



## 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](http://www.sadag.org) • Email: [zane1@hargray.com](mailto:zane1@hargray.com) • SMS: 31303

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## JULY NEWSLETTER MENTAL HEALTH AWARENESS MONTH

### Facebook Fridays



Following the success and popularity of our Facebook forums over the last two months, we are making "Facebook Fridays" a regular feature. SADAG will now run online chats on its Facebook page twice a month on various mental health topics to allow South Africans countrywide access to top psychiatrists, psychologists and SADAG counsellors. People who feel nervous about posting their questions on the page are welcome to start a private chat with the group instead during the hour-long live discussion. For those who are unfamiliar with Facebook, SADAG will have a button on the landing page of its website [www.sadag.org](http://www.sadag.org) that will take people directly to the Facebook chat page where they can connect with the experts. Our next chat will be on Friday the 6th July, the topic will be Panic Disorder.



### Mental Health Awareness Month in July

July is Mental Health Awareness Month and SADAG is encouraging communities, schools, companies and individuals to 'Mind Their Mental Health'. From radio to TV to articles in newspapers and magazines, SADAG will be there to answer questions about the symptoms, diagnosis, treatment and support of mental illness. 1 in 5 South Africans suffer from a mental illness – whether it's depression, anxiety, trauma, substance abuse, bipolar or an eating disorder, help and support are available. SADAG can be contacted toll-free on 0800 20 50 26 from 8am to 8pm, 7 days a week for free counselling, information on mental health and referral to mental healthcare professionals throughout the country. Our Substance Abuse Helpline is open 24 hours a day on 0800 12 13 14.



### Panic Awareness Day – 10<sup>th</sup> July

As part of Panic Awareness Day 2012 on the 10<sup>th</sup> July, SADAG will be dedicating its **Facebook Friday live chat on 6<sup>th</sup> July** to the topic of Panic Disorder and Cognitive Behavioural Therapy (CBT). SADAG invites anyone with a question related to Panic Disorder or CBT to log onto the Facebook chat and post their questions on the 6<sup>th</sup> July, there are two sessions one at 1pm and the other 7pm. Clinical psychologist and leading CBT expert, Dr Colinda Linde and SADAG Founder, Zane Wilson, whose own experience with Panic Disorder motivated her to start SADAG will be on at 1pm. Psychiatrist Dr Ingrid Williamson and Dr Colinda Linde will be answering questions at 7pm. To find a link to our Facebook page go to our website and click on the Facebook icon. Information, downloads and brochures are also available on SADAG's website [www.sadag.org](http://www.sadag.org).

Look out for press coverage for Panic Awareness Day. Watch Shift on SABC1 at 1:30pm and 3Talk on SABC3 at



4.35pm on Tuesday 10th July. You can also listen to SA fm on Tuesday evening at 9pm with Psychologist Bradley Drake.

[Click here](#) to read more about Panic Disorder



### Congratulations to the Winners of our Gordon Ramsay Raffle!

In support of its Suicide Crisis Helpline, the South African Depression and Anxiety Group (SADAG) asked South Africans to contribute to suicide prevention and in return stand a chance to win some amazing prizes! And to make the chances of winning even better, we limited entries to 1000 tickets. The prizes were fantastic and all the tickets were sold! Thanks to everyone for an amazing response and for all the support towards suicide prevention.

The lucky winner of two return tickets to London courtesy of Gourmet SA, as well as dinner for 4 at Gordon Ramsay's world-famous Pétrus Restaurant in London was Niki Judelman. The next prizes, drawn by Dr Colinda Linde, was a 2nd prize of a Samsung Galaxy Tab won by Robbie Cameron and Wendy Roach was the lucky winner of the 3rd prize of a 3 night stay at the 5 Star Winston Hotel in Melrose Estate. Our wonderful counsellor, Brett Pepper, was the winner of a Kindle for selling the most raffle tickets.

Thank you to Gourmet SA (who are paying for the double air tickets to London), Gordon Ramsay and Pétrus Restaurant and the exquisite 5 Star Winston Hotel in Melrose Estate ([www.thewinstonhotel.co.za](http://www.thewinstonhotel.co.za)). We're sure all our winners will really enjoy their prizes! We appreciate the kindness and support of all who bought and sold tickets which will help keep SADAG's Suicide Crisis Line running.



### GSK Support Groups in the North West Province

The North West Province is, like many of South Africa's areas, severely under-resourced when it comes to mental health care. GSK has joined forces with SADAG in a new venture - to train community members to support their community through running support groups.

SADAG recently visited the areas of Klerksdorp and Potchefstroom to create awareness about mental illness and encourage the formation of support groups. We invited people from various NGOs, churches, clinics, hospitals, counselling services and home-based care workers in the area. SADAG trainers spoke about Depression, Trauma, AIDS and other illnesses related to Mental Health and the power of support groups. As part of the initiative, SADAG also met with psychologists and psychiatrists in the Klerksdorp and Potchefstroom area to introduce our organisation and encourage them to start support groups or recommend patients that could start support groups as well. SADAG would like to thank all participating members and look forward to assisting you in growing and developing your support group. [Click here](#) to read more.

We are going to be conducting another support group training in July in both Rustenburg and Brits, please let us know if you would like to join us at the workshop and if you are interested in starting a support group which could help friends, colleagues, families and patients. [Click Here](#) for more information about the workshops or how to start a support group.



### Clinical Trial for Major Depression at Weskoppies Hospital in Pretoria

If you have been diagnosed with Major Depression but can't afford treatment and don't have access to a private psychiatrist, there is a clinical trial for Major Depression at Weskoppies Hospital in Pretoria. You must be between the ages of 18 and 65 and already have a diagnosis of Major Depression. The study will be run over 8 weeks. If you are interested in more information, please contact Roshni between 8am and 12 noon on 0800 20 50 26.



### New Speaking Book Website – something to talk about!

SADAG's partner in America, Books of Hope, has just launched a new, more colourful and descriptive website for the Speaking Books – the patient education tool that was created by SADAG. If you would like to see the range of books we have created over the years please click here: [www.speakingbooks.com](http://www.speakingbooks.com). There is also an online survey, so if you have a couple of minutes, please let us know what you think.

[Click here](#) for more information on the Speaking Books





## Youth Day Commemoration

On 22 June, 2012 the SADAG CEO, Elizabeth Matare, presented at the Youth Day Commemoration event held by the Gauteng Department of Social Development, at Walter Sisulu Conference Centre in Noordgesig, following an invitation by the Directorate on Gender Youth and Disability Mainstreaming. The theme was 'The Impact of Substance Abuse on Young Women'. The workshop was attended by over 70 working women and people with disabilities. It was a platform for young women to participate in discussions relevant to their development and provide input necessary to enhance workplace transformation of issues of substance abuse. There was a lot of debate about the effects of drinking during pregnancy. The principal objective was to empower and sensitise young women on the holistic impact of substance abuse and their responsibilities as role models in encouraging a healthy alcohol and drug free society using forums based on the SADAG's Support Group Model. The materials distributed included booklets, speaking books and wrist bands, all advertising the National Substance Abuse Helpline 0800 12 13 14 available 24 hours a day and the sms line 32312.



## Community Talks and Outreach

### Lenasia

Lenasia, in the South of Gauteng, has had a significant number of both youth and adult suicides recently. On the 21st of May 2012, SADAG held a meeting inviting key role players of the community to provide them with information on SADAG, its work and on suicide prevention. [Click here](#) to read more.

### SANCA Nishtara, Lenasia

On the 23rd June, SANCA Nishtara, the only rehabilitation centre in Lenasia, hosted an anti-drug campaign in honour of the International Drug Awareness Day. [Click here](#) to read more about the day and how SADAG got involved in this event.



## Corporate Talks

### HATCH, Woodmead

On the 29th May 2012, SADAG presented a talk to the staff of HATCH in Woodmead about 'Making Mental Health Matter'. SADAG's Khethi Madima and Craig Callender presented a talk on Depression, Anxiety and Stress in the workplace to 30 employees. [Click here](#) to read more.



## SADAG Needs Volunteers

Volunteering is an incredibly rewarding experience and highlights just what an important role each of us plays in our community. To help keep its 15 helplines running, SADAG is currently looking for compassionate, mature counsellors with life experience who are able to volunteer just 4 hours per week at our offices in Sandton, Gauteng. All new volunteers will receive training towards the end of August 2012. Also required is additional on-site training, which can be started before August and is done either during the day or in the evenings or even weekends, for those who work full time. Offering free telephonic counselling, information on mental illness and referrals to mental healthcare professionals, SADAG is situated in Sandton and is looking for mature telephonic counsellors who would like to give back to the community by being the voice of hope for another person in their time of need.

To download a SADAG volunteer application form visit [www.sadag.org](http://www.sadag.org) – just click on the link under the VOLUNTEER section on the front page, open the document, fill it in and follow the instructions. For more information you can also contact Khethi on 011 262 6396 or e-mail [admin@anxiety.org.za](mailto:admin@anxiety.org.za)



## PharmaDynamics Police Helpline (0800 20 50 26)

Our men and women in blue put their lives on the line for us every day, they 'protect and serve', and often see unspeakable horrors and experience daily trauma. But the police, traditionally, are wary of psychological intervention. This makes SADAG's Police Trauma line and our outreach work to police stations,



## Support Group News

SADAG helps facilitate approximately 160 support groups across South Africa. We are always so grateful for the dedication and passion of our support group leaders who do so much for their communities, and for mental wellness. If you would like to start a support group in your area, please contact Khethi or Fatima on 011 262 6396 or visit our website [www.sadag.org/](http://www.sadag.org/). If you are interested in joining any of the support groups mentioned below, please call SADAG on 0800 70 80 90 for more details.

### PANIC AWARENESS DAY MEETINGS

#### Benoni

Support Group Leaders, Carlo and Ramona, will be holding a support group on Panic and Anxiety on Saturday 7<sup>th</sup> of July 2012. For those that want to attend a daytime group this is at 2pm at the Lakeview Clinic, Benoni. Newcomers and family members welcome. Contact Carlo on 082 880 2941 or Ramona on 082 659 0454 for more information.

#### Alberton

Our support group leader Driekie will be holding a talk on the 9<sup>th</sup> of July 2012 at 7PM. The topic is Panic and Anxiety Disorders. The venue is the NG Kerk, Corner Phantom and Candican Street, Alberton. All interested in this topic are welcome to attend. Contact Driekie on 011 908 4417 or 072 876 9430 for more details.

### OTHER SUPPORT GROUPS

#### Eastern Cape

##### Port Elizabeth – Fountain Vineyard (Bipolar)

Simon runs a Bipolar Support Group on the first Monday of every month at the Fountain Vineyard at 18:30. The group is open to everyone (patients and loved ones) who is affected by the disorder – visit and share your experiences, successes and fears.

#### Free State

##### Qakabotja-Qakabotja Clinic (Depression)

There is a new Depression support group that will be running on the first Friday of every month. Xaba, the new support group leader, says the group is open to all – loved ones, patients and community members.

#### Gauteng

Soweto - Luthando Clinic at Baragwanath Hospital (Depression and HIV) Faith and Lebo have started a new Depression and HIV support group in Soweto, that is overseen by psychiatrist Dr Gregory Jonsson. The group meets every Thursday at the Luthando Clinic at Baragwanath Hospital and all patients looking for a safe place to discuss and share their experiences and concerns about HIV and depression are welcome.

#### KwaZulu Natal

##### Durban – St Joseph Hospital - Family and friends of Bipolar

There is a new support group starting at St Joseph Hospital in Durban. Meetings will be on Thursdays at 6:30pm and the group is specifically for the families of Bipolar patients who very often struggle to cope with a loved one's diagnosis and road to health. The new support group will be facilitated by Anne who already has experience in running another group.

#### Mpumalanga

##### Nelspruit – De Goede Conference Centre (Bipolar, Depression and Anxiety)

Joshna runs a support group in Nelspruit at the De Goede Conference Centre. Her group meets every second Thursday of the month at 19:00 – her next meeting will be on Thursday 26 June 2012. Everyone struggling with a diagnosis of depression, bipolar or anxiety is welcome.



## Empowerment Initiative for Social Health (EISH) Programme – 18 July & 15 Aug in Salt River, CT

Suzanne Leighton (one of our long standing support group leaders in Cape Town), together with Amanda Brinkman (strategic planner for the Western Cape Minister of Health), have developed the "Empowerment Initiative for Social Health (EISH) Programme" that will be run in Salt River on the 18<sup>th</sup> July and the 15<sup>th</sup> August. The EISH Programme is hosted by Coaching for Development Africa / C4D-Africa in partnership with HealthWise, Metamorphic Coaching and Development, and Quill Consulting. For more information, please contact Wendy Ward [webs@telkomsa.net](mailto:webs@telkomsa.net) or 083 412 8070, or email Suzanne Leighton on [suzl@mweb.co.za](mailto:suzl@mweb.co.za) . [Click here](#) to read more.





## Local Media

Every month SADAG is indebted to the press and media for their fantastic coverage of mental health issues and for creating a space where South Africans can be educated and made aware of mental health issues and where to get help.

### Pfizer Mental Health Journalism Fellowship Awards 2012/2013

One of the most misunderstood and least reported on areas of health writing in South Africa is that of mental health. In order to encourage more writers to become involved in this much needed area of reporting, Pfizer are offering the 'Pfizer Mental Health Journalism Awards for 2012/13'. All print and electronic journalists are invited to enter. If you want more information on how to enter [click here](#). Mental Health education and information is critical to patients in South Africa and we greatly appreciate this initiative.

**Dealing with self-harm and self-mutilation:** On the 1<sup>st</sup> May *Servamus* printed an excellent article on self-harm. This is still highly misunderstood and stigmatised, and a very secret illness so having an article with facts and help is very powerful. [Click here](#) to read the article by Annalise Kempen.

**Children's Mental Health:** On the 1<sup>st</sup> June, parenting magazine *Mamas and Papas* published a four-page article on children's mental health issues. This comprehensive article, written by Loren Stow, is a must read for parents, teachers and anyone working with children. [Read it here](#).

**Depression Pandemic Treatable:** On the 1<sup>st</sup> June in *The Weekly Conversation*, Natasha Barends wrote an article about depression and how wonderful support group leaders like Linda Aspinall of SADAG Welkom, are helping give patients support and hope. [Click here](#) to read the article.

**Bipolar Low Down:** On the 1<sup>st</sup> June, teen magazine *Saltwater Girl* printed a great article on bipolar – an article that is very useful not just for teens but for adults affected by the disorder too. [Click here](#) to read the article.

**Social Anxiety Disorder:** *The Specialist Forum's* 1<sup>st</sup> June issue held a fascinating article about a commonly misunderstood anxiety disorder – Social Anxiety Disorder. Also known as Social Phobia, this disorder is more common, and more treatable, than people think. [Click here](#) to read Dessy Tzenova's article.

**Substance Abuse and the Youth:** On the 22<sup>nd</sup> June, Yoliswa Sobuwa's article *Youth Drug Catastrophe*, appeared in *The Weekly Conversation*. Substance abuse is an increasingly frightening problem amongst the youth and one that has far-reaching consequences. [Click here](#) to the article.

**Risk of suicide following retrenchment:** *Business Day* journalist Tamar Kahn investigated how retrenchment and employment redundancy affects mental health and may increase the risk of suicide, following the tragic death of Andre Ankiewicz. [Click here](#) to read this superb article with expert opinions and suggestions.

**Bullying in the workplace:** In *Career Success's* 1<sup>st</sup> June issue, there was an interesting (and scary) article about the issue of workplace bullying. Do you think you are being bullied at work? [Click here](#) to read Anel Martin's article.

**Positive Corporate Culture:** *Leaders in Wellness* magazine published an interesting article about the culture of corporations and how we can stay healthy in the workplace. The cost of absenteeism is staggering and more and more companies are introducing employee wellness programme to their staff. [Click here to read more](#).

**The psychosocial effects of mining:** On the 20<sup>th</sup> May, the *Sunday Independent* printed an article by Nicola Theunissen about the need for psychosocial intervention and assistance for mineworkers. [Click here](#) to read this interesting article.

*The African Journal of Psychiatry* always includes a special back page article from SADAG entitled "Patients as Partners" specifically for doctors and psychiatrists to copy for their patients. Click on the titles to read some recent articles on:

[The highs and lows of sleep and Bipolar](#)

[Caring for a loved one with schizophrenia](#)

## International Media

Mental illness is still stigmatised and many of us have perceptions about what a mental illness 'looks' like. To read a superb series by Carter Centre Journalist - Interviewing "Real Faces" Behind Mental Illness, click on the link below. <http://www.reportingonhealth.org/blogs/2012/05/30/stigma-question-interviewing-real-faces-behind-mental-illness>

We all know that teens and young adults spend a huge amount of time on their cellphones. Many of us fear that although teens seem to be socialising, they are not making 'real' human contact. [Click here](#) to read the article: **Heavy Cell Phone Use Linked to Depression, Sleep Problems in Young People** by

**Borderline Personality Disorder** has long been one of the dreaded diagnosis; one that implies hopelessness and never-ending symptoms. Now, new research has given a "Silver Lining" to the diagnosis of Borderline Personality Disorder. [Click here](#) to read the article from *Medscape Psychiatry*.

Many people live with, work with or are friends with someone with an **anxiety disorder**. Helping a loved one cope can be strenuous, particularly for people who don't understand what having an anxiety disorder feels like. [Click here](#) for [Eight Tips for Handling Partner Panic or Anxiety](#)

Is there a link between depression, obesity and taking naps during the day? Read the article from *WebMD* called [Obesity, Depression Linked to Daytime Sleepiness](#) to find out.

It makes sense that losing your job or being unemployed can make you feel stressed and down. Read more about the **mental health effects of unemployment**. [Click here](#) to read Stanley Yorke's poignant article.

There have been many reports about the lack of **mental health services** in South Africa and the fact that only a third of South Africans get the help they need. Read this shocking report from the UK –[only 25% of mental health patients get the help they require](#).

SADAG runs a 15-line counselling call centre that provides crisis intervention, support, counselling and referral to people in need across the country. With 400 calls a day, we know we make a difference. [Click here](#) to read an international article by Alice Park of *TIME*: [Phone-Based Psychotherapy Helps Depression](#)

Many people still feel ashamed to speak to their doctor about mental illnesses like depression, or fear being thought of as weak if they admit they're not coping. Read this article from *WebMD*: [What's Stopping You From Seeing a Doctor About Depression?](#)

## Suicide Poem: An Inspiration



Vangile Makwakwa has felt the pain and desperation of depression. She was living in the USA and felt that her life would never get better. She was considering suicide. When she decided that she would not take her life, she wrote this poem as a testament to her decision to focus on the moments in life that are good; to never give up hope that life will get better. Vangile's motto is: "We begin to live our lives, when we start to share our stories".

[Click here](#) to read Vangile's poem "Suicide Note"



## Thank you to Sinosteel!

SADAG would like to give a very big Thank You to Sinosteel Plaza for generously allowing us to use their conference facilities for our monthly counsellor meetings. These meetings are so important because they allow us to update our volunteers' knowledge about current matters involving SADAG and Mental Health specifically. We host about 80 counsellors a month at these meetings. Without the kindness of companies like Sinosteel, these meetings could not be held.



## Thank you's to SADAG this Month

*Thank you so much...I today was at the clinic in Bloem. I have meds and my treatment is now in full swing, am already feeling a lift! Thank you thank you thank you!!!"*

AR

*"I am a person who suffers from panic attacks. For two years I suffered in silence. Through the major panic attacks I carried on with life as my family believed I needed to "just overcome it". Their lack of knowledge hurt even more and their non-acknowledgement of my illness was worse. Last year August I called in and spoke to wonderful counsellors (angels to me). They were caring and loving and helped me understand myself and my problem so much better. I was forced to go by plane on a trip last year, and what should have been exciting was a nightmare. I had horrible panic attacks, couldn't sleep and was miserable. Your angels showed me that the meds my doctor prescribed will change my life and it has.*



With the meds and counselling sessions, my life is almost back to normal. In the past 8 months, I got my courage back to go for my learner's license , driver's license and today I am the proud owner of my own car! I never thought this day will come, but it has. I drive, go to concerts, and most importantly I leave my home. When I first starting having panic attacks, for an entire month, I never left my home. Today I smile, because of your dedication I was able to find myself again. I am able to live. Know that without you and your beautiful work, I would be an empty shell maybe even dead."  
Kind regards SP

*"I trust you are well. Words cannot express how grateful I am to you. I went to see the therapist you recommended yesterday. You were 100% correct, she was the correct person for me. What a woman! She understood and gave me tools and for the first time in all the time of my struggle, I felt like I was on the way to recovery. I have 2 more sessions with her and she has asked me to book an appointment with a psychiatrist for my meds. I now have faith that I will get better very soon. Thank you again for everything. I feel so very blessed that you took the time and trouble to help me, even though your life is packed as well."*  
With the utmost gratitude MM

**We at SADAG wish you all a Happy Mental Health Month. Don't forget our two Facebook Friday sessions where you can ask experts questions and start conversations with others. Anyone wishing to book a talk, wellness day or workshop, please contact Cassey, Khethi or Fatima on 011 262 6396.**

Sincerely,  
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