



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 EMAIL: zane1@medport.co.za SMS 31393

 The South African Depression and Anxiety Group
  @TheSADAG

June 2016 Newsletter

SADAG needs more Support Groups to help people cope and recover

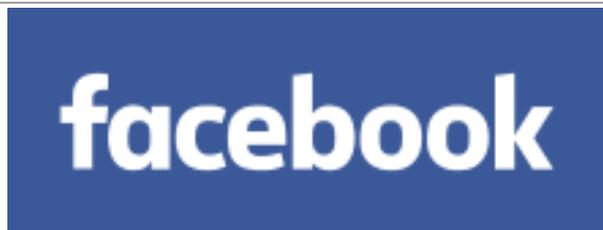
Let's achieve this during Mental Health Awareness Month

Life is about relationships, about connections and understanding; support and empathy. Without it, we feel isolated, alone and misunderstood. For people with a mental disorder, people who have lost loved ones or who have undergone a trauma, this sense of isolation can be as destructive as their diagnosis or the traumatic event. Feeling like no one understand you or that you are judged for your illness can lead to a worsening of symptoms and non-compliance with medication and treatment. For many people, their experiences, symptoms and diagnosis is the start of a wave of other emotions, fears, anxieties and long-term effects like depression and low self-esteem. "Many people in my group have felt and experienced similar things", says one SADAG Support Group Leader, Jane. "Opening up in a group, discussing these things in a group, helps people understand they are not 'weird', 'different' or alone – we understand, we've been there and we are there to help."

SADAG helps facilitate over 200 Support Groups across South Africa. These groups are run by dedicated volunteers who are passionate

about their community's health and wellness, who are either Social workers, Nurses, psychologists, recovered patients or family members. July is Mental Health Awareness Month and SADAG is using the month to concentrate on establishing **23 new Support Groups** to commemorate **SADAG's 23 year anniversary**. We are looking to train volunteer Support Group leaders in the following areas: Kroonstad, Parys, Secunda, Groblersdal, Belfast, Cradock, Upington, Barberton, Bloemfontein, Louis Trichard, Thabazimbi, Brits, Lichtenburg, Rustenburg, Queenstown, East London, Richards Bay, Port Shepstone, Middleburg, Ladysmith, Grahamstown, Despatch/Uitenhage, Potchefstroom, Vaal and Polokwane.

SADAG will be offering free training workshops to communities wanting to be educated about mental health issues, basic skills and starting a Support Group. SADAG assists Support Group Leaders to find a venue for their group; with local press to create awareness about the new group; with materials and guest speakers, and will SMS members in the area to notify them about the new Support Group. If anyone is interested in starting a Support Group in their area, please [click here](#) for more information.



SADAG appointed by Facebook to help prevent South African Suicides

Facebook connects over 1.6 billion people, and is the place to connect with friends and family.

Now, Facebook has incorporated suicide prevention tools into its platform, and SADAG will be facilitating the South African service. The social network has introduced mechanisms and processes to make it easier for people to help friends who post messages about suicide or self-harm. [Click here](#) for more information.



Akeso Clinic Donation helps make Mental Health Matter

SADAG has had a long standing relationship with Akeso Clinic over the years, as well as called on their Emergency Response Vehicles when we have dealt with urgent patient cases that needed hospitalisation. In March this year, CEO at Akeso Clinic, Allan Sweidan, committed to donating R30 000 to SADAG each month to help us run the various projects that are so crucial around the country. We are very grateful for the donation as it helps us to reach more patients and families who don't have resources or support. We look forward to continuing to work with Akeso Clinic through their 11 clinics nationwide in the upcoming months, watch this space for exciting projects. To learn more about Akeso Clinics, go to www.akeso.co.za.



Thank you for your Donations

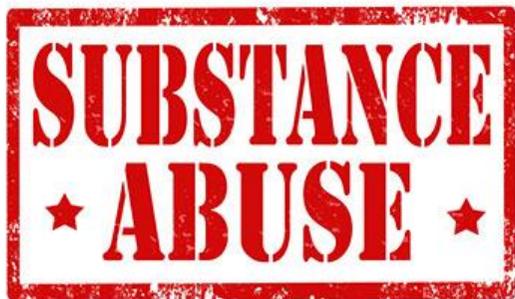
In light of making Mental Health Matter, SADAG often has to rely on donations and funding contributions, whatever the amount, whether it is R10 a month, R50 or R100 to help us keep fighting for the vital services of patient care. A special thank you to Pick 'n Pay for hosting a Charity Golf Day in support of SADAG. The very kind golfers nominated SADAG as the main beneficiary for the fundraising event and raised R 20 000 for our organisation. If you would like to donate to SADAG please [click here](#) or click the donate button on our website which has all our information. Every cent raised, will go towards helping someone else dealing with Mental Health issues in South Africa.



You're in safe hands

Support Group Partnership with Netcare

SADAG is very happy to announce that it has partnered with Netcare to start 12 new support groups across three provinces, namely Gauteng, Mpumalanga and North West. SADAG will be hosting Support Group Mentorship Workshops in each of these provinces. If you are in these 3 province and would like to start a Support Group, please call Anne or Naazia 011 234 4837/083 754 7509 for more details about upcoming workshops. [Click here](#) to read more about the Support Group project with Netcare.



Substance Abuse Awareness Day Activities

In light of Substance Abuse Awareness Day on the 26th June, SADAG has been involved in mobilizing Substance Abuse Support Group Leaders to create awareness within their various communities by hosting events throughout the month of June. These Substance Abuse Support Group Leaders are trained by SADAG in partnership with the Department of Social Development through a series of Mentorships that focus on substance abuse education and how they can run effective Support Groups within their communities to help those struggling with drug addiction, recovering addicts as well as loved ones supporting their loved ones.

Day&Date	Area	Event details
Saturday, 25 June	Milnerton, Cape Town	Akeso Milnerton Clinic will host a FREE Community Workshop from 08:30am-12pm. To book your seat and for more information, click here .
Saturday, 25 June	Alexander, Johannesburg	Alex FM & SADAG host FREE Community Substance Abuse Workshop. For details Click here .
24-30 June	Durban	SANCA is hosting numerous events during the week click here for the information.
Sunday, 26 June	Welkom, Free State	Support Group will be hosting a Substance Abuse Day event on, to book your seat, click here .
Sunday, 26 June	New Castle, Durban	The New Castle Support Group will have an event at the their event, if you are interested in attending, Click here .
Sunday, 26 June	Tzaneen, Limpopo	Peter will host the Substance Abuse Day event, at the Mokwathi Community Centre, from 9am-12pm click here to book your seat.
Sunday, 26 June	Stellenbosch, Cape Town	Support Group Leader Nonyameko will host the Substance Abuse Day Event at the Khayamnandi Community Hall. For information and to book your seat, click here .



702 Walk The Talk

A very huge **THANK YOU** to Radio 702 and their presenters Gug's and Sizwe for selecting SADAG as one of the three main beneficiaries for the 16th Annual 702 Walk the Talk.

The 702 Walk the Talk entries have officially closed and we are proud to announce that #TeamSADAG has over 60 team members walking for Mental Health. The walkathon will be taking place on **Sunday, 24 July 2016** at **Marks Park Sports Club, Emmarentia**. Thank you to everyone who has entered

#TeamSADAG, we look forward to seeing you on the day. For more information please contact Tshago on 011 234 4837 or email media@anxiety.org.za. We will keep in touch with the team. #TeamSADAG



Facebook Friday Chat focuses on Substance Abuse

Do you want to know how to identify Substance Abuse problems from your loved one? Do you want to know what treatment options are available?

Want to know more about the benefits of attending a Substance Abuse Support Group? Do you want to start your road to recovery? Wherever you are in the country you can ask for FREE Expert advice on Facebook Friday Chat, focusing on Substance Abuse, on Friday 24 June with expert Psychologist Denise Mulder from 1pm-2pm and Psychiatrist Dr Robert Bothell, from 7pm-8pm.

[Click here](#) for more information about the free online chat and how to log in.



Local Press

Read more on which Mental Health issues are making news around the country. We share articles on Depression, Bipolar and lack of Mental Health facilities.

- ***Breaking Bipolar Myths*** by Tsholofelo Mosina (Caxton News) an article about Lillian Dube who participated at SADAG's Bipolar Awareness Day event in Diepsloot. Dube spoke about Stigma & Mental Health. [Click here](#) for the article.
- ***'Families of mentally ill patients take to the streets'*** an article by Gabi Falanga (www.iol.co.za). The article is about the family members who had loved ones at Life Esidimeni Hospitals; two weeks ago, loved ones of patients at Esidimeni marched to the Gauteng Department of Health. [Click here](#) to read the article.
- ***Facebook adds a suicide prevention tool*** by Peter Ramothwala, is an article about a new tool that Facebook has added to help prevent and help with Suicide in South Africa. Facebook has appointed SADAG to help in this regard. For the full article, [click here](#).
- ***Living with Depression*** by Dr Sindi van Zyl (Mental Health Matters)

Journal), Doctor van Zyl talks about the 'highs' and 'lows' of living with Depression, [click here](#) for the full article.

- **'Families to fight mental health patients' transfer** by journalist Thabo Molelekwa (www.health24.com), is an article about family members of patients who were at Life Esidimeni hospitals, they tell of their loved ones that are 'missing in the system'. [Click here](#) for the full article.
- **'Mental Health must be prioritised'** by Lerato Diale (New Age) an article about the lack of facilities available to help people mental illnesses in South Africa. [Click here](#) for the full article.
- **'Mental Illness ISN'T ALL IN THE MIND'** is an article by Penny Haw (Sunday Times), she reports about how depression and burnout affects productivity at work and home. To read the full article, [click here](#).
- **Bipolar, SA's 'hidden' health problem** by Lisa Isaacs (www.iol.co.za), is an informative article on Bipolar Disorder, it discusses the signs and symptoms and how to get a proper diagnosis and where to go for help. [Click here](#) to read more.
- **What now for patients after psychiatric hospital closes?** By Peta Thornycroft (www.health-e.org.za) an article about relatives of patients at Life Esidimeni, saying they have been left in the lurch by the Gauteng Department of Health after it closed Randfontein's Life Esidimeni psychiatric hospitals last month and relocated over 2000 patients with serious mental disabilities to cut costs, [click here](#) for more information.



Support Group Corner

We have new Support Groups in 3 different provinces that have recently started. A Support Group is a great place to fellowship with friends suffering similar/like symptoms to oneself and being able to share knowledge, discuss experiences and provide self-help tips to cope better. If you are interested in starting a Support Group, or would like more information on how you can start a Support Group, please contact **Naazia** or **Tracy** on 0800 21 22 23.

To learn about our new Support Groups in Johannesburg, Durban, Nelspruit, get information on existing Support Groups in Kimberley, Gauteng as well as Pretoria and other areas, [click here](#) for more information.



Janssen Counselling Container in Diepsloot commemorates Bipolar Awareness Day with Lillian Dube

SADAG commemorated Bipolar Awareness Day on Thursday, 26 May 2016 at the Skills Centre in Extension 2 in Diepsloot. More than 150 community members attended the event which was well-supported by the various stakeholders (NGO's, CBO's, DSD, COJ and SAPS) in the area. We were thrilled to have SA celebrity, actress and SADAG Ambassador, Lillian Dube, speak about Stigma and Mental Health especially in the African community. [Click here](#) for pics and more info about the event.

UPCOMING WORKSHOPS

Upcoming Workshops

We have interesting workshops that are coming up. Workshops are a great platform to learn from experts who are in the Mental Health field. Through these resources you can learn life skills, be well informed on Mental Health issues that affect your day to day life.

- ***Dealing with divorce, mastering the experience*** hosted by Clinical Psychologist Joanna Kleovoulou, this workshop will equip and teach parents on how to master life-changing events, discuss about how to tell the children, addressing co-parenting, dealing with a divorce etc. [Click here](#) for more information.
- ***The power of self-care workshop***, in Bedfordview (JHB), participants will learn the value of boundaries – to help you function at your optimal, how to teach others to treat you and much more, to book your seat, [click here](#).
- ***Building your Emotional Resilience (EQ)***, is ideal for you if you are feeling unproductive and de-motivated. If you are struggling to deal with conflict, stressed out and feeling lost, then this workshop, presented by Clinical Psychologist Joanna Kleovoulou, in Bedfordview (JHB), will benefit you. [Click here](#) for more details and to book your seat, [Click here](#) for more information.
- ***Obsessive Compulsive Disorder (OCD) Therapy Group*** hosted by Clinical Psychologist Shai Friedland will take place from June-July. The

12 week workshop will take place in Sandton (JHB) [click here](#) for more information and to book your seat. Seats are limited, booking is essential.

- **Parenting Workshop with Financial Planner**, presented by, Joanne Dargie will be on 22 June, at 7pm in Bryanston. The FREE workshop will focus on empowering all parents with a wealth of knowledge of how to better secure their own and their children's future financial prospects and legacy's. [Click here](#) for more details – seats are limited, so booking is essential.
- **Step up for Mental Health** is the Mental Health Advocacy's 1st Annual Walk Event and will be on 2 July, from Durban Beachfront to uShaka and back. This is a walk to raise awareness for Mental Health and Substance Abuse Day, FREE registration for participants. [Click here](#) for more information.



SADAG fights for Patients' rights in Gauteng Mental Health System

Mentally ill patients are amongst the most vulnerable group – people left to the mercy of government systems due to poverty, stigma and lack of access to treatment. Under the South African Constitution, all citizens have certain inalienable rights with regard to health care like the right to a healthy and safe environment; treatment and rehabilitation; provision for special needs; continuity of care; and the right to complain about health services. Sadly, not every patient has access to these rights. Despite the vast majority of South Africans relying on public health care services (80% of the population), mental health care facilities in government hospitals are severely restricted. SADAG is advocating for Mental Health patients and the patients who were at Life Esidimeni Hospitals, [click here](#) to read more on this developing issue.



PNDSA

Post Natal Depression Support Association

SOUTH AFRICA

005-295 NPO

Launch of Post Natal Depression Helpline

SADAG and PNDSA have recently joined forces to assist callers who are in need of telephonic counselling and referrals for both Perinatal & Post Natal Depression. SADAG will manage the PNDSA Helpline 082 882 0072 which will be available from 8am – 8pm, 7 days a week, 365 days a year. SADAG is now able to offer telephonic counselling and referrals to local resources, experts and lots of self-help tips and support.

SADAG launched the partnership on 3 June 2016 with a mini workshop for the SADAG counsellors. We were privileged to have speakers and subject matter experts sharing their knowledge with us. Dr Feroza Arbee (psychiatrist), Dr Carina Marsay (psychiatrist) and Sally Baker (social worker) all shared information on this event which should be life enhancing, thrilling and happy, BUT for many is not so...

Websites for assistance: www.postpartumprogress.com,
www.postpartum.net, www.pndsa.org.za



Pfizer Mental Health Journalism Awards

The Pfizer Mental Health Journalism Awards winners for 2015/2016 have been busy creating awareness around Mental Health and writing numerous stories that have made national news. Below are some of the stories from **Pieter van Zyl** (*Media 24, YOU/Huisgenoot Magazine*), **Ina Skosana** (*Mail & Guardian Newspaper*) and **Katherine Child** (*The Times Newspaper*)

A special thanks to Pfizer who were the prize sponsors for the past 4 years. Through their sponsorship we have made a difference in the lives of many South Africans, have helped with the destigmatization of Mental Health.

- By Pieter van Zyl - [ADHD in Girls & Bipolere Steuring:'Dit raak ons elke dag: van ons opstaan tot ons gaan slaap'](#)
- By Ina Skosana - [The Baby Fell but I just kept running](#)
- By Katherine Child - [Patients dumped on NGOs](#)

Thank
you



Thank you's from patients

We love to hear from you, it makes all that SADAG does worthwhile when we get feedback from you.

Thanks Zane a very helpful volunteer counsellor from SADAG has contacted me with some info. Best wishes

Hello

Many thanks to Mxxx who called me today. She was extremely kind and helpful and I appreciated having someone believe my concerns are legitimate and that they may not be exaggerated. I look forward to following up with a GP and hopefully a psychologist as well. Many thanks for your selfless work.

I just want to say thank you so much for everything you and your organisation have done for me (and thousands of others) during this period of less than 24 hours.

The counsellor was kind, patient, considerate and empathetic. She helped me gain perspective, armed me with lots of info and I realised that I didn't have to be trapped like this anymore.

It made me want to take control of my life again and that there is help out there as well as options.

Dear SADAG

I would like to take this opportunity to thank your organisation for participating in our workshop and all your help to make this a success.

The presentations and facilitation by Anne and Lefate were excellent and our team enjoyed every moment very much.

It was very insightful for both themselves and their patients.

We will add The South African Depression and Anxiety Group (SADAG) to our national referral network.



SADAG needs help

We need a courier service to help us with free deliveries, about 5 a month, sadly the postal service is not reliable and we need to get brochures, Magazines, and handouts to our support groups and talks around the country. If you are prepared to donate five deliveries a week for us, we would be very appreciative. Please contact Naazia on 011 234 4837 or email info@anxiety.org.za.

Best Wishes,

Zane Wilson
Founder
SADAG

<http://www.sadag.org/>.

Zane1@hargray.com