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| 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 |
| Adcock Ingram Depression & Anxiety Helpline | 0800 70 80 90 |
| 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
 Facebook: "The South African Depression and Anxiety Group" Twitter: @TheSADAG

Panic Prevention and Awareness Day 10 July 2015

July is Mental Health Awareness Month and the South African Anxiety and Depression Group (SADAG) would like to create awareness about mental health issues in order to break down the stigma around Mental Health and encourage others to seek help and support. Through your help, we can reach more people and break the silence.

In South Africa, 1 in 3 people will or do have a mental illness and yet 80% of people with a mental illness DO NOT get treatment. For Mental Health Awareness Month from the 1st – 31st July, the South African Depression and Anxiety Group (SADAG), the country's leading mental health advocacy group, wants to create as much awareness as possible to encourage more people to seek help, treatment and support. There are 23 completed suicides and a further 230 attempted suicides every 24 hours in this country. More needs to be done to help so many people who feel helpless and hopeless.



Putting Panic into Perspective: Launching the Adcock Ingram Depression and Anxiety Helpline - 0800 70 80 90

"It comes out of nowhere, I feel like I'm losing control... Am I having a heart attack? I can't breathe properly! I am shaking, I feel like I'm going to die...."

On the 1st July 2015, a brand new toll-free helpline was launched: the Adcock Ingram Depression and Anxiety Helpline. The line - 0800 70 80 90 – is aimed at assisting those affected by depression and anxiety and will be open from 8am – 8pm, 7 days a week, 365 days a year. With this initiative, SADAG and Adcock Ingram aim to reduce the impact of depression and anxiety on the lives of patients, by aiding early recognition, appropriate treatment, and recovery. "We believe by making a small difference, today, it will make a big difference in the future."

Adcock Ingram CNS, is committed to providing quality products that improve the health and lives of the people in the markets it serves. "This is the core of what we do. But, we also want to be able to extend our reach and deepen our impact through other activities by finding new ways to address unmet medical needs and offer better outcomes for patients and healthcare providers.



[Click here](#) to read more about panic disorder and anxiety.



I am...

a sister, aunt, TV Presenter and friend with depression.

I am more than just my illness

#BreaktheStigma



I am...

a single father, driver, bipolar, cyclist, social media enthusiast, photographer, uncle and brother.

I am more than just my illness.

#BreaktheStigma

I AM Campaign - #BreaktheStigma

Many people suffering from a mental illness like anxiety feel very isolated and alone – and label themselves (or are labelled by others) as ‘crazy’, ‘worthless’, ‘mad’. The **"I AM" Campaign** allows us all to see people for who they are – not for what their diagnosis is. This campaign brings hope to people and shatters the labels and stereotypes that are too often associated with a mental health diagnosis. “Stigma is still a major problem in South African society. Many people don’t know where to go or who to speak to for help - people fear that they will be judged or discriminated against, or that others will think that they are weak. By educating everyone about mental illness, we can create more awareness and encourage more people to seek treatment,” says SADAG’s Cassey Chambers.

No matter who you are – a celebrity, writer, businessman, teacher, a South African – you can help **#BreaktheStigma** by uploading a profile picture and motivational message throughout the month of July. To add your voice to the movement and cause, please take 2 or 3 profile pictures and then send them to admin@anxiety.org.za and visit www.sadaq.org, The South African Depression and Anxiety Group on Facebook and @TheSADAG on Twitter.

We’d love to hear your experiences and views.



Facebook Friday Online Chat on "How to Get Help for Panic"

The Facebook Friday chat for Panic Awareness Day will be hosted on Friday the **10th July** from 1-2pm with CBT Clinical Psychologist Dr Colinda Linde, then again from 7-8pm with Psychiatrist Dr Carina Marsay and CBT Clinical Psychologist David Rosenstein. This social media platform allows people from various walks of life to ask mental health professionals regarding their mental health concerns. This free chat is incredibly helpful for people who may have limited financial resources and is a wonderful opportunity to get answers from professionals.



Panic Online psycho-educational Videos

Helpful psycho-educational videos are available on the SADAG website, on the home-page drop down menu "Online Videos". Dr Colinda Linde, a renowned psychologist at the forefront of anxiety treatment and the use of Cognitive Behavioural Therapy (CBT) explains some interesting facts about anxiety and how to cope with it. [Click here](#) to view to Dr Linde's online videos.



Panic Press Corner

We think it is important to share information and articles with you from around the globe to assist you with information, self-help tips, and tools for Panic. Below are three international articles from **PsychCentral** that we think would help you and your loved ones understand and cope with Panic Attacks.

[Click here](#) to read on the "**Subtle Signs of Unexpected Panic Attacks**".

[Click here](#) to access the article on "**What a Panic Attack Feels Like**".

[Click here](#) for the article on "**9 Ways to Reduce Anxiety Right Here Right Now**".



Latest Mental Health Stats in South Africa

- 1) Over 30% of SA population will have a mental disorder in their lifetime
- 2) 1 in 4 people in the workplace may have Depression.
- 3) Employees take an average of 18 days off a year due to their Depression.
- 4) Anxiety Disorders (15.8%) is one of the most prevalent lifetime Mental Disorders.
- 5) 15.4% of people with any mental disorder received treatment (meaning that over 80% of people with a mental disorder DO NOT get treatment).



Self-helps tips for Panic

1. Deep breathes, inhale through your nose, hold the breath, exhale through the mouth.
2. Avoid caffeine! Check all over the counter medication or scripts, no Caffeine or Adrenalin. No Malaria medication without checking your medication with your pharmacist. Be careful when you go to a dentist, advise your dentist you have panic and ask him to have non-adrenalin injections in stock for you.
3. Some of the weight loss drugs should also be avoided due to the contents, ask your Dr. or pharmacist.
4. Educate yourself, know your illness so you can manage it effectively. SADAG's website has lots of helpful advice.

[Click here](#) for more



Anxiety Self-Test Questionnaire

Could you be anxious or suffering from Panic Disorder? Take this self-rating Anxiety Scale (also available on www.sadag.org). If you are concerned, take this test to your doctor to discuss it with him/her.

[Click here](#) to take the test.



Words of Wisdom from our Founder Zane Wilson – herself a Panic sufferer

Panic attacks can be frightening, and they are serious, but they don't have to control you. Get help, and take back control of your own life. Empower yourself with knowledge and information, there are numerous online videos explaining what Panic Attacks are and how to deal with them, and how to prevent them from happening on our website www.sadag.org. All you need to do is click on our site and at the top look for a heading "Anxiety and Panic", there you will find all the info you need to help you, such as questionnaires, self-help tips, articles and additional information if you would like to help a loved one.

Zane Wilson contributed to SADAG's Mental Health Matters Journal writing about her personal experience with Panic. [Click here](#) to read her inspiring story.

Best wishes for good mental health,

Zane Wilson
Founder
South African Depression and Anxiety Group
Zane1@hargray.com



Contacting SADAG

- Toll-Free Helpline: 0800 70 80 90
- SMS: 31393
- Website: www.sadag.org
- Facebook: [The South African Depression and Anxiety Group](#)
- Twitter: [@TheSADAG](#)

The South African Depression and Anxiety
Group

Tel: 011 234 4870

www.sadag.org