



THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP

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| 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: zan01@hargray.com • SMS: 31393

Support Casual Day with SADAG

Only R10 to Participate

Casual Day has become a firm favourite on the calendar of many South Africans and will be celebrated on **Friday the 6th September**. It is an excellent opportunity for corporate team building, whilst making a contribution to one of the country's most vulnerable sectors of society – the disabled. This year SADAG is looking for your support for Mental Health.

The project encourages people to dress differently to the usual corporate dress code, whether dressed up or dressed down - the "license" to be dressed outrageously or to "**Go Big for Mental Health**" with big glasses, big hair, big shoes, big tie, big scarves, big everything! You can get your Casual Day Stickers from SADAG for a donation of R10.

SADAG will be participating to help raise funds for our much needed national counselling call centre which gives hope and help to people around South Africa who suffer from various mental health issues such as depression, bipolar, anxiety, trauma and suicide. SADAG runs the country's only suicide crisis helpline 7 days a week from 8am till 8pm, and needs funding to continue running this crucial support and help.

We would greatly appreciate your support and we encourage you to **GO BIG for Casual Day on the 6th September** – so please ask your company, your family and friends, your school and your community to join together and buy Casual Day Stickers for only R10 from SADAG to help support a good cause.

Please contact Naazia, Dessy or Cassey on 011 262 6396 or email info@anxiety.org.za. SADAG is a registered NGO and would be able to supply you with our NGO certificate and Tax Exempt certificate to help corporate companies when making donations.

We cannot change the world but we can change the world for one person. Help us to do this by wearing your Casual Day Sticker on Friday the 6th September 2013.

I look forward to hearing from you!

Casually yours,

Cassey Chambers

Operations Director (011 262 6396)

office@anxiety.org.za

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