

SADAG Telephone	011 262 6396
Website	<a href="http://www.sadag.co.za">www.sadag.co.za</a>
Suicide Crisis Line	0800 567 567
Pharmadynamics Trauma Helpline	0800 20 50 26
AstraZeneca Bipolar Helpline	0800 70 80 90
Sanofi Sleeping Disorders Helpline	0800 753 379
Substance Abuse Helpline	0800 12 13 14
Email	<a href="mailto:zane1@hargray.com">zane1@hargray.com</a>
SMS	31393

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## August Mini-Newsletter

In our daily lives, any one of us could be exposed to **Anxiety, Depression, Trauma** and **Cancer**. That's why we have organised a **Stress-Free** day of **Fun, Relaxation** and **Togetherness**.

Join us on 5 September 2010 at

**Walter Sisulu National Botanical Gardens, Malcolm Rd, Krugersdorp**

where you and your loved ones can enjoy a variety of fun activities supported by our generous sponsors. A healthcare professional will be presenting between 12h00 and 13h00 to advise on how better to deal with life's daily challenges. Gates open at **10h00**.

### World Mental Health Day

#### October 9<sup>th</sup> 2010 - Trauma and its treatment

If you feel you could help us host a workshop in your community, we will supply you with a DVD, Professional speaker and the support materials. You could consider your church, community hall or school, please be in touch with Emma on 011 262 6396 or [admin@anxiety.org.za](mailto:admin@anxiety.org.za), as we are trying to get the word out regarding Trauma and treatment to as many parts of South Africa as we can.

Mike from Claremont says, "I needed SADAG to be there to tell me I was not going mad after my hijacking, it was a real illness called PTSD and that I needed treatment. After four sessions, I felt able to cope again and my family was there for me all the way through. Men need to know it is not a weakness, whether a hijacking, a car accident or a fire. I should have gone to get treatment earlier and would have saved terrible stress on my family and work colleagues. People need to be told 'There is help'."

### Cape Town Group Activity

#### New Arts and Bipolar Support Group

Cape Town's Candice Spammer has opened a support group for those wishing to deal with their feelings through art and writing. The group meetings will be based in Wynberg, two Saturday's a month, 4<sup>th</sup> September and 18<sup>th</sup> September. Please call Candice on 072 118 1620 for more information or email her on [bipolarhearts@hotmail.com](mailto:bipolarhearts@hotmail.com).

Alexa and Richard had their first support group meeting at UCT campus this month. Psychologist Diane Mallaby, Regional coordinator for SADAG, opened it for them. We all hope the group will really grow into something that can be sustained, as so many students face isolation and loss. Well done to both Richard and Alexa, they are really creating a very open and honest place to share problems and issues. They meet every second Wednesday, on upper campus, at UCT at 7pm. Email [scale20@uct.co.za](mailto:scale20@uct.co.za) or phone Alexa on 072 195 3838.

The workshop on Tik abuse and teen issues was attended by approximately 20 people. We would like to have seen more people attend as Tik abuse is such a massive problem in the Western Cape. A big thank you to the speakers, Dr Steytler who presented on tik abuse, and to Angelique Victor who presented on self-esteem in teens. This is an issue we will continue to highlight through Dianne Mallaby as it is a critical problem.

## **Donated Switchboard Needed**

SADAG needs an additional switchboard for its many callers that we receive on a daily basis. It will need to be free standing from our existing switchboard. We need it to take four lines and be able to be diverted at night to cellphones. In the day it will be answered by counselors in the call centre. If you have a switchboard company or know someone who would consider donating a new switchboard to us, we would be so grateful to talk to you about it. Please call Cassey on 011 262 6396 or email [Zane1@hargray.com](mailto:Zane1@hargray.com). These lines are crucial to helping callers in crisis after hours.

## **Newly Diagnosed – SADAG SMS Compliance**

### **START RECEIVING MEDICATION REMINDERS FREE OF CHARGE**

**If you have just been diagnosed with Depression, Bipolar or Panic Attacks and medication has been prescribed, you can be part of SADAG's free reminder SMS Program. This service will enable you to keep better track of your prescription medication and dosage time. With an SMS reminder, you never have to worry about forgetting to take medication again. By registering with this service you will have access to:**

- 1. An initial call from SADAG to enquire if you need any additional information about your illness**
- 2. A SMS reminder sent to your mobile phone for the first 8 weeks**
- 3. Brochures, pamphlets and other material**
- 4. Free telephonic support**
- 5. Access to a support group**

**Contact Roshni between 9am and 12 noon Toll-free on 0800 753 379**

## **World Suicide Prevention Day in Durban**

Please remember to support Joy Chiang and her team in Durban on Sunday September 12<sup>th</sup> from 08H30 to 10H30 at Durban View Park, Marine Drive, Umhlanga. Particularly for those of you who have lost a loved one to suicide, you will be given incredible support and be part of a worldwide activity. For more information or details, phone Joy on 083 256 5993. This annual event is in its third year and attendance is growing. Supporters meet in the park, and put their messages in the balloons. The walk to the lighthouse then begins where the balloons are released.

## **Medihelp Mental Health Series on KykNet Drug Abuse, Schizophrenia and Alcoholism**

No matter how bad it is, you can stop the nightmare", says Alex Hamlin, a recovering drug addict who recounts his experience as an addict in "Living with Drug Abuse" and explains how he managed to reclaim his life despite the fact that he started experimenting with drugs at a relatively young age.

Through Alex's story, it becomes clear that drugs may not always be physically addictive, but they are always psychologically addictive – they create a craving for the changed emotional state brought on by using the drug as it stimulates the pleasure system in the brain.

For people needing help with alcohol and drug problems, there is also a 24 hours service helpline sponsored by the Department of Social Development managed by SADAG, toll free on 0800 12 13 14 or sms 32312. **Watch KykNet (DSTV Channel 111) on Tuesday the 24<sup>th</sup> August at 21:00 – 22:00 for a first hand experience of the life of a drug addict.**

In "Living with Schizophrenia", young Steven Swart bravely shares his experience of living with probably the most serious mental illness, often referred to as the "cancer of the soul". Schizophrenia is a degenerative disease, intensified by the fact that people often associate it with violence and aggression. This inaccurate and stigmatising perception often prevents Schizophrenia sufferers from seeking treatment. **Watch KykNet (DSTV Channel 111) on Tuesday the 31<sup>st</sup> August at 21:00 – 22:00 for how Steven has coped through treatment and support.**

Drinking alcohol, even getting drunk, is considered socially acceptable. And because drinking is so commonplace, children are often exposed to it early in life, often considerably influencing their lives. Well-known cabaret artist and restaurant owner Elsabe Zietsman tells her story on how living with alcoholism profoundly influenced and continues to influence her life. Finding that people generally ignore it if you 'drink too much', because drinking can be fun and part of your social interaction, she shares how many people who consider themselves to be 'social drinkers' may have a

bigger problem and may even miss the feeling of being unable to drink. **Watch KykNet (DSTV Channel 111) for Tuesday the 7<sup>th</sup> September at 21:00 – 22:00 on how alcoholism can affect a person's life.**

"Living with Drug Abuse", "Living with Schizophrenia" and "Living with Alcoholism" costs R189 from any Look and Listen Store, but Medihelp members pay R130 if they order online or telephonically. For further information, visit the Medihelp website [www.medihelp.co.za](http://www.medihelp.co.za)

### **GriefShare, a Grief Recovery Support Group - Bryanston**

It may be hard for you to feel optimistic about the future right now. If you have lost a spouse, child, family member or friend, you've probably found that people don't always understand the deep hurt you may feel.

That's the reason for GriefShare, a special support group for people grieving the loss of someone close, whether recently or in the past. This group is facilitated by people who understand what you are experiencing and want to offer you comfort and