

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
24 Hour Substance Abuse Helpline	0800 12 13 14



WEBSITE: www.sadag.org



The South African Depression and Anxiety Group



TheSADAG

May Newsletter



SADAG Board

The SADAG Board has recently updated their Board Members and voted for a new Chairperson and Vice Chairperson. We would like to thank Dr Colinda Linde for her commitment as the SADAG Chairperson for last 8 years. She fulfilled her role with great passion and hard work, without Dr Colinda Linde SADAG wouldn't be where we are today. We would like to

congratulate Dr Frans Korb on his new position as Board Chairman. Dr Korb has been on the Board since our inception in 1994, he has great knowledge of the organisation. We are very excited to see the new changes that Dr Korb may bring to the table. SADAG's new Vice Chairman is Clinical Psychologist, Zamo Mbele who has been part of the SADAG Board for three years and has invaluable information to help assist. Thank you all the Board for their hard work and endless commitment to SADAG. SADAG wouldn't be functional without an amazing Board of Psychiatrists, Psychologists and Businessmen.

Left to Right above Nkini Phasa, Zane Wilson, Dr Frans Korb, Dr Colinda Linde, Cassey Chambers, Zamo Mbele.

New Volunteers Training



SADAG has welcomed new volunteers to our Call Centre, hosting a Training of over 100 new counsellors. We look forward to strengthening our team and seeing more counsellors in our Call Centre to help with the hundreds of calls. We also had current Support Group Leaders and colleagues from similar organisations attend the Training.

SADAG appreciates the fantastic speakers that donated their time to assist us and provide our new counsellors with the best possible training. A big thank you also goes to Grayston Preparatory School who donated their venue to us, along with Akeso Psychiatric Clinic for their kind donation towards the refreshments for the Training. SADAG appreciates all the support and would not be able to host such a successful Training without their support.

SADAG extends a special thanks to our fantastic speakers, Dr. Colinda Linde, Lana Snoyman, Dr Alison Bentley, Dessy Tsoneva, Zamo Mbele, Megan Hoskins, Shai Friedland and Neil Amore who covered various Mental Health topics and practical counselling skills.



KZN SADAG

KZN has had massive Mental Health problems for many years. There is a great shortage of Psychiatrists, both Government and Private, and a shortage of Government Psychologists. With a result that many patients have very little help to turn to.

Dr Suvira Ramllal, Psychiatrist, in conjunction with Suntosh Pillay, Clinical Psychologist, has initiated a branch of SADAG to enable them to assist and develop the services in the KZN area. Initially, they will be starting as many new Support Groups as possible. So if you have considered opening a Support Group in KZN in May, June or July, please contact Anne on 011 234 4837 or anne@anxiety.org.za.

Training of University and College students who will then start going into schools class-by-class to help youth who are at risk talking about Depression and Suicide Prevention. We thank them all for their support and the volume of work that will be required to do and sincerely hope it will grow quickly. We are grateful to Dr Suvira Ramllal and Suntosh Pillay. We would also like to sincerely thank the first two sponsors, Lundbeck and SASOP, for their opening donations for KZN.



Esidimeni the results at last!!

SADAG's initial reaction to the unprecedented award, that was presented by the retired Deputy Chief Justice Dikgang Moseneke is a huge relief, it's amazing to see the family's relief and reaction to the award but also to vindicate the work that SADAG, Section 27, SASOP, SAFMH and Family Committee and other partners have done over the last two years to get to this point. Where we are right now, is where we were hoping not to be, to avoid any loss of life or patient suffering but it does indicate that we worked tirelessly and never gave up for over two years to get justice for everyone who suffered. Through all the emails, meetings, phone calls, protests and legal proceedings that took place for more than 2 years, the compensation to the families who lost their loved one's in the most tragic way and lost the most vulnerable group of people who didn't have a voice and couldn't speak for themselves. In the words of Deputy Chief Justice Moseneke, that were tortured and suffered at the hands of a Government departments decision. SADAG will continue to help the families who have lost their loved ones, who can now start the healing process through counselling and support groups. We will also be assisting the surviving families to offer them continuous support for their loved ones and themselves, and to ensure that their loved ones do get the treatment and care that they deserve. Click below for some key articles.

* Times live: [Relief and Caution After Life Esidimeni Ruling](#) by Katharine Child.

* Daily Maverick: [Vindication of the Rights of those with Mental Illnesses to be people](#) by Mark Heywood

* Health-E News: [Op-ed: What you didn't see at the Life Esidimeni Arbitration](#) by Sasha Stevenson with a different view of the court case.



RISE18

Zanele Hlatshwayo launched Rise18 on the 18th of January 2018 in memory of her dad who lost to suicide. She is aiming to run 18 marathons by July, she has raised over R56 000 in the fight against Depression and Suicide. Visit [Rise18 YouTube channel](#) and check out the story of a mother, wife and former Mrs South Africa, 1st Princess and all round self-professed superwoman, Olwethu Leshabane as she shares her story on how she survived Postnatal Depression. Watch the #Rise18Stories and let's Rise against Depression and Suicide. Remember to [Donate](#), all the money raised will go towards the Suicide Helpline.



Substance Abuse 24hr Helpline & New Developments

The Department of Social Development in partnership with SADAG run the Substance Abuse Helpline (0800 12 13 14) which is available 24 hours a day. In addition, we have launched the dedicated [Ke Moja Substance Abuse Facebook page](#). The page offers information, tips, tools, access to the FREE telephonic counselling & referrals 7 days a week to help support those dealing with Alcohol and Drug Abuse. The Ke Moja Online Counselling for Substance Abuse is up and running. The online counselling is available from 10 am to 2 pm weekdays via the [SADAG website](#).

Do you need advice on Substance Abuse? Do you have a loved one who's struggling to cope and needs tips on how to deal with Substance Abuse? Please make use of our Contact a Counsellor Online form and we will call you back and supply you with the necessary tips and tools that you need. [Click here](#) to fill in the online contact form.



Promoting Healthier Minds at Diepsloot Schools

On Thursday, 15 February, SADAG paid a visit to Rabasotho Combined School. The SADAG facilitators presented talks to all students from Grades 6 to 11 and a total of 255 students were addressed. The talks were focused on Depression and Suicide Prevention. [Click here](#) to learn more and if you would like a talk at your school, please email anne@anxiety.org.za.



New videos

We have a few NEW online videos on various topics available now on our website. Learn more from Zamo Mbele, Clinical Psychologist, about "[What is Substance Abuse](#)", "[How to help a loved one that is abusing Substances](#)" and "[What are the options for your loved one that is abusing Alcohol/Drugs regarding treatment at a Private or Government facility](#)". Nkini Phasa, SADAG Board Member, talks about "[The Stigma attached to Mental Health](#)". Stay tuned for more videos that will be made available soon.

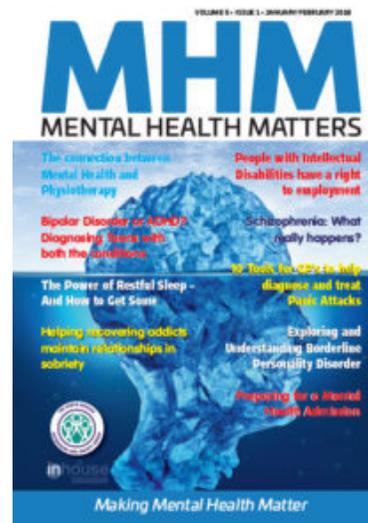




Next FacebookFriday Online Chat- 11th May at 1pm and 7pm

SADAG is giving Facebook users the opportunity to get free online help with Mental Health Experts that they wouldn't normally get a chance or time to consult. People also get the chance to ask questions on behalf of their loved ones who live with a Mental Illness – they too have questions and need support.

Join the [FREE Facebook Friday Online Q&A](#) on 11 May which will be held by Psychiatrist Dr Kim Laxton chatting from 1 pm – 2 pm, and Clinical Psychologist Dessy Tzoneva will continue and finish off the discussion from 7 pm – 8 pm.



Mental Health Matters Journal

The Mental Health Matters Journal has had brilliantly informative articles on topics including "The Power of Restful Sleep" and how to get some by Dr KD Rosman, "Schizophrenia, what really happens" by Dr I Smit and an interesting article on the "Connection between Mental Health and Physiotherapy" by Ms C du Plessis.



OCD Trials in Cape Town

If you are suffering from OCD and would be prepared to help one of our colleagues in Cape Town with a new Drug Trial.

For more information, please [click here](#).



International Press

On the International front, there have been many informative articles that shed light on vital topics and concepts. Read a piece on ["Pupils suffering from Anxiety and Depression to receive counselling in schools"](#). For a useful article on ["10 Foolproof Tricks To Beat Flight Anxiety"](#) . Read about ["What to expect when you start taking antidepressants"](#). To find out more about Social Anxiety read, ["A Psychologist explains how to beat Social Anxiety"](#).



Local Press

Do you know someone with Depression but not sure how to help them? Find out why support matters and what you can do to assist. Read the new article in ClubX, [I Got Your Back, Boo - Supporting Someone with Depression](#) by Erin Coe.

"The nature of mental illness made it particularly difficult for some patients to understand what benefits they were entitled to, and challenging their medical scheme when they ran into difficulties." Read more about, [How medical scheme members struggle to pay for mental illness bills](#) at BusinessLIVE by Tamar Kahn and view the Infographic of the research.

Of all the things to witness in life, Suicide is extremely distressing. On top of family members being directly affected, Post-Traumatic Stress Disorder (PTSD) can happen to any witness to a suicide. Read the article in Bedfordview Edenvale news about [the warning signs of PTSD to look out for after a suicide](#), written by Charmaine Slater.

Chrizelda Kekana writes about Nomzamo Mbatha as she shares her inspirational story in Times LIVE of how she always felt like a failure for dropping out of University even though she was achieving great things in her career. The amazing Nomzamo recently wore a dress at her graduation with the SADAG's Helpline number and pictures of people she had lost in her life, showing all the sentimental things in her life. [Click here](#) below to read more.



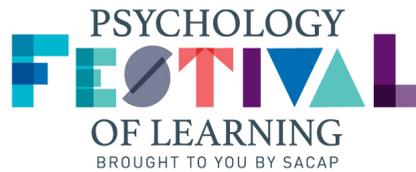
Workshops

Join the **Practical Mindfulness Workshop** with Dr Colinda Linde. If you are struggling to cope with all the stress in your life, MINDFULNESS CAN HELP!

Develop a Mindfulness practice that suits your lifestyle and enables you to remain calm, stay focused and make the best decisions in any situation! [Click here](#) for more information. The next Workshop is on 8th May in Randburg.

Stabilis Rehabilitation is hosting a Workshop on **Work stress and Substance Dependence** on the 25 May 2018 (8:30 - 12:30) in Pretoria. [Click here](#) for more information. Tickets are R400.

PsychMatters in Bedfordview, has a dual meaning – that psychology is an integral and significant part of our well-being, and that their family centre deals with matters of the mind. They host workshops to enhance the Children's wellbeing by teaching them useful skills. [Click here](#) for more information.



SACAP's 7th Annual Festival of Learning

SACAP (South African College of Applied Psychology) is hosting the 7th annual Festival of Learning which will be held in Johannesburg on 17th and 18th of May, and in Cape Town on 24th and 25th of May 2018.

Leading academics, experts, thought leaders and authors will be guiding a variety of dialogues on various topics that will explore an individual's power to create change within their own life, family, community, workplace and country. Coaching dialogues will include cutting-edge views on themes such as Mindfulness, Emotional Intelligence, Neuroscience, amongst others. [Click here](#) to read about the various presentations.

Tickets are on sale for the 2018 Festival of Learning through [Webtickets](#). Tickets cost R200 per person for the full-day programme which includes dialogues, panel discussion and the Human Library. Tickets for the short-talk evening programme which includes catering and networking opportunities is also R200. There is a special offer for students at R80 per ticket.



Support Groups

SADAG's Support Groups have been very busy with activity and events in new areas such as Fishhoek, Cape Town and Rosebank, Gauteng. An important part of your Mental Health journey is psychoeducation, and our Support Groups play an important role and provide a free platform for this. Give our call centre a ring to find out if there are any Support Groups or events in your area. We have new Support Groups in Kempton Park, Bryanston, Hurlingham Manor, Randburg, Berea, Boksburg, Durban and Musina.

If you want to start a Support Group, please call Michelle on 0800 70 80 90. We can help you step-by-step.



A Superhero for Mental Health in Swaziland

Denise uses every opportunity to advocate and create awareness on mental health issues. She has an average of 15 people at each meeting, with almost triple that at some meetings – especially those about suicide. She was invited by the Ministry of Health to be part of the Mental Health Steering Committee to facilitate the formalization, coordination, and standardisation of mental health services in Swaziland. “I used my own experiences as a user of mental health services to ensure that the voice of the patients is heard.” Denise firmly believes that you cannot help others without being helped yourself. To read more about Denise's journey, [click here](#). SADAG admires her work.



Cape Town's Darkness into Light Charity Walk

The Darkness into Light Charity Walk is an International Event that happens all over the world in order to create awareness about Depression and Suicide and help reduce the stigma regarding Mental Health. For the first time ever, it will be hosted in Cape Town on the 12th May at 6:45 am at the Greenpoint Lighthouse. To learn more about this event and how to register, [click here](#). Log on to the Darkness into Light [Facebook page](#) to see the latest updates.



947 Cycle Challenge

Join #TeamSADAG at the Telkom 947 Cycle Challenge - are you keen to ride in November 2018 or maybe you've registered already? This year, Moeletsi Sebokolodi has chosen SADAG as his "Ride for a Purpose" charity to raise awareness surrounding Depression and he would love to have you on his team! Email: media@anxiety.org.za to find out more about joining our team.



Request Headsets

With the increase in the number of calls and the increased need for help in the field of Mental Health, the Suicide Call Centre is ringing of the hook. SADAG is in dire need of more **Jabra Headsets** in order help our counsellors help those in need and especially to maintain the help that SADAG provides all over SA.

If you can help us or know of someone that can, please contact Vanishaa on 011 234 48 37 or email on newsletter@anxiety.org.za



Feedback

"Yes, thank you, Zane. They called and were very helpful. Much appreciated." - C

"Thank you so much. God bless you for doing this wonderful job." - S

"Yes, I have spoken with one of your councillors, she was very helpful and gave me two numbers for places that I would be able to call and make an appointment for one on one personal counselling."- W

"You do not have any idea how your counsellor managed to put things to perspective and make sense of things I was in denial with. I haven't visited home for nearly a year but today I went home. I went home and felt relieved, alive, wanted and loved." - X





Thank you

We would like to thank Trunuty Communications donating 7 new headsets, which makes our job so much easier. Thanks for trying so hard to get the best for us, our counsellors are loving them and for the continuous help and maintenance of our switchboard.

We would also like to thank Stouf Communications for their continued support regarding SMS's. Their SMS service helps us to reach more people every day.

Best wishes

Zane Wilson

Founder

The South African Depression and Anxiety Group

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