

SADAG Office	011 234 4837
Suicide Crisis Helpline	0800 567 567
Dr Reddy's Mental Health Helpline	0800 21 22 23
Pharmadynamics Trauma Helpline	0800 20 50 26
ADHD Helpline	0800 55 44 33
24 Hour Substance Abuse Helpline	0800 12 13 14
HDI "You Decide" Youth Helpline	0800 33 33 77

Website: www.sadag.org Email: zane1@medport.co.za SMS: 31393



"The South African Depression and Anxiety Group"



@TheSADAG

DECEMBER NEWSLETTER 2015

2015 is on its way. This year has seen SADAG expand great efforts in advocating for a better mental health system in South Africa.

We are working hard to improve the lives of thousands of South Africans.

Top of our agenda for 2016 is continuing our work towards suicide prevention as well as fighting for patient's rights and access to treatment.

We hope that with the holiday, now in full swing, there is a lot to look forward to, as we take time together with friends and families, and plan for the year ahead.

We are developing the right strategies to achieve our goals but we need your financial resources.

Please support SADAG, we cannot do this without your help.



Linda Trump

It is with deep sadness and heavy hearts that we recognise the untimely passing of Linda Trump – a friend and a fighter who devoted her time to destigmatisation of mental illness and passion for advocacy and equal treatment. Linda was a special friend to SADAG, she had dedicated her career to helping others. Linda will be deeply missed.

[Click here](#) to read Harry's tribute to his mother, Linda Trump.

[Click here](#) for the Michael's powerful words as a member of Linda's support group

Life Esidimeni Hospital Contract Termination - an Update



Many people may have heard that the Gauteng Department of Health has terminated their Service Level Agreement with Life Esidimeni Hospitals which provides psychiatric and long-term care to indigent or high-risk patients with severe psychiatric illnesses.

[Click here](#) to read read more in Katherine Child's article in The Times.

[Click here](#) to read an article on Bizcommunity.



New Destiny Helpline for Youth & Students

SADAG is excited to announce the launch of a new youth helpline by Ndalo Media. The toll-free line, 0800 41 42 43, offers free telephonic counselling seven days a week from 8am-8pm for any mental health issue, including: Trauma, depression, stress and/or anxiety, exam pressure, discrimination and self-esteem issues.

[Click here](#) to read Ndalo Media CEO Khanyi Dhlomo's comments on the initiative.



Momentum 947 Cycle Challenge

The keenly awaited 947 Momentum, Cycle Challenge had amongst this year's riders a group keen Mental Health supporters, passionately arranged by Jennifer Wolter. SADAG would like to say a massive Thank You to Jennifer and her riders who managed to raise R18 728 for SADAG and Mental Health. [Click here](#) to read more.

The Hope Hike



Spreading HOPE with The Ithemba Foundation's and Vinette Ebrahim of 7de Laan
The 2015 Hope Hike took place on Sunday 11 October in Cape Town and Sunday 25 October in the North. The goal of the Hope Hike is to raise awareness of depression. It is the **Hope Hike** because if depression is the illness of despair, we need to constantly build **HOPE** and not only raise awareness, but contribute to public education around psychiatric diseases, also in order to destigmatise and humanise these diseases.

[Click Here](#) to read more about the Hope Hikes



What is Making Headlines?

As always, SADAG shares the most interesting and pertinent mental health issues and articles making headlines.

- Video Game Is Built To Be Prescribed To Children With A.D.H.D (by Katherine Ellison): A computer programme - Project: EVO – has been developed specifically to improve attention and reduce impulsivity in children with attention deficit hyperactivity disorder. [Click here](#) to read this fascinating article.
- My Journey with Depression (Discovery Magazine online): Ten years ago, Pieter van Zyl wanted to end his life. Today he is living life to the full despite his ongoing battle with depression. [Click here](#) to read this amazing journey of hope.
- How Anxious Are We Really? (in Marie Claire South Africa): A recent World Mental Health survey showed that, compared with 14 other countries, South Africa had the second-highest rate of substance abuse disorders and sixth-highest for anxiety disorders. So how anxious are we ? [Click here](#) to read more.
- The Dire Effect of Overwork in South Africa (Risk Africa): So often we blame stress for a myriad of health and relationship and productivity issues. Overload and stress has a very real and negative impact on us. [Click here](#) to read this critical article.

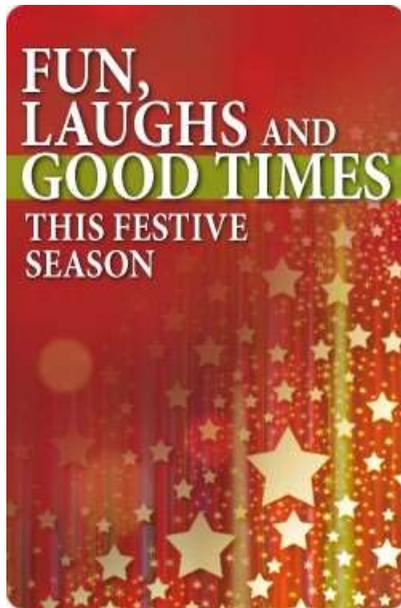


Give the Gift of Literacy and Hope this Christmas with a Speaking Book for R150

“Being your Best” is an inspirational Speaking Book with an accompanying soundtrack to encourage youth to be their very best in all realms of their lives. The Speaking Book consists of 16 pages of colourful illustrations covering issues like smoking, safe sex, substance abuse, bullying and other key topics for a teen’s optimal growth and development. Each book is recorded by a voice or celebrity that is appropriate for the target of mainly rural communities. These Books are used in classrooms, in peer groups at home and in the community.

For R150, SADAG will deliver your donated book to a school in need. You are welcome to put your name and a message of hope on the front cover, a box of 40 Books, will allow us to give five to eight classes a selection of their own books to share. To Donate, please [click here](#). For more information, please contact Naazia Ismail on 011 234 4837.

[Click here](#) to read a tribute to an inspirational man, Dr Jewat, going above-and-beyond the call of duty to eradicate Polio in Pakistan using the Speaking Books.



Coping over the Festive Season

While for many, this is the season to be jolly, for many people the holidays are the toughest part of the year. Here are two "bearing the festive blues" articles for you.

- Stress and depression can ruin your holidays and hurt your health. being realistic, planning ahead and seeking support can help ward off stress and depression. [Click here](#) to read this important article by Mayo Clinic.
- For many people, the holidays and Christmas can be not only a very happy and joyous time reuniting with family and friends but also it can be a stressful time. [Click here](#) to read the Psych Central article on coping with stress during the festive season.

Remember that SADAG is open from 8am to 8pm, 7 days a week, 365 days a year.

Tips from SADAG to Survive the Festive Season

1. **Lean on your support system.** If you've been depressed, you need a network of close friends and family to turn to when things get tough. Take time to get together with your support team.
2. **Ask for help and be specific.** Ask your sister to help you cook, invite a friend along on shopping trips. People are usually happy to help if you tell them what you need.
3. **Don't stay longer than you want.** Going to a party doesn't obligate you to stay until the bitter end. Instead, just drop by for a few minutes, say hello, and explain you have other engagements. Knowing you have a plan to leave can really ease your anxiety.

[Click here](#) for more tips.



Our Christmas Wish

SADAG has a monthly battle of our own, trying to keep the centre running. Our office space has been very generously donated but it costs about R40 000 to keep our lines running every month, and we are getting much busier. For many of our callers however, this year has been a tough one! We are urgently looking for sponsors, donors, or assistance to make Mental Health Matter in South Africa as we start 2016.

We wish everyone a Happy and Healthy New Year and extend our grateful thanks to all our volunteers that donate their time and caring support and our Support Group Leaders who help people in their towns and communities, without all their enthusiasm we could not help the many people who need us.

Our emergency lines are open 24 hours 0800 12 13 14 or SMS 31393.

SADAG Support through December and January

For those of you new to the SADAG family, please be reassured to know that we DO NOT close over the festive season. Our volunteer counsellors will be with you from 8am to 8pm 365 days a year, including Christmas Day and New Year. If you or someone you know is having a lonely or hard time, please call us on 0800 21 22 23 or 0800 20 50 26, or 0800 70 80 90. If you would like to get involved, donate or find out what we are doing, please visit our website www.sadag.org

Sincerely,

Zane

Founder

zane1@hargray.com | 011 234 4837 | www.sadag.org