

World Mental Health Day 2021 is: 'Mental Health in an Unequal World'.

"Despite severe lack of funds, we have no option but to find ways to provide mental health education, support and care to South Africans affected by Mental Illness," says SADAG Operations Director, Cassey Chambers. South Africa is a deeply polarised society – financially, socially, educationally. It is the perfect theme for a country desperately needing equality of services, parity of care, and a shared commitment by government and institutions to protect those in need.

Globally, the COVID-19 pandemic has massively impacted Mental Health and with thousands of people are scared, anxious and lonely, SADAG is busier than ever. SADAG works every day to bridge the gap for people in our communities who are trying to get mental health help and care, and don't know how to navigate the Mental Health system. "SADAG's Helplines have received over 466 400 calls since January 2021, with 1 in every 5 calls being a Suicide related issue. We are continuing to see an increase in the number of calls to our Helplines each and every day, with 1800 – 2200 incoming calls per day.

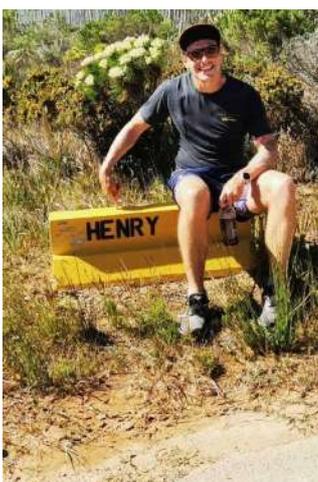
Mental health is still a highly misunderstood and stigmatised term. Mental Health affects how we think, feel, and act. We all have a responsibility to educate ourselves about Mental Health issues; taking care of our mental health, and reaching out to others whether you need help or they do. By being vocal about the need for better services, we can make a difference.



SADAG is excited to launch our very first range of Mental Health Tshirts to show support for Mental Health and most importantly break the stigma. We have Small, Medium and Large of three different designs.

Show your support by ordering your Tshirt today at a cost of R195 which includes courier

To order or for more information email fatima@sadag.org



Join Henry in creating Mental Health Awareness

Henry Cock has inspired us through his journey with his relentless efforts to achieve his goal to Breaking the World Record and raise awareness and funds for Mental Health. He is currently in Cape Town, and we encourage fellow avid runners to join him on his daily run. If you aren't, keep an eye for his locations and cheer him on as he passes by.

This Sunday, on World Mental Health Day, Henry's message is to everyone to remember that they are not alone. He wants you to join him by going out, wear green, run 10km, take a video or picture, post it on your social media, tag him and SADAG and donate as little as R10 to his initiative on [Back-a-Buddy](#).

Here's his schedule for the next few days:



Jamie Brouze runs the Cape Town Marathon and help raise funds for SADAG and TNT (Trojans Neurological Trust)

SADAG is very grateful for the acts of kindness and support we receive. On the 17th of October Jamie Brouze will be running the Sanlam Cape Town Marathon raising funds for two organisations SADAG and TNT. Jamie mentions that, 'In these tough and desperate times, the more support and funds we can raise the better. These funds will really go a long way, making an impact in people's lives.' Jamie has pledged to donate R18 for every kilometre he runs to both charities and encourages others to donate to his initiative.

To donate, visit his [Back-a-Buddy](#) page.



SADAG Support Group Corner

SADAG run a range of different Support Groups covering a variety of different topics related to Mental Health, including depression, anxiety, trauma, chronic illness, bipolar disorder. We also have Support Groups for family members and loved ones.

SADAG guides and trains new Support Group Leaders on running a group step-by-step. We also offer continuous support, webinars, materials, handouts, information and more. Mental illness affects many South Africans; however, many don't know where to go for help or how to manage their Mental Health. Support Groups are a great resource reminding us that there is always hope and that you are not alone.

[CLICK HERE](#) to find out more about SADAG Support Groups, new Support Group Launches, as well as information on who should join a support group.

Mental Health in the Press

SADAG is dedicated to creating awareness around mental health through various press and media to



reach more people throughout South Africa - via newspaper, online, radio, magazine and TV. Read some of the recent articles on mental health in SA and across the globe

- The families and patients of the Starwood Clinic are concerned about the relocation of the mental health care facility in Phoenix. [Read more about the concerns over relocation in an article by Nadia Khan at independent online.](#)
- 'That afternoon I started planning my suicide': A local mom's account of suicidal ideation. As mother of three wrote to us to tell of her experience of suicidal ideation, sharing that she "can totally relate to this poor woman". [Read more in an article by Parent24.](#)
- End of year burnout: how to spot it and take action. People exhibiting early signs of exhaustion due to pandemic. [Read more in an article by Nombuso Kumalo at Sowetan Live.](#)
- Spotlight on mental health. Now, as we are still in the grip of a global pandemic, there has been an unprecedented strain on collective and individual psyches from adapting to lockdown to the grief over the loss of loved ones during the COVID-19 pandemic. [Read more in an article by Alicestine October at Spotlight.](#)
- Marathon man reaches halfway mark. Sadag encourages people to show their support as Henry Cock continues on his journey to bring the title home. [Read more in an article by Fourways Review.](#) <https://fourwaysreview.co.za/378902/marathon-man-reaches-halfway-mark/>
- The Challenges of Student Mental Health. There is growing concern over mental health issues affecting college students worldwide and World Mental Health Day on 10 October each year hopes to raise public awareness about such issues. [Read more in an article by iafrica.](#)



Social Media Reporting Tools for Mental Health and Suicide

Social media is the way millions of people around the world connect, share, network and reach out to each other – even more so now during COVID19. Every day, people across the world log on to [Facebook](#), [Instagram](#), [Twitter](#) and [Tik Tok](#) to update their

statuses, upload their latest pictures and stories – and often seek help and advice. People also use their social media platforms to share their struggles, feelings and emotions – including when they are feeling depressed, suicidal or having thoughts of self-harm.

SADAG has partnered with social media giants Facebook, Instagram, Twitter and now TikTok to provide resources and direct links to crisis intervention, support and information to the 24 hour toll-free Suicide Helpline (0800 567 567), sms (31393) and website (www.sadag.org). Through developing various online reporting mechanisms through the different social media platforms, people who feel suicidal can find resources and link directly to SADAG for support and help.

Also, a friend or family member who may be concerned about someone's posts or messages, can report posts anonymously and ensure they suicidal person gets access to help fast. For many people who don't know what to say or how to respond to someone's concerning post, they can now report the post and trigger an alert that encourages the online user to reach out for help, or give permission for a SADAG counsellor to call them directly.

The SADAG Helplines provide free telephonic counselling, information, referrals and resources 7 days a week, 24 hours a day – call 0800 21 22 23, 0800 70 80 90 or 0800 456 789 or the Suicide Helpline 0800 567 567. Alternatively visit our website www.sadag.org for free resources, online video's and Mental Health information.

Please join in on the conversations, get regular updates and stay connected throughout the month - Follow us on our [SADAG Facebook Page](#), [Twitter Page](#) and [Instagram Page](#).

Stay updated on information surrounding World Mental Health Day, upcoming webinars, talks and online events, please visit our [website](#) or click here for our [latest newsletter](#).

Sincerely

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