



**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

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AUGUST NEWSLETTER

Media and Mental Health



Media plays a huge role in the destigmatisation of Mental Illness. The Media, which traditionally identified mentally ill people as ‘crazy killers’ or ‘lazy, homeless bums’, now leads the way in South Africa in accurately portraying mental illness. Inaccurate depictions fuel stigma and may prevent people from seeking help. However, we are now at an important turning point in reducing this stigma. For nearly 18 years, SADAG has seen a steady effort by the press to help people understand that mental illnesses are blameless brain disorders and not the ‘fault’ of the sufferer. Now we are learning every day about relatives, friends, neighbours and co-workers who are living with mental illnesses like depression, anxiety, bipolar disorder, trauma and schizophrenia. People we know and love are diagnosed and treated, and recover with our help and support, and the compassion and guidance of all-important mental health professionals and support groups. Our country has slowly opened up the discussion and admittance of mental health problems, although Government is lagging behind in investment and service access.

This month we have hit the largest figure ever of Media revenue in South Africa for our small NGO - just under:

10 million Rand for the Mental Health Month of July!

This would be astounding even for a large company, but for an NGO (with only 4 permanent staff members) it is truly mammoth and shows how much more interest there is in understanding the role that mental health plays in everyday life. The press and media play an unbelievably valuable role, not only through their stories and coverage of mental health and SADAG, but more especially through the contact details they insert for us: the more people know how to contact us to take that first step, the easier it is to start discussing mental health issues with family, friends, doctors and mental health specialists. The media is doing an amazing job of letting all South Africans – male and female, young and old, urban and rural – know about the facts, treatment and stories regarding

mental health.

So... a huge thank you to all the Print, Radio, TV and Online Media in South Africa! We appreciate and value your contributions.

We would like to also acknowledge a special community, without whom this work would never happen: our callers. To the patients, family members, friends, colleagues and community members who are prepared to go public with their mental health problems, how they have overcome them, how they have battled the system, or about their concerns about life-long care for a loved one, the significance of your role can never be overestimated. Thank you for your support. [Click Here](#) to read more.

Pfizer are offering the 'Pfizer Mental Health Journalism Awards for 2012/13'. All print and electronic journalists are invited to enter. For those journalists interested in writing more on mental health issues please enter the Pfizer Mental Health Journalism Awards. Two journalists will be awarded R25,000 each. Deadline is approaching, for more information [Click Here](#) or call Dessy at SADAG offices 011 262 6396 or email press@anxiety.org.za.



Thank You to Our New Donor: The Dis-chem Foundation Random Acts of Kindness and Talk Radio 702

The Dis-Chem Foundation Random Acts of Kindness has greatly assisted SADAG by donating funds that will allow us to have two full time, permanent counsellors to help us in the call-centre for the next year. We run a very busy counselling call centre and it can be tough to follow up on some patients when volunteers go off duty after every shift. These two new counsellors will also be responsible for monitoring our Facebook and Twitter pages, our daily e-mails and the SMS systems – we often receive urgent messages via these channels and cannot afford to overlook them, no matter how busy we are. These counsellors will also be trained to work in the schools we visit for the "Suicide Shouldn't be a Secret" programme as well as counselling troubled youth. Teen depression and suicide is a significant problem in South Africa, and we work with over 100,000 students a year in schools, universities, church groups and youth groups. Our programme is sought after by the Department of Education, headmasters and parent groups. We always try to accommodate everyone.

We are extremely grateful to Lynette Saltzman, Penny Stein and the Dis-Chem Foundation for the very kind donation. To view the SADAG Random Acts of Kindness video at our offices on YouTube, please click on this link <http://youtu.be/cEBf5JCqT8s>



International Day Against Drug Abuse and Illicit Trafficking: "Global Actions for Healthy Communities Without Drugs" – 26 June 2012

Countries all over the world commemorate and observe the UN's International Day Against Drug Abuse and Illicit Trafficking on 26 July. In South Africa this day was observed on 16 July in Bushbuckridge, Mpumalanga. SADAG's CEO, Elizabeth Matare, said that the day was attended by dignitaries including: the Deputy Minister of Social Development, the Honourable Maria Ntuli; the Deputy Minister of Health, Dr Gwen Ramakgopa; the Director General, Vusi Madonsela; and the Executive Mayor of Bushbuckridge Local Municipality, Mr Renius Khumalo. SADAG's Substance Abuse Helpline can be contacted on 0800 12 13 14.

To read more about the day's activities [Click Here](#).



World Suicide Prevention Day, 10 September 2012

World Suicide Prevention Day is on 10 September 2012. Every year, almost 1 million people die from suicide – a 'global' mortality rate of about one death every 40 seconds. It is one of the 3 leading causes of death among those of 15 – 44 years of age, and in some countries the second leading cause in the 10 – 24 age group.

On 9 September 2012, the 5th annual "Into the Light" Suicide Remembrance and Awareness Walk will be taking place at Durban View Park, Marine Drive, Umhlanga from 8:30 and the walk usually ends by 10.30. This is a short walk along the beautiful promenade (paved and wheelchair accessible) towards the Lighthouse, where balloons will be released in remembrance of loved ones lost to suicide. Other people in the community are welcome to join the walk to help create awareness for the cause.

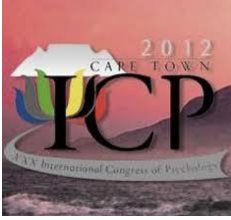
This walk is organised by SOLOS (Survivors of Loved Ones of Suicide) and run as an extension of the Durban North Umhlanga Crisis Team. They have the support of SADAG. [Click Here](#) for more details.



Hope Hike in Cape Town/Boland

On Sunday, 9 September, it's time for the first official Hope Depression Hike. Please join us in spreading the word to raise awareness around depression.

[Click Here](#) for details.



International Congress of Psychology (ICP) - Cape Town, 23 – 27 July 2012

The ICP was hosted by the Psychological Society of South Africa (PsySSA) and the National Research Foundation of South Africa (NRF) in the heart of Cape Town. The conference was organised around the theme '*Psychology Serving Humanity*' and the aim was to present new frontiers of psychological science and their application as a means for improving, developing and enriching society. The conference hosted various universities, professors, organisations, psychiatrists, psychologists, students and health professionals from around the world. SADAG was invited to present two important aspects of our work – the Speaking Books (as an educational tool for healthcare management) and the Janssen Diepsloot Counselling Container (which offers free counselling to the peri-urban community of Diepsloot). [Click Here](#) to read about SADAG's presentations, attended by Cassey Chambers.

Talks and Wellness Days

Every month, SADAG is invited to present talks and workshops, and attend various wellness days to raise awareness about mental health issues in South Africa. July was Mental Health Awareness Month and we were very busy with talks, wellness days and some interesting fundraisers.

Diepsloot Methodist Church Talk – 22 July

Lefate Makhunyane presented talks at the Methodist Church and at the Holiness Revival Church in Diepsloot courtesy of the Janssen/SADAG Diepsloot Counselling Container located in Extension 2. SADAG is working extensively with churches in Diepsloot to create awareness about what help is available for members of the community who need help for mental health issues like depression, substance abuse and trauma. Lefate's sessions, both during Sunday Church programmes, were very well received. Many of the congregants were youth who were encouraged to start peer groups in their schools and attend free counselling at the Janssen Counselling Container. Members of both congregations spoke to Lefate after the talks about counselling for a variety of issues. A big thank you to Lefate for his passionate talks and to both the Methodist Church and the Holiness Revival Church for their dedication to community mental health.



Department of Arts and Culture Talk on Depression and Anxiety – 24– 27 July

SADAG Senior Counsellors, Jane Khedheyer, Ryan Edmonds and Raadiyya Russell facilitated a Corporate Wellness Talk for members of the Department of Arts and Culture in Pretoria. Attendees were particularly interested in the relationship between Depression and Substance Abuse, and also how traumatic events influence Anxiety Disorders in the long-term, particularly panic attacks. Those in attendance were intrigued with the topics covered, and many had used SADAG's contacts in the past, personally and professionally. A wonderful day!



Johannesburg General Hospital/Charlotte Maxeke Hospital Wellness Day – 26 July

On Thursday, 26 July, Thubelihe Radebe and Anne Rajkomar had the privilege of manning the SADAG table at Johannesburg General Hospital, now known as Charlotte Maxeke Hospital, in Parktown. In recognition of July being Mental Health Awareness Month, the hospital held a wellness day for staff, patients and other stakeholders to create a greater awareness of mental health issues. The event, which was organised by Sister Khosi Maseko, was well planned and well attended. The

hospital had sent out memos to all staff and wards as well as to the surrounding clinics and Halfway Houses, and posters were placed on the walls around the hospital. The wellness day was well positioned in the foyer outside the pharmacy. [Click Here](#) for more information.

Casual Day - Friday, 7 September 2012



Everyone loved rocking out in style last year for Casual Day and SADAG was proud to be a beneficiary.

The theme for Casual Day 2012 is: ***"How to get your sea legs"***

On 7 September dress like a sailor, captain or pirate. We don't mind if you manage a bank, a second-hand car dealership or are the President of the World – if you want to dress like a mermaid on Casual Day, do it – just get on board! If you feel a bit like a fish out of water wearing an entire get-up, then just wear blue. Any shade will do – from sea green to baby blue, from aqua to teal to indigo, it's all good, just get on board! Everyone loves a uniform! Now is your chance to be the captain of your ship and navigate the waters from your desk to your boss's office. Ask for that raise, so that you can afford an extra Casual Day sticker on Friday, 7 September. And whilst you're there, tell your boss to participate too at R10 per a sticker, by wearing a sticker or two! Contact Khethi or Fatima at SADAG on 011 262 6396 or

admin@anxiety.org.za for information on how to purchase stickers and donate to SADAG. We encourage all our members, corporates and organisations to support SADAG and buy a sticker. *Ahoy me mateys!*



Looking for an Alternative Therapy? Specialised Kinesiologist Study in Pretoria

If any of our members in Pretoria are looking for an alternative therapy for depression, anxiety or stress (without going off any medication), Melissa Burger is a registered Kinesiologist in Centurion and is doing a study on alternative therapies. Each patient will receive 4 free sessions if you take part in her study. Anyone interested or wanting more information, please contact Melissa on 076 410 9006 or visit her website www.melissaburgerkinesiology.co.za for more details.

SADAG's Monthly Counsellors Meeting

Monthly training is vital to increase understanding of illnesses, procedures and policies in South Africa, and without professionals giving their time and expertise, we would not be able to keep up to date for our callers.



Admittance to Psychiatric Facilities with Dr Bernard van Rensburg from Helen Joseph Hospital

Dr van Rensburg, head of Psychiatry at Helen Joseph Hospital in Johannesburg, has always been incredibly helpful and supportive of SADAG and its callers. His talk about how patients are admitted, both voluntarily and involuntarily, to a psychiatric ward and his explanation of the necessary procedures was greatly appreciated by our team of volunteer counsellors who attended his talk. SADAG receives many calls from loved ones wanting to admit a friend or family member to a hospital, often against their will, for psychiatric evaluation and care. Dr van Rensburg's talk was very beneficial to the counsellors.



Understanding Schizophrenia with Lisa Selwood from Janssen Pharmaceuticals

Lisa Selwood, Medical Liaison from Janssen Pharmaceuticals, presented an informative talk on Schizophrenia, sharing some very useful information on the phases of the illness, its causes, the risks of non-adherence to treatment and recent advances in treatment with long-acting injectable medication. Schizophrenia occurs in about 1% of the population and 90% of these individuals are dependant on public health care for treatment. Additionally, up to 50% of patients with Schizophrenia are re-hospitalised within 1 year of being discharged, and up to 75% after 2 years. It is also interesting to note that Schizophrenia takes up more hospital beds than any other mental illness.



Mental Health and the 'Boys in Blue' with Brigadier Naidoo, Colonel Voyo and Ms Rama of the SAPS

SADAG runs a Police Trauma and Counselling Helpline, sponsored by Pharmadynamics (0800 20 50 26) and receives many calls from people who need the assistance of the SAPS in acute situations. In order to better understand the role of the SAPS, as well as their boundaries in terms of Mental Health, Brigadier Naidoo (the Provincial Head of Visible Policing in Gauteng), Colonel Voyo (from the SAPS Legal Department) and Ms Rama (a representative from the SAPS Psychological Services Department) spoke to SADAG's counsellors at the monthly meeting. [Click Here](#) for info on gaining help from police for family members.

Support Group Corner



Mental illness can be very isolating and there are many sufferers who are unsupported and scared. Our wonderful Support Group Leaders do an incredible job of bridging the gap in understanding and support within their communities and provide invaluable help for hundreds of South Africans. To get the contact details of a support group in your area or to start a support group, please contact SADAG on 011 262 6396.

Boskruin– There is a new Depression and Anxiety Support Group in the Boskruin area. Selma will hold meetings every second Sunday at 15:00 at The Barn. The first meeting was on 5 August.

Kempton Park– The Depression and Anxiety Group run by Rina meets every Wednesday at 19:00 at the Hoogland Gemeente Church. Friends and family members of those suffering from depression and anxiety are welcome to attend.

Sandton– The Schizophrenia and Bipolar Disorder Alliance (SABDA) has meetings on the last Thursday of every month at 17:30. Meetings are held at the Tara Hospital in Sandhurst. For more information about the organisation and their groups, visit the SABDA website www.supportsabda.co.za

Menlo Park– Join Francois at his Bipolar and Depression Support Group on the first Monday of every month at 18:30 at The Lion's Club in Menlo Park. All are welcome.

Driekop– The Driekop Depression and Chronic Illness Support Group is a new group that will be held on the last Friday of the month at the Community-Based Care Project in Driekop. Anna welcomes all those living with a chronic illness.

Tzaneen– The Tzaneen Depression and Anxiety Support Group is inviting new members to attend their meetings, run by Support Group Leader Colleen at the Macadamia Community Centre. The group meets every second Thursday of the month at 18:30.

Witbank– Gwen has been running a group for sufferers of Depression and Bipolar as well as loved ones for many years. Meetings are held at the Methodist Church Hall on the first Thursday of every month.

Durban– There is a new Bipolar Support Group that will meet every Thursday at 18:30 at the Life School of Nursing. Anne invites people affected by Bipolar to attend.

Eastern Cape– We are desperately short of Support Groups in the Eastern Cape – many areas have very limited resources and access to care, and Support Groups are often the only source of support for patients and their loved ones. If anyone would like to start a group, SADAG does provide training, brochures and helps you get your group running, please contact us on 011 262 6396.

Kimberley (Galashewe)– Mpho's Depression Group meets at the Solplaatjie Combined School in Galashewe at 17:00 every Friday. All people dealing with depression are welcome to attend. Mpho is dedicated to community education and supports his members, doing invaluable work with all members of his community. Thank you to Mpho for his dedication, passion and perseverance. [Click Here](#) to read more about Mpho's Youth Support Programme, which was recently launched in July.

Paarl– A new support group, run by Louisa, has started in Paarl for Depression and Anxiety sufferers. The opening meeting will be held from 10:00 on 18 August at the Drakenstein Library in Paarl. Thereafter, meetings will be held every first Saturday of the month.

Cape Town– A fantastic new support group has started in Cape Town for OCD sufferers. The group is run by psychologist David Rosenstein and his assistant Samantha. It meets twice a month, on a Thursday from 18:00. On the first Thursday the group meets with David and the second Thursday (two weeks later) is a practical session without him. [Click Here](#) to read more about the group.

Press and Media - Interesting Reads

SADAG always shares interesting stories, blogs and news about mental illness with you. There are many articles published locally and internationally that are beneficial and helpful. SADAG updates the website weekly to ensure that you have access to these relevant and helpful sources of info.

Local Media

July was Mental Health Awareness Month and as such SADAG was very, very busy. Here are some of the interviews, shows and publications we contributed to – look at some of the variety!



TV

3Talk – Depression in Children; Joanna Kleovoulou (Psychologist) and Janine Shamos from SADAG

3Talk – Panic Disorder and Social Phobia; Dr Colinda Linde (Psychologist), Dr Rykie Liebenberg (Psychiatrist) and Cindy van Wyk from SADAG

3Talk - Dr Jan Chabalala (Psychiatrist and Board member).

Shift – Panic Disorder; Lungelo Mavuso from SADAG

Hello Doctor – Police and PTSD, Captain Tlou Seloane from Vosloorus Police Station, Dr Dhiveja Sundrum (Medical Doctor) and Dr Elizabeth Legg (Psychiatrist)

Hello Doctor – Schizophrenia; Steven Swart from SABDA

Good Morning Africa – Borderline Personality Disorder; Dr Mokaba (Psychiatrist) and Dr Maronganye (Psychiatrist)



Radio

SA Fm – Panic Disorder; Bradley Drake (Psychologist)

Chai FM – Mental Health Awareness Month; Janine Shamos from SADAG

Metro FM – Depression; Nkini Phasha (Board Member)

702 – Random Acts of Kindness (Dis-chem Foundation); Roshni Parbhoo-Seetha from SADAG

Clicks Live Radio – Mental Illness; Suzanne Leighton (CT Support Group Leader)

Clicks Live Radio – Sleeping Disorders; Prof. Alison Bentley

Clicks Live Radio – Anxiety and Panic Disorder; Bradley Drake (Psychologist)

Clicks Live Radio – Bipolar; Suzanne Leighton (CT Support Group Leader)



Facebook Fridays

Panic Disorder and CBT – Dr Colinda Linde (Psychologist) and Dr Ingrid Williamson (Psychiatrist)

Stress in the Workplace – Lori Eddy (Psychologist) and SADAG counsellors

Print Media



Business Day: Mandy Collins wrote a fascinating article about using technology to treat mood disorders and how advanced South Africa is. [Click Here](#) to read it.

FA News: Insurance, for many of us, is a confusing thing. We often have questions about why we haven't been covered or what to do to get the best policy. [Click Here](#) to read a vital article on underwriting depression.

Cape Times: Depression is a 'whole body' illness. It's not a sign of personal weakness or a condition that can be willed or wished away. [Click Here](#) to read the article.

Daily Voice: Self-injury, particularly amongst teens, is increasing dramatically but is

still highly misunderstood. [Click Here](#) to read the article.

Daily Sun: Businesses lose millions of Rands ever year because of depression-related absenteeism and lost productivity. To read more [Click Here](#).

Sarie: Charis Labuschagne wrote a fantastic article in Sarie magazine on depression and how to cope. [Click Here](#) to read this excellent Afrikaans article.

Heat Magazine: Bullying is an issue that is widespread, not only in South Africa but globally. Celebrities are speaking out. [Click Here](#) for the story.

Mamas and Papas: Loren Stow explores children's mental health issues and advises parents on where to find help. [Click Here](#) to read the article.

Business Day: The newspaper reported on some interesting new statistics on cyberbullying in the country. To find out more, [Click Here](#)

African Journal of Psychiatry: Agoraphobia was the focus of the SADAG article in the July edition and offered personal accounts and self-help tips. An additional article introduced our Facebook Fridays, during which SADAG along with experts answers all your mental health-related questions online. [Click Here](#) to read the articles.

Mental Health Care rights in South Africa

Human Rights are a vital issue – we talk a lot about them but often don't apply them in our homes, communities and in the country. [Click Here](#) to read an article on Human Rights and Mental Health quoting Elizabeth Matare, our CEO. The article is on the Foundation for Human Rights website.

The Star: Bullying is receiving a lot of attention in the media lately and The Star newspaper published an article on a parent's change of career in order to help school pupils who are being bullied, after her own daughter became suicidal as a result of bullying. [Click Here](#) to read the article.

The Star: During Mental Health Awareness Month, the Star Newspaper looked into how some South Africans do not seek the help they need for mental illness, trying to deny or will the symptoms away often in order to avoid stigma. [Click Here](#) to read more.

International Media

There are often wonderful and informative articles in the international press about various mental illnesses, new research and the latest treatments. We try to share as many of these with you as we can.

Using CBT for Smart Coping Skills for the Unemployed: There is a lot of talk about the state of mental health services. There is also a lot of talk about the problem of unemployment. But there is little or no talk about the mental health of the unemployed. [Click Here](#) to read more.

Youths cautiously sharing mental health histories to balance openness, and the risk of stigma. More than any previous group of American youth, Chandra Watts and her peers grew up hearing about ADHD, Bipolar, and Prozac. [Click Here](#) to read more.

Losing Someone Close To You– The loss of a close friend or relative is traumatic and deeply affects us. But there are some things we can do to cope better, grow and learn. Click on the link below to read more.

<http://www.pickthebrain.com/blog/losing-someone-close-to-you-5-things-you-can-learn-from-it/>

Helping Children and Adolescents Cope with Violence and Disasters: What Rescue Workers Can Do. This is a vital article with practical tips for anyone working with traumatised children. [Click Here](#) to read the article written for NIMH.

Is Depression Inherited? This is a question many of us ask? [Click here](#) to read Daphne Merkin's article, from a woman living with depression herself

How to Research Bipolar Disorder or another Mental Illness. Many of us, faced with a diagnosis of mental illness, want to Google the diagnosis and find out as much as we can. But we don't always know where to look or who to trust. Click on the link below for some tips.

<http://natashatracy.com/bipolar-disorder/research-bipolar-disorder-mental-illness/>

A Toolkit for the World's Mentally Ill. The WHO has put together a set of standards for the ethical and responsible reporting of mental health care issues. [Click Here](#) to read more.



Websites and Blogs

There are many sites, forums and blogs for mental health but often we don't know where to access help or who to believe. Here are some sites that SADAG has used and know can help:

Local Forums

SADAG's Facebook Fridays - Every second Friday of the month, SADAG hosts online chats with expert psychiatrists, psychologists and SADAG counsellors answering questions at 1pm and 7pm. Visit the Facebook page "The South African Depression and Anxiety Group" to post your questions. The next forum is on 17 August on **Post Natal Depression**.

Following that is 24 August on **Self Injury** with Dr Cithra Bheamadu, again they will be on twice on Friday at 1pm and 7pm. Please go to our Facebook page or our website to contact to the question and answer forum.

For **Bipolar** support and advice – please visit <http://www.bipolarsa.org.za/>. Michelle and Jay run 2 incredibly successful support groups in Cape Town and are an invaluable resource for SADAG.

Bipolar Online Support Group – www.bipolarsupporters.ning.com

Online support group for **bereavement and grief** – <http://health.groups.yahoo.com/group/shatteredmind/>

Children with Bipolar – <http://www.bpkidssouthafrica.co.za/>. If you have a child with Bipolar Disorder or know one, this site is a must.

Childhood Chronic Illness – Started by the mother of a child with a rare illness– Sara Asman – this site is a way to reach out and support others. Click here for the website: <http://www.asenseofsupport.com/>

Special needs children – <http://www.apieceofthepuzzle.net/>. Started by the parents of a child with special needs, this website with its selection of forums for parents and educators, group chat sessions and articles is a vital resource for parents, loved ones, educators and carers of children with a disability. The website is dedicated to all special needs and disabilities regardless of age.

Social Phobia Online Support Group – www.socialanxietysupport.com

Online **OCD** Support Forum – www.ownocd.ning.com

This site is for South African Families challenged by disabilities - www.ablefamilies.com

Schizophrenia: SADAG's website. There is an excellent new interview clip on our website (www.sadag.org) with Steven Swart and a specialist psychiatrist that talks about how patients experience Schizophrenia. The clip provides an excellent explanation about this misunderstood illness from a patient's perspective.

International Forums

There is a huge selection of international websites with wonderful information. And for people who don't sleep well at night or who have time late at night, this is an incredibly useful way of connecting with others around the world.

Bipolar caregivers and patients will find useful info at www.moodswings.net.au

OCD online forum – <http://www.ownocd.ning.com/>

NAMI discussion groups – <http://www.nami.org/> (select:discussion groups)

National Institute of Mental Health – www.nimh.org

ADAA forum – <http://www.adaa.org/> (select: forum)

Social Phobia - <http://www.socialanxietysupport.com/> (select: forum)

Psych central – <http://www.psychcentral.com/> (select: forums)

DBSA –<http://www.dbsalliance.org/> (select: find support option for details of their live online support groups)

Website with great **Bipolar** information –
<http://www.internationalbipolarfoundation.org/>

International Society for Mental Health Online support –
<https://www.ismho.org/home.asp>

MoodGYM makes frequent use of multimedia presentations and graphics –
<http://moodgym.anu.edu.au/welcome>

The Sponge Project – <http://thespongeproject.yolasite.com> South Africa still does not have an 0800 DISABILITY call centre so here is a unique free disability info service to anyone who sends a short SMS to 072 172 2623 with their name, town, disability and the info they need. Their database of over 6000 rehab resources is there for all to use. Please don't hesitate to look for info about any aspect of disability. If you can't find what you need in our database just send an email to the.sponge.project@gmail.com and they will point you in the right direction.

Appreciation



"Woow!...amazing stories in your newsletters and incredible - a job well done by the SADAG team! Keep up the good work. God bless." S J.

"You guys are amazing! Yesterday I felt let-down and lost, but after getting a call from your colleague Fatima, this morning, I have options. I am so grateful for your assistance. Thank you." Anne S.

"Thank u so much...didn't expect a response today, was surprised.. I didn't know people still cared.. She advised me on what to do..I am most grateful for her help." R.vd S.

"Your counsellor was really helpful and she promised to contact me if she has any more information she can offer me to help with my daughter. " Margaret

As always, your words keep us going and doing what we do best! Thank you for letting us know how we have helped, and how you are feeling.

Don't forget our upcoming two Facebook Friday sessions where you can ask experts questions on 17 August on Post Natal Depression and on 24 August on Self Injury. Both days will host chats at 1pm and 7pm. Log on to <http://www.sadaq.org/> to connect.

If you are wishing to book a corporate talk, wellness day or workshop, please contact Cassey, Khethi or Fatima on 011 262 6396 or admin@anxiety.org.za

Sincerely,
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