

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
HDI "You Decide" Youth Helpline	0800 33 33 77
24 Hour Substance Abuse Helpline	0800 12 13 14



WEBSITE: [www.sadag.org](http://www.sadag.org) EMAIL: [zane1@medport.co.za](mailto:zane1@medport.co.za) SMS: 31393



## **October Mental Health Awareness Month 2016**

Monday 10th October is World Mental Health Day – a day set by the WHO as a global opportunity to raise “awareness of mental health issues around the world and mobilise efforts in support of mental health”.

The South African Depression and Anxiety Group (SADAG) continuously works to raise awareness about mental health issues and destigmatising what is all-too-often a very isolating category of illness.

It is with this in mind, that SADAG will be celebrating this year’s World Mental Health Day by giving back. The theme of this year’s WMHD is “Psychological First Aid” which covers both psychological and social support. “No mental health care system should be about psychological support alone”, says SADAG’s Director, Cassey Chambers. “Immediately after a crisis, the first-line responders are often family, neighbours, teachers or community members, generally people not trained to provide long-term assistance.” Psychological First Aid (PFA) is about providing practical, humane support and assistance; addressing basic and immediate needs; comforting people and listening; and helping people connect to information, services and social supports. We know that people do better over the long-term if they feel safe and connected; have access to support, and regain a sense of control over their lives. Psychological First Aid has the power to restore dignity in Mental Health to both caregivers and patients.



## World Mental Health Day Activities

This October, SADAG will be hosting a number of training workshops to help front-line staff deal with the stress of caring for others, as well as offering training and skills development to other NGOs

tasked with patient care.

SADAG is hosting various events in the spirit of World Mental Health Day which include:

- 10th October: Charlotte Maxeke Wellness Day
- 11th October: Rotary Health Day Launch in Rustenburg, Ivory Park, and Diepsloot
- 12th October: Life Healthcare Training College Mental Health Presentation & Baragwanath Hospital Staff Mental Health Talk
- 13th October: University of Pretoria Wellness Day
- 16th October: Newclare Church in Johannesburg, Mental Health talk particularly focusing on depression, and how the community can work together
- 19th October: SADAG will be attending the Weskoppies Mental Health Awareness Day for Mental Health providers
- On the 12th October watch Shift on SABC1 at 11am, when they will be doing a show focusing on Depression. SADAG will be among the experts on the show to discuss key information, alongside individuals who will be sharing their personal stories

As South Africa's leading patient advocacy group SADAG wants to set the tone for October, and we hope that all those who are able to lend their strength to this cause will do so. Get involved! Stay connected by accessing information and creating awareness via [www.sadag.org](http://www.sadag.org).



## Support Group Corner

Support Groups play a vital function in our communities, as they provide fundamental support and assistance to people outside of a therapeutic setting. SADAG aims to train and run increased numbers of Support Groups around South Africa. One of our

newest groups focuses on Cancer and Depression. Please click [here](#) for updates.

Through our sponsorship from Netcare SADAG has also been very busy with training new Support Group Leaders who will take on the role of group facilitators. Please click [here](#) to see what we have been up to. The next FREE Netcare Support Group Training will be taking place on 8th Oct 2016. Click [here](#) for more info.



## Facebook Friday - 14 Oct - ASK THE DR.

In keeping with the World Mental Health Day theme for October, SADAG has organised an 'Ask The Dr' online Q&A opportunity where any one can ask the experts any questions relating to Mental Health for FREE. Psychiatrist Dr. Mike West will be available at 1pm-2pm, and Psychiatrist Dr. Carina Marsay from 7pm-8pm. Click [here](#) for more info about the chat or click [here](#) to access the chat via our Facebook page. To see the topics for the next 5 Facebook Friday chats please click [here](#).



## Upcoming Workshops

It is always important to keep up to date and well informed with regards to new developments, methods and skills with regards to mental health and wellness. Below are just a few of the upcoming workshops which provide excellent opportunities for development.

### Open to the public:

**The Path to Mindfulness** - Crescent Clinic, Randburg, 8 Oct 2016 - Click [here](#) for full details.

**The CBT Group GAD Workshop** - Crescent Clinic, Randburg, 22 Oct 2016 - Click [here](#) for full details.

### Open to Mental Health Professionals:

**2nd Durban Mental Health Symposium** - UKZN Medical School, Oct 10 2016 - Click [here](#) for full details.

**UCT - Substance Use Symposium** - Observatory, Cape Town, 9 Nov 2016 - Click [here](#) for full details.

**Forensic Mental Health Symposium** - Nelson Mandela Metro University, 10 Oct 2016 - Click [here](#) for full details.

**Children with Problem Sexual Behaviours** - Cape Town, 17-18 Oct 2016 & Pretoria 24-25 Oct 2016 - Click [here](#) for full details.

**Sexual Dysfunction in Women** - Akeso Randburg, 26 Oct 2016 - Click [here](#) for full details. To RSVP please email [Bronwyne.b@akeso.co.za](mailto:Bronwyne.b@akeso.co.za)



## University Projects - UCT & UP

**UCT Student Careline - 0800 24 25 26**

**WeCare UP Helpline - 0800 747 747**

Being a student has always been difficult, as young and old people alike set off on a journey to acquire knowledge and develop new skills in the hopes of a brighter future. The road to self-development and higher education is fraught with challenges including exam stress, financial concerns, political movements (e.g. #feesmustfall), and Mental Health issues like Depression due, in part, to intense pressures and high expectations. SADAG has partnered with the University of Cape Town, and more recently with

the University of Pretoria, to launch 2 new dedicated Helplines for these institutions and their students. The Helplines offer access to Mental Health information, telephonic counselling and referrals. For more info about these Helplines please click [here](#).



## Diepsloot Corner

To commemorate World Suicide Prevention Day (10 September) SADAG dedicated the month of September in Diepsloot to raising awareness about Suicide prevention, danger signs, treatment and

myths. The stats are alarming as 31.5% of all teens in South Africa have attempted suicide once or more in their lives. For the latest updates and photos please click [here](#).



## Mental Health in the Press

Read more on which Mental Health Issues are making news around the country and the world. We share articles on Self-Help tips, new research and personal stories of people living with Mental Health issues.

### Local Press

In local press we look at Movember joining SADAG to destigmatise Mental Health (click [here](#)), some of the effects of excessive pressure on our children ([here](#)), SA's LGBTI community and their increased risk of suffering from stress, anxiety and depression ([here](#)), an appeal for South African's to help SADAG save the youth ([here](#)), and an article exploring the culturally placed treatment and experience of Schizophrenia ([here](#))

### International Press

This month a selection of international articles cover a wide range of topics: some of the barriers to proper treatment in Bipolar Disorder (click [here](#)), an article looking at when it may be time to leave your addicted partner ([here](#)), an article exploring whether psychiatry may worsen mental illness stigma ([here](#)), and new research challenging the perception that suicide is a selfish act ([here](#)).



## Esidimeni Update

The ongoing crisis with the Life Esidimeni issue in Gauteng is becoming more tragic by the day. Since the last newsletter, several more patients have passed away (click [here](#)) bringing the total to 37 since being moved to NGOs in June. Adding to the suffering, many

families still do not know where their loved ones are.

The mishandling of the process has led to patients being transferred without medical files ([here](#)), patients relapsing, and the poor treatment of 1300+ Esidimeni patients. This has resulted in many calling for the Gauteng Health MEC Qedani Mahlangu to step down ([here](#)). The case has been escalated to the health ombudsman ([here](#)) who have officially opened an investigation.

SADAG and key stakeholders including SASOP, SA Federation of Mental Health, and Section 27 are assisting the investigative team by gathering and providing reports, complaints, and information submitted as part of a dossier. The MEC has said that the Gauteng Health Department will do nothing until the ombudsman has finished their investigation ([here](#)). One can only hope that in the wake of this human rights disaster, a disaster that could have been prevented by the GDoH, action is taken. For the first time, the rights of South Africa's mentally ill are being seen and spoken about both locally and internationally.

We hope that the 37 patients who died of negligence did not die in vain.

Watch #CheckPoint on Tuesday, (11th October) for the follow-up documentary regarding recent Life Esidimeni deaths. Elizabeth will share her story of losing her son after he was transferred from Life Esidimeni Hospitals. Also sharing his story is Rev. Joseph Maboe who's child also tragically passed away. You can watch the interview on eNCA (Channel 403) @9:30pm and on E-TV @10pm.

Any families of patients that that need help or assistance with regards to current care at NGO's, patient treatment, deaths or who are still trying to locate their loved ones, please call **011 234 4837**.



### **Vista Fun Run - 9 October 2016**

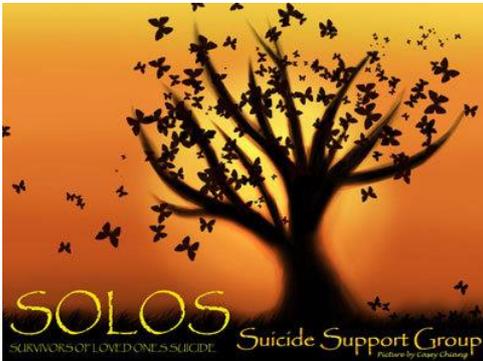
To help raise awareness about Mental Health, Vista Clinic is hosting a Fun Run/Walk in Centurion on 9 October 2016. Choose to take part in the 5km or 10km, and join the Fun Run to show your support. Registration begins at 7am. For full

details please click [here](#).

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**Survivors Of Loved Ones of Suicide (SOLOS) - Durban -  
Kwa-Zulu Natal**

SOLOS is an organisation which strives to help all those who have been affected by suicide in some way. They recently hosted their 9th Annual Suicide Awareness and Remembrance Walk in Umhlanga on 11th September, which was a great success. Visit their Facebook page [here](#) or their website [here](#) for more information or updates for upcoming events.



## These comics beautifully depict what depression may be like

Depression can be a very difficult thing to talk about. These comics, by artist Colleen Butters, illustrate what it is like struggling with depression. Please click [here](#) to see the full article. Share this with freinds and family, as this article can remind them that things can work out given time.

#HaveHope



## SITup Drug Trial - New Type 2 Diabetes Study for Children

SADAG sometimes assists different research efforts in getting into contact with potential participants. The latest drug trial that SADAG is helping with is the SITup programme, which specifically investigates the use of oral medication for children with Type 2 Diabetes. Please click [here](#) to view further details about this trial or call 0800 20 51 21.



## Telkom 947 Cycle Challenge

This year, the 20th Cycle Challenge will be taking place on Sunday, 20th November at Riversands Commercial Park. The Telkom 947 Cycle Challenge is Joburg's biggest cycling event, and SADAG would like to appeal to you to support #TeamSADAG by donating and supporting rider Jennifer Wolter and her team who again are taking it beyond the physical challenge, and will be riding to make a difference to others. They are also riding to raise awareness about #SuicidePrevention. All proceeds will go towards SADAG and its services. Please follow [this](#) link for details and to make your donation via their back-a-buddy page.

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## Thank you

### A son's positive story

Thank you, this month from B with a troubled son, who with the right care and treatment has now recovered.

It was wonderful for the call centre to hear the positive feed back, even three years later, July 2013!

Dear Zane,

You gave great advice over three years ago when I had just started to understand my son's mental illness. We took him to a psychiatrist, and he was diagnosed with anxiety and depression. He sees her every six months now, as he went through a period of counselling with a different psychologist to the one he was seeing when I mailed you. The two professionals collaborated very well, and he received the support he needed.

He is now in University 3rd year. As he has progressed at university he has become more interested, partly as it has started to challenge him.

I just want to thank you for your caring at a time of fear and concern, before I understood enough to help him. Thanks for helping us, and for all the great work SADAG does. Keep it up!

Regards, B

### Special mention to Akeso clinic

A special thank you to Akeso for their additional generous donation which will go towards our continued service delivery. The money was raised at a Bipolar talk by Dr.

Sheldon Zilesnick and attendees donated R50 to SADAG. Overall money raised and received is an amazing R3,000. SADAG relies on wonderful contributions like these to keep doing what we do, so without our supporters we would be severely limited.

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The South African Depression and Anxiety Group

**Making Mental Health Matter**

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