

Possible Resources

1. SADAG Website Toolkits:

- https://www.sadag.org/index.php?option=com_content&view=article&id=3146&Itemid=510#teen-suicide-prevention-toolkit

2. Teen Suicide:

- https://www.sadag.org/index.php?option=com_content&view=article&id=3146&Itemid=510#teen-suicide-prevention-week-2025

3. Grief / Loss:

- https://www.sadag.org/index.php?option=com_content&view=article&id=1881&Itemid=173

4. PTSD:

- https://www.sadag.org/index.php?option=com_content&view=article&id=1835&Itemid

5. Trauma:

- https://www.sadag.org/index.php?option=com_content&view=article&id=329&Itemid=175

6. Bullying:

- https://www.sadag.org/index.php?option=com_content&view=article&id=3153&Itemid=514

7. Substance abuse:

- https://sadag.org/index.php?option=com_content&view=article&id=2918&Itemid=147

8. Webinar series:

- <https://gem.godaddy.com/p/b299bc1?pact=10254246-187460144-9253066253-1acddfa45fbe81557e56f4b477c1b1a65b4ffcad>

9. Mental Health:

- <https://www.sadag.org/>
- <https://mddsa.co.za/>

10. Chronic medical diagnosis and palliative care:

- https://www.sadag.org/images/pdf/MHM_Long-term-impact-of-chronic-disease.pdf

11. Disability:

- https://www.sadag.org/index.php?option=com_content&view=article&id=2950&Itemid=430

12. LGBTQI+:

- https://www.sadag.org/index.php?option=com_content&view=article&id=3226:support-groups-lgbtqi&catid=96&Itemid=101
- https://www.sadag.org/images/pdf/MHM_Queering-Mental-Health.pdf

13. Student wellness and mental health:

- https://www.sadag.org/index.php?option=com_content&view=article&id=3152&Itemid=513
- https://www.sadag.org/index.php?option=com_content&view=article&id=2905&Itemid=158

14. Family members living with someone suffering from depression:

- https://www.sadag.org/index.php?option=com_content&view=article&id=1877&Itemid=142
- <https://www.sadag.org/images/brochures/Helping-a-Depressed-Loved-One.pdf>
- <https://www.sadag.org/images/brochures/What-to-say-to-someone-who-is-Depressed.pdf>

15. Men, depression and sexual violence:

- https://www.sadag.org/index.php?option=com_content&view=article&id=1848:frans-korb-men-and-depression&catid=122&Itemid=182

16. Gender Based violence:

- https://www.sadag.org/index.php?option=com_content&view=article&id=3027:how-to-help-abuse-survivors&catid=53&Itemid=132

17. Bipolar disorder:

- https://www.sadag.org/index.php?option=com_content&view=article&id=2889&Itemid=145
- <https://gem.godaddy.com/p/7bee191>
- https://www.sadag.org/index.php?option=com_content&view=article&id=2752:what-is-bipolar-disorder&catid=123&Itemid=182

18. Self-help tips:

- Help Guide: Relaxation Techniques for Stress Relief <https://www.helpguide.org/mental-health/stress/relaxation-techniques-for-stress-relief>

Resources that could be of interest

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Susan Davids	https://www.susandavid.com/

Journaling tips for beginners (and how to start)	https://vanillapapers.net/2019/11/13/journaling-tips/
How to do belly (diaphragmatic) breathing	https://www.youtube.com/watch?v=vMjTJf4-xz0
Body Scan	https://www.verywellmind.com/body-scan-meditation-why-and-how-3144782
Dr. Elisha Goldstein demonstrates the 3-Minute Body Scan	https://elishagoldstein.com/videos/3-minute-body-scan