



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 756 379
Substance Abuse Helpline	0800 12 13 14
Dr Reddy's Mental Health Helpline	0800 21 22 23
Support Group Helpline	0800 20 50 21

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AUGUST NEWSLETTER 2011

This month showed a great increase in first time callers to SADAG, these were callers from around Africa, from Namibia, Botswana, UAE, and Zambia, possibly due to our use of Google Adwords, as we try to let people throughout Africa that we are here to help with a diversity of problems. This month we have included various stories from the South African and International media - there are several new stories to click on and read. See below.



▶ World Mental Health Day – 10th October 2011

FREE talks around South Africa on Chronic Illness and Mental Health

This year, for World Mental Health Day on the 10th October, the theme is "Chronic Illness and coping with Depression." Chronic illnesses like diabetes, heart disease, Parkinson's, cancer, and fibromyalgia impact on sufferer's Mental Health as well as the mental and emotional wellness of their loved ones.

SADAG will be holding talks on Coping with Chronic Illness and Mental Health across the country during that week. In Cape Town, Bloemfontein, Durban, Soweto, Sandton, Alberton, Benoni, Centurion, Brooklyn, Kimberly, Witbank, Nelspruit, Port Elizabeth, and East London. Psychiatrists or psychologists will talk with patients, family members and care givers about how to cope with a diagnosis of a chronic illness. The speakers will be available to answer questions at the end and will give practical tips and advice.

For anyone interested in attending these talks, they will be posted on the Website <http://www.sadag.org/> on the 25th September. If anyone in other areas would like to host a talk please contact Adri or Clare on 011 262 6396 or admin@anxiety.org.za.



▶ Casual Day 2011 – Ditch the Suit, Come Casual on the Friday 2 September!!

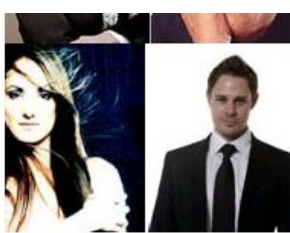
Casual Day is a firm favourite on the South African calendar and this year, you can make a contribution to one of the country's most vulnerable sectors of society – the mentally ill. For the first time, SADAG is a beneficiary of Casual Day. Dress up or dress down, dress as a cat, Elvis or the wicked witch. Your R10 donation and sticker gives you the 'license' to dress outrageously. To purchase your sticker for SADAG or get your company involved, please call Cassey or Clare on 011 262 6396 or office@anxiety.org.za. SADAG would like to thank some of the companies, such as Hollard Insurance, AstraZeneca, Sun International and Pharmadynamics that have already bought stickers in support. [Click here](#) for more information.



▶ Celebrities Munching for Mental Health: Dine with Celebs – and Save a Life

What do Lady Lea, Joe Parker, Dave Levinsohn, Hlubi Mboya and Mel Miller have in common? They, with other SA celebrities, will be hosting tables at SADAG's biggest fundraising event for this year on Tuesday the 13th September 2011. Some of South Africa's hottest names from the world of entertainment will be hosting a celebrity supper in support of teen suicide prevention, and proceeds from the event will benefit South Africa's only suicide prevention call-centre.

A table of 11 would cost you R7200 and a table of 9 would cost you R6000. Included in this cost are a 3 course meal and 1 bottle of red wine and 1 bottle



...ness in the... and a... from the... of... and... of white wine per table. You can dine in style and participate in an auction of celebrity memorabilia, all in the name of teen suicide prevention.

For more information or to book your table, please contact Roshni on 011 262 6396 or Clare.

[Click here](#) for more information.



► "Into the Light" - Suicide Remembrance Walk, 10 September - Durban

Every year, on World Suicide Prevention Day, those bereaved by suicide are able to join with other loved ones in focusing public attention on understanding suicide, highlighting effective prevention activities, and walking in memory of those lost to suicide. This is an opportunity to meet and find comfort in those who walk the same path of healing daily. The walk, which takes place at the CJ Saunders Park in Umhlanga, is an initiative of the Durban North Umhlanga Crisis Team and is supported by SADAG and the WHO. For more information please contact Joy at intothelight.walk@gmail.com or joy@crisisteam.co.za or call her on 083 256 5993.

[Click here](#) for more information.



► Medihelp "Living with Dementia"!

Dementia is commonly characterised by memory loss, changes in personality, deterioration in personal care, impaired reasoning ability and disorientation. Although it is normally perceived as a condition of old age, it can occur in young and middle-aged people. The common cause of Dementia is Alzheimer disease, though it may also result from the destruction of brain tissue by a series of small strokes.

In the DVD "Living with Dementia", the reality and many challenges of this condition is shared by two remarkable women. The series forms part of a 13-part series commissioned by Medihelp and produced by filmmaker Katinka Heyns. You can order the "Living with Dementia" DVD with the information guide at the special price of R130 for Medihelp members and R189 for non-members. [Click here](#) for more information.



► Vista Clinic Fundraiser in Pretoria -Take a Leap!

Vista Clinic is launching an exciting fundraising campaign for World Mental Health Day – jumping out of a plane to raise awareness of mental health in South Africa. The CEO and Director of Medical Services will be part of the event, launching out of a plane and overcoming their fear of heights and weightlessness and sending the message that we can all achieve the things we never dreamed possible. SADAG will be a beneficiary of the proceeds of this daring day, which will take place on the 16th September 2011. Anyone wishing to participate – or donate – please contact Annemarie at Vista Clinic on 012 664 0222 x 148 or email her at annemarie@vistaclinic.co.za.

[Click here](#) for more information.



► SADAG New Counsellor Training - 24th and 25th September 2011

SADAG's final training for the year will focus on Support Group leaders, honours and masters students, and lay counsellors. We are fully booked and are looking forward to meeting all the participants. The training is always intense and participants are given an interesting insight into different illnesses and treatments by well-known psychologists and psychiatrists, and are exposed to real life counselling situations through round-table sessions facilitated by senior SADAG staff members. Please contact Cassey or Clare for more information at SADAG on 011 262 6396.



► 'n Lewe Met op KykNet

The second season of the popular kykNET discussion programme "'n Lewe met" will start on Tuesday, 18 October 2011. This 13-part series, presented by the award-winning journalist Ruda Landman and psychiatrist Dr Franco



Coin, will be broadcast every Tuesday evening at 20.00 on DSTV channel 111. Repeats of the programme will air on Wednesdays at 15.00, Thursdays at 01.00 and Sundays at 22.30.

[Click here](#) for the schedule of episodes.



▶ Pfizer Mental Health Journalism Awards

>>Following the Carter Centre Journalists Conference in Johannesburg during March, the response for the Pfizer Mental Health Journalism Awards was very strong. The recipients of the 2011 Awards were announced in Johannesburg on 3 August 2011 after judging by previous Carter Centre Winner, Marion Scher; Professor of Journalism at Wits, Anton Harber; Psychologist, Leeann Hartman and the founder of SADAG, Zane Wilson.

The winners of the 2011 Pfizer Mental Health Journalism Awards are Cape Town freelance journalist and former features editor, Biddi Rorke, and Johannesburg freelance mental health writer, Janine Shamos. Both journalists will attend the 2011 World Mental Health Congress, to be held in Cape Town in October. This conference is the first to be held in Africa and is a fantastic opportunity for the journalists to interview international mental health professionals about global trends and treatments.

[Click here](#) for more on Biddi Rorke

[Click here](#) for more on Janine Shamos.



▶ Lotto School Talks

>>SADAG and LOTTO have joined forces and are visiting schools in Gauteng with their Teen Suicide Prevention programme "Suicide Shouldn't be a Secret". We have completed the first 9 schools (we will be doing talks in over 30 schools across the province) both teachers and learners have responded fantastically. Our trainers have spoken to enormous classes and we are finding a diversity of problems and questions, and a real interest by teachers to understand the issue of teen depression and suicide.

We are giving out bright orange arm bands with our toll-free line on them – and they are a hit! The kids adore them and can't wait to get them on and flash them around. One general comment from the kids is that these wristbands make our number accessible – they don't have to carry around a brochure, they can slip the band on and they know help is there.

[Read more](#) from the kids we have visited.

[Click here](#) for the names of the schools we have been visiting.



▶ Support Group Corner

Panic Talk Durban

Lori's Durban group held a screening of the Panic DVD and a talk about panic and anxiety which was very successful. Over 50 people attended and Cheryl Sol answered many questions. People were very grateful for the talk and made the comment – again – that these talks are needed in Durban. Many of the participants were eager to hear when the next talk would be so they could "grow the circle of support bigger". Lori spoke about Zane's experience with panic and her road to recovery and achievements which gave many people hope. A big thank you to Lori for her enthusiasm and dedication and for giving support to so many who need it.

New Support Groups

Please note these members do NOT do phone counselling, we do all the telephonic counselling at the call center in Johannesburg at our central offices. They are available for support group meetings only.

Nigel

Belinda will be holding a support group meeting every Wednesday at 18.30, at the Aquilla AGS Church in Nigel. Please contact Belinda on 078 581 2499 for more information.

Tzaneen – Colleen will be holding support group meetings every second Thursday at 18.30 at the Macadamia Village Community Centre. Contact Colleen on 083 415 5137.

Domestic Abuse – Fourways – A new support Group for Domestic Abuse meets at 19.00 at the Indaba Hotel in Fourways. The group will meet monthly. Please contact Yvonne Molich on 083 046 6641 or Sgt Beauty Mahlangu on 011 699 1345.

Trichotillomania Support Group – Stellenbosch – A brand new support group for people suffering from trichotillomania will be starting in Stellenbosch. Those interested, please contact Des on 082 046 6641. [Click here](#) for stories on trichotillomania:

- [What is Trichotillomania](#)

- [More about Trichotillomania](#)

Highway Support Group – KZN

Megan's Support group, which has meetings on the last Tuesday of every month at 18.00 at the Waterfall Library, recently sent out their latest newsletter.

[Click here](#) to read it. You are welcome to attend.



▶ Sterkfontein Hospital Open Day - Mental Health Awareness Day, Fun Walk and Mountain Bike Race on 15 October 2011

Sterkfontein Hospital will be holding an open day on Saturday the 15th October. There will be numerous activities and stalls to raise awareness about mental health and Sterkfontein Hospital's role in its care. For any further information please contact Dr Ralf Brummerhoff ralfbru@mweb.co.za or Ms Audrey Mogapi on 011 951 8329.

[Click here](#) for more on the fun walk and bike race.



▶ Local Press Stories

SADAG has had a number of articles printed in the press this month and we have decided to share just a few with you. Chronic illness and its relationship with mental health is this year's topic for World Mental Health Day. [Read](#) the article in the Mail & Guardian.

Teen suicide is a growing issue in South Africa and 9.5% of teen deaths are due to suicide. SADAG talks to teens in schools around the country and educates them about how to save the life of a friend. [Read](#) the article from The New Age.

Suicide is a permanent solution to a temporary problem, it can often be prevented. [Read](#) the article in Kidz World written by Zelna Lauwrens, founder of EQual Zeal.

Many teens feel unable to cope with life's pressures and some may even see suicide as a possible way out. But there's always help, says Cindy Tilney in her article "How to save a life" in the ClubX magazine. [Click here](#) to read how you can help a loved one.

Bipolar Disorder affects many people, there is no need to suffer in silence and there is no shame in seeking help. In this month's issue of Longevity, Kim Bell debunks myths surround Bipolar Mood Disorder, [click here](#) to read more.



▶ International Press Stories

Depression is treatable and treatment is varied. There is a new medication for depression, developed by Servier - Agomelatine. Just launched in South Africa [Read about it here](#).

One way to treat a mental illness is through a combination of therapy – but treatment and recovery is different for everyone. [Read the latest research here](#).

Borderline Personality Disorder is a very complicated mental illness and diagnosis. Treatment is often difficult. This story from England could help patients and their loved ones. [Click here](#).

SADAG receives calls from many people who are caring for ill loved ones and their stories are often heart-breaking and many caregivers suffer from burn-out and depression themselves. This story portrays our callers so well. [Read the story](#): The pills are calling.

Bullying is a growing problem and one that is getting more attention. This story on [bullying](#) educates medical professionals about the warning signs of bullying.

Grief is a reality for many of us – many of us have experienced the loss of a loved one – but did you know that grief is a mental disorder in itself? [Read more](#).



▶ Thank You's

I got a call yesterday afternoon from your counsellor. Many thanks! I so badly need this life line right now

Regards

L

Thank you for calling me yesterday. I have finally found a psychologist in my area. She seems very friendly and I feel I would be very comfortable with her. I have printed out all the information you have sent me and will read and start practicing it today. I honestly feel relieved knowing that finally I will be getting

help.

Thank you once again for everything. It makes a great difference knowing there is an organisation out there that cares for people like myself. All we are, are souls just a little lost on our journey to finding happiness.

Regards

D

As we gear up to World Mental Health Day, we are always thinking of new ways to help all South Africans living with mental illness. For sufferers, family members and loved ones, SADAG is constantly striving to better our service and reach. Mental illness is still an often ignored issue and we would love to hear from you about how your community deals with mental health and supports its loved ones.

Best Wishes,
Zane Wilson (Ms)
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