "[Back-a-Buddy](#)" to donate- every cent counts. Follow her running journey on social media platforms as she shares stories and videos on how to beat Depression and Suicide. #Rise18
Twitter: @zanhlathwayo Instagram: rise18_



Feedback

'It's amazing to read everyone's questions and the professional answers given, thank you so much to SADAG. It is good to share resources and know that we are not alone in our difficulties.' - LP

'Your counsellor was great !!! She was very helpful and easy to talk to. Thank you very much.' - NG

'I hereby would like to thank A* for her patience, guidance and input on my issue of concern. Besides, today I have used the SADAG counselling helpline on numerous occasions. On one occasion the counsellor even helped me with a motivation letter. I find SADAG extremely helpful for issues or concerns I have.'- W

'Thank you very much! She was very helpful. You guys are the best!'- MD



New Mental Health Apps

- [Calm Harm](#) has been developed by Dr Krause, Consultant Clinical Psychologist using the basic principles of an evidence-based treatment called Dialectic Behaviour Therapy (DBT), This App provides tasks to help you resist or manage the urge to self-harm.

- [Stop Panic and Anxiety Self-Help App](#) This App is for those who are suffering from Panic Attacks due to Panic Disorder. It focuses on the fear of having a Panic Attack and the fear of the sensations when having a Panic Attack.
- [Stress doctor](#) The goal of this App is to teach you to breathe more deeply, evening out your heart rate and calming you down in just five minutes. It does this by turning your iPhone into a real-time biofeedback device.

If you know of a Mental Health App that you have tried and is helpful that may help someone else, please let us know. Email newsletter@anxiety.org.za



Thank you

During December and January, we received over R 40,000 from individuals who wanted to help us. We have had amounts from R50 to R5,000 to help us to improve our services. To all of you, we are very grateful and appreciate your generous donations. It will help us to continue counselling and helping those that are in desperate need.

We would like to thank Debbie from Terranove for being so kind and donating furniture to SADAG that is being used in our call centre. We always appreciate office equipment and supplies greatly.

We would like to thank Trunuty Communications for the new headsets, which makes our job so much easier, thanks for trying so hard to get the best for us, our counsellors are loving them.

We would also like to thank Stouf Communications for their continued support regarding sms's. The never let all our callers down and give us daily figures.

Best wishes

Zane Wilson

Founder

The South African Depression and Anxiety Group

zane@sadag.org

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