

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



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The South African Depression and Anxiety Group



TheSADAG

September Newsletter



Thank you to all our Donors

We have had the most marvelous month receiving gifts from some very generous donors.

Thank you to Michael Stein from Ukhuni Furnitures as well as Trevor Julius from TK Designs, for coordinating and donating the brand new AWESOME desks for our Call Centre that seats 10 counsellors in their individual cubicles, they are bright, brand new and fit our new centre wonderfully. Our thanks to Allan Sweidan and Emma Hooyberg from

Akeso Clinics for paying for our brand new carpeting costs which is gratefully appreciated. The new Suicide Call Centre looks fresh and neat for our volunteer counsellors who spend their time helping those that are in need. We would also like to especially thank Henk and Nico from Trunuty Communication for installing brand new phones with complicated technology that can bar prank calls that accounted for several hundred calls a day. The constant need for SMS's to keep our volunteers informed has been kindly donated by Stouf Solutions, who also cater for our SMS line that the public can utilise to contact us. This is a 24 hour contact platform where counsellors call back.

There also has been a generous donation of the Eight new computers by MultiChoice, for which we would like to thank Phil Nicholson and Jude Lesar.

Thank you again to all for your kindness that enables us to improve the quality of help that we provide daily as well as the additional lines to help those with Mental Health queries.

Coming up on World Mental Health Day, 10 October, is the amazing 'Stigma in the Workplace Research' results.



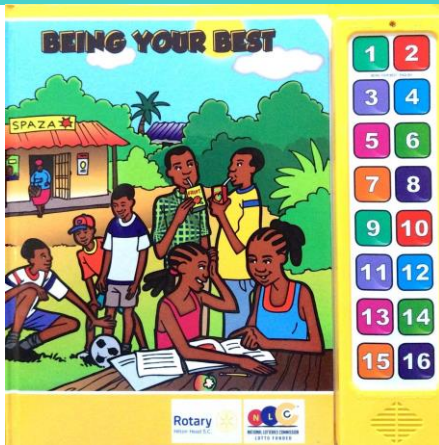
PsySSA Award to SADAG

SADAG won the prestigious President's Award at the recent Conference in Durban that was presented to SADAG by Prof. Sodi, the new Chairperson of PsySSA. Current Chairperson Sumaya Laher introduced SADAG as well as gave a description of what SADAG stands for. SADAG has been working in close collaboration with PsySSA for many years to guide those that need help with regards to CBT, Educational or Psycho-Dynamic Therapy, etc. SADAG sincerely appreciates the members of PsySSA

who donate their free time to patients who cannot afford Psychological treatment in rural areas where there is a significant shortage of Mental Health Care Help. [Click here](#) to read more about the conference.



At the PsySSA Conference, Yolanda Mitchell presented her research on 'Possibilities for developing resilience to counter stigmatisation and discrimination towards persons who suffer from Bipolar Disorder' which had a great attendance and had questions at the end. Thank you Yolanda Mitchell for presenting.



Rotary and Lotto School Talk Project

Lotto and Rotary Hilton Head have generously donated funds to SADAG so that we can continue going to both Primary and High Schools in Olievenhoudtbos, Seshogonge, Bathabile, Kutlhwanong, Botlhabelo, Mojakaneng and Michael Modisakeng areas. [Click here](#) for topics and pictures.



New Volunteers for SADAG

Every year we train new counsellors, support group leaders, teachers and nurses. This year our second training workshop had over 60 people attending who had the opportunity to gain knowledge from experts such as, Dr Frans Korb (Psychiatrist and Psychologist), Dr Colinda Linde (Psychologist), Craig Traub (Psychologist), Tyrone Edgar (Psychologist), Charity Mkone (Psychologist), Neil Amoore (Psychologist) and Ashton Robertson (Psychologist) on all Mental Health topics we need to learn about and more specifically the practical aspects of helping people. We would like thank our wonderful guests speakers and we hope our participants found it helpful regarding the roles that they are about to take on.



Janssen's Diepsloot Counselling Container

Recently there have been various activities centred around women and their Mental Health and wellbeing. SADAG partnered with the Wot-If Trust to engage women in Dialogue Sessions that focused on their Mental Health challenges that they experience and how to find possible solutions. Some of the challenges or difficulties experienced were the high incidence of domestic violence, rape, teenage pregnancy and substance abuse that causes PTSD. Some of the possible solutions that were forthcoming revolved around job creation, women empowerment, health education, stress management talks and parenting courses. All the attendees were encouraged to use the free counselling services that are offered at the Janssen Counselling Container. [Click here](#) to read more.

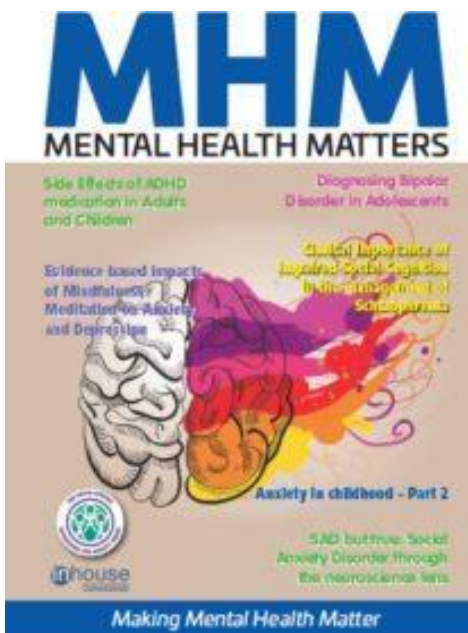


FacebookFriday Online Q&A on Eating Disorders

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29th September

Are you or your loved one suffering with Anorexia or Bulimia? Find out how you can identify the signs and symptoms as well as where to get help. We have expert, Psychiatrist, Dr Nkokone Tema at 1pm - 2pm and Psychologist, Ashton Robertson at 7pm - 8pm. [Click here](#) for more information.



Mental Health Matters Journal

Our new edition of Mental Health Matters has just come out. We have numerous informative articles. [Click here](#) to read, 'Three ways to assess for Suicide Risk' written by Psychiatrist, Dr Gaveeta Chiba. Also, read a very interesting article by Clinical Psychologist and SADAG Board Member, Zamo Mbele, [click here](#) to read 'Patient Participation - a vital component'. Want to know about your Medical Aid, [click here](#) to read 'Prescribed Minimum Benefits - Clarifying the complexities' by Allan

Sweidan, CEO of Akeso Clinics.



Support Groups

SADAG and Nurture Health hosted a Support Group Training at Nurture, Woodlands Hospital in Bloemfontein during the month.

Our trainers equipped the new leaders with the skills on how to run their new Support

Groups. We also welcome new Support Groups in a variety of areas such as Worcester, Fishhoek, and Edenvale . Call 0800 70 80 90 for more details about a Support Group near you.

We also look forward to our Parktown Bipolar Support Group hosting Guest Speaker, Clinical Psychologist Liane Lurie talking on Trauma, for information please contact Shelagh on 082 412 1188



Department of Social Development

SADAG has not only been involved in the fight against Substance Abuse through the Department of Social Development's 24 Hour Substance Abuse Helpline, 0800 12 13 14. Over the last few months SADAG has been traveling to several campuses including, University of Pretoria as well as Tshwane University of Technology to raise Awareness on Substance Abuse. We have also conducted presentations in Soshanguve, Ga-Rankuwa and Pretoria West.



International Press

There have been many informative articles from the international community. [Click here](#) to read an article titled, 'Adult ADHD after Misdiagnosis for years'. [Click here](#) to read an article titled, 'Suicide Risk Is High for Psychiatric Patients Long After Discharge From Care'. [Click here](#) to read about 'The Basics of Borderline Personality Disorder'.



Local Press

To read an article from Times Live, titled 'Adolescent suicides on the rise, so take a minute, change a life' by Dan Meyer, [click here](#). Read an article from Women & Home SA 'Do you know if your teen is struggling?', [click here](#) to read this vital article. From Section27 read Sasha Stevens' 'The role of civil society in Mental Health', [click here](#). Read an article from The Daily Vox titled, 'How To Tell When Someone Is Suicidal And How You Can Help Them', [click here](#). To read a valuable article from the Child Magazine (JHB) titled, 'It takes a village' [click here](#). [Click here](#) for an article from W24 titled, 'Just stop saying these things to people who have depression'. [Click here](#) to read about 'Blue Whale' 'suicide game' has experts trying to prove it's murder' from the Saturday Stat by Shaun Smillie.



Akeso new Clinic in Nelspruit

Akeso has recently opened up a new Psychiatric Clinic in Nelspruit, it's the only dedicated Psychiatric facility in Mbombela with a population of 750 000, who travel from around SA, Swaziland and Mozambique to access medical care. It has 75 beds and ECT. [Click here](#) for more information.

Activities

Suicide Awareness Walks held for those that have lost a loved one

These Suicide Awareness Walks were held on Sunday the 10th September on Suicide Awareness Day for those who have lost a loved one. We would like to sincerely thank Joy and Lori (Support Group Leaders) from Durban and Daniella from Edenvale who coordinated their respective walks in memory of those lost to suicide.



Edenvale Suicide Awareness Walk



Durban Suicide Awareness Walk



Ithemba Foundation's Hope Hike And Hope Bike

Get Walking, Start Talking!
Do you want to break the stigma and silence around Depression as Mental Illness? Then join us on the Hope Hike and Hope Bike to help raise awareness around Depression as clinical illness with a family friendly fun walk or mountain bike trail.

Cape: Sunday, 15 October, Blaauwklippen, Stellenbosch, R44
North: Sunday, 29 October: Van Gaalen's, Skeerpoort
[Click here](#) for more details.



Durban Mental Health Advocacy Walk

Join the 2nd Annual Durban Mental Health Advocacy Walk on Sunday the 15th October at the Durban Beach Front.

Time : 9am - 12pm
For more information please, [click here](#).



Join #TeamSADAG at the Telkom 947 Cycle Challenge

Keen to ride the 2017 Telkom 947 Cycle Challenge? 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! [Click here](#) to find out more !



Tribute to the late Liz Mills of PNDSA

We are deeply saddened by the passing of Liz Mills. She was a mentor and pioneer who founded the Post Natal Depression Support Association in South Africa and shifted the perceptions of women's emotional wellness during their motherhood journey. [Click here](#) to read the full tribute. She will be sadly missed and remembered by many.



Feedback

"I would just like to thank you for taking the time to call me, giving me advice and your kindness. It means so much to me. The counsellor was very helpful. Thank you so much" - NB

"I spoke to a lovely lady who gave me some names of social workers in Cape town. I will be calling them today and again a big thank you to your team for responding to me so swiftly. Much appreciated!" - JB

"I spoke to an amazing lady she referred me to 3 psychologists. She was of such great help. Thank you for assisting me, I know that this step will help my husband be the man I know he wants to be. Take care" - T

"Thank you, a counsellor phoned me this morning. She was extremely helpful and gave me some good tips on how to manage my issues as well as a couple of places I can contact as well as websites. Thank you very much, I truly appreciate." - L

"Thank you so much, Peter gave me a call and gave me the road forward that would not involve any more pressure on me. Thank you. I am really relieved that there are people out there that understand and care." - T

WE NEED YOU



If there is a journalist that is as passionate about Mental Health as we all are, that would be interested in working voluntarily or on a stipend. We have articles that need to be written, to use on our numerous platforms. Please contact zanemj@me.com

If you are an IT technician and are available to help us on weekends or evenings with volunteer work and can access Rivonia easily, we are the charity for you!

Best wishes for a good Mental Health Month

Zane Wilson

Founder

The South African Depression and Anxiety Group

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