



The 10th of October marks World Mental Health Day and this year's theme is **'Mental Health in an Unequal World'**. This is incredibly relevant to South Africa as we have a huge disparity in treatment and access to Mental Health Care where the quality of Mental Health services is questioned. South Africa does not have enough Mental Health resources such as hospitals, NGO's, Mental Health Professionals which is quite concerning as the demand for Mental Health care is so high, and increasing since the start of the Covid-19 pandemic.

Throughout this month we have the opportunity to unpack and discuss the serious issues that need fixing. We need to put pressure on the "powers that be" to take Mental Health seriously and to prioritize Mental Health in South Africa. We have seen a massive impact on Mental Health due to Covid-19 and a signifier of this is the ever-increasing demand on all the SADAG Helplines. Mental health is being highlighted as the second pandemic around the world, but unfortunately the issue of Mental Health does not make it on to the agenda for health budgets or policy makers in South Africa.

SADAG are hosting various events throughout the Month of October to commemorate the importance of Mental Health. Keep up to date with everything SADAG are doing this Mental Health Awareness Month by following our Facebook and Twitter pages for new events, webinars and online chats. Don't forget to register for the events listed below.

Help Us Make World Mental Health Day, EVERYDAY.



It's GO time
everywhere you go



MTN Kindness Rocks

In a random act of kindness, MTN launched an amazing campaign, to spread some much needed kindness across the country. MTN SA's staff, management, customers and the public will be encouraged to leave their painted rocks, carrying powerful messages of hope, in public parks, trails and paths where other people will find them. For every stone photographed and posted to social media using #ItsGoTime and tagging @MTNza, MTN SA will donate R10 (up to R500,000) to SADAG.



Let's talk Mental Health

We want to hear from you on why Mental Health Matters to you. Why should government invest more money into Mental Health? Why is Mental Health so important? We want your idea's on how to break the stigma surrounding Mental Health. We need to activate these conversations to help us break the stigma around mental health. Give us your opinion.

Create a postcard - Click a tile below and complete the sentence.



Once you've submitted your response, SADAG will be showcasing the public's input on our website and on social media to share your stories to help us continue the conversation around Mental Health.

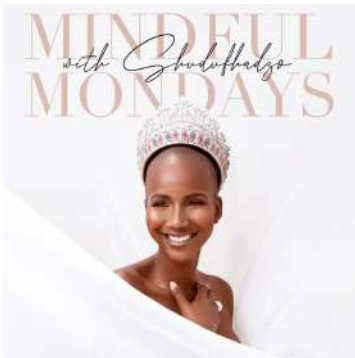


SADAG #FacebookFriday Lineup

SADAG will be hosting various LIVE #FacebookFriday Online Chats.

- **08 October Supporting a loved one with Mental Illness**
- **15 October Community Mental Health Services and Support**
- **22 October Menopause and Mental Health**

Join us between 1pm-2pm every Friday for LIVE Facebook Chats about Mental Health with expert guest speakers. Anyone across South Africa is welcome to join, meet the experts and have a conversation. [Click here to access the chat via the SADAG Facebook page.](#)



Miss SA continues to raise Mental Health Awareness

Miss South Africa continues to create awareness around Mental health through her #MindfulMonday sessions that happen every Monday from 7-8pm. We have covered various topics over the past couple of months, if you would like to watch the previous episodes, please [click here](#).

Throughout the month of October, we will be covering the following topics:

- **11 October The importance Students Mental Health**
- **18 October Mental Health Awareness Month**
- **25 October Unpacking Community Mental Health**

Join the next #MindfulMonday discussion and get practical self-help tips and more by following [@shudufhadzomusida](#) or SADAG [@sadag_official](#). Stay tuned to #MindfulMonday as we tackle mental health topics including Student Mental Health, Community Mental Health and more.

Men's Half Marathon World Record Holder for SADAG in Cape Town

Henry Cock has become a household name not only with the SADAG family but with many South Africans and around the world. Henry has set out to break the Guinness World Record for the most consecutive half marathons and broke the World Men's Record for



the most consecutive half marathons in September. His next goal is to break the South African Record which he hopes to achieve this October. Henry not only has his eyes on breaking Records, but also raising Mental Health Awareness and funds for SADAG. His kindness for SADAG is so thankful for his amazing initiative .

Henry is currently in Cape Town, and to commemorate World Mental Health Day, SADAG and Henry will be hosting a meet and greet at Shift Espresso Greenpoint on the 17th of October

between 8.30 and 11.30. Come join us with your banners, posters and great cheer to show support for Henry's at the start and end of his run. If you would like to accompany Henry on his daily 21km run, please feel free to come geared up and ready to join in.

Please continue to donate towards Henry's initiative on [Back- a Buddy](#), to help him reach his goal of R4million! For more information please contact Fatima on fatima@sadag.org

Join Henry in creating Mental Health Awareness this World Mental Health Awareness Day

See Henry's schedule for the next week to join in on the run



KZN Virtual Walk – 10 October



SADAG KZN are hosting their 6th Annual Mental Health Advocacy Walk with The KZN Mental Health Advocacy Group. For the 2nd year in a row, the walk will be hosted virtually, and we are asking everyone to **MOVE FOR MENTAL HEALTH!**

Post your photos and videos to social media with caption: **"I MOVED FOR MENTAL HEALTH! LET'S**

MOVE TOGETHER!"

Tag our social media accounts:

[@KZNmentalhealth](#) [@TheSADAG](#) and use the hashtags displayed on the poster below.



SADAG WMHD Webinar – Mental Health in an Unequal World

13 October 2021

The State of Mental Health in South Africa is in crisis – We were in crisis long before Covid-19 appeared and we still haven't seen the kind of changes necessary to combat the "second pandemic". SADAG are hosting a Webinar on Wednesday the 13th of October at 10am. Expert speakers, Clinical Psychologist Professor Crick Lund, Psychiatrist Dr Kagisho Maaroganye as well as Traditional Healer Taz Sithole who will be unpacking more about Mental Health in an unequal world along with their opinions and views on the State of Mental health in South Africa.

The webinar is open to the Public, Mental Health Professionals, Press, NGO's and students. The more people we get to engage with on this important conversation the better. Click the link below to register now.

RSVP Here

W E B I N A R ● LIVE

**MENTAL HEALTH
IN AN UNEQUAL
WORLD**

WEDNESDAY
13 OCTOBER
10AM

[RSVP HERE](#)

FOR MORE INFORMATION CONTACT
HELP@SADAG.ORG

**Specialist Clinical
Psychologist & Expert
Professor Crick Lund**

**Psychiatrist
Dr Kagisho
Maaroganye**

**Traditional
Healer
Taz Sithole**

SADAG's New Ivory Park Counselling Container



Our new Ivory Park Counseling Container has been very busy in creating Mental Health Awareness in the community of Ivory Park and its surrounding areas. Our staff have been visiting clinics, malls, schools and other organisations to introduce SADAG, the services we offer and present on various Mental Health topics.

The Ivory Park container has very kindly been funded by Netcare Lifestyle Trust, to reach over 200,000 people who may need help with their Depression, Anxiety, Substance Abuse, Suicide concerns and Grief. We are officially launching the Counselling Container on the 27th October, if you would like to join us please email thandi.shabs@gmail.com

Our Mental Health Awareness Month campaign is packed with many awareness talks and activations in the community. In the next week we are

hosting talks at the following:

- **09 October:** World of Ministries Kaalfontein Branch – Presentation on Depression
- **10 October:** World of Ministries Thembisa Branch – Presentation on Depression
- **11 October:** Halfway House Clinic – Presentation on Mental Health Awareness
- **12 October:** P.S Tsosane School – Presentation on Depression and Teen Suicide Prevention
- **13 October:** Ivory Park Fire Station – Presentation on Mental Health Awareness

Upcoming Mental Health Activities at the SADAG Diepsloot Counselling Container



Our Diepsloot Counselling Container has created an imprint in the community over the years and we were recently honoured with being ranked in the top 3 for the best service delivery in the area! SADAG will continue to bridge the gap of inequality of Mental Health services by supporting and assisting people of Diepsloot and the surrounding areas. As part of our World Mental Health Day campaign, we will increase our visibility and breakdown stigma.

We have planned a month filled with activities, these are:

- **10 October: Presentation at the Ga-Rankuwa Church**
- **11 October: A dialogue on 'What is Mental Health at the Skills Centre**
- **12 October: School talk at the Diepsloot Combined School**
- **15 October: Mental Health Activation at the Cuma Mall**

Hope Hike & Hope Bike

Join us on the
Hope Hike
& the *Hope Bike*

You can make a difference by joining us this year on a virtual **HOPE HIKE and HOPE BIKE**. Funds raised go towards the Ithemba Foundation (ithemba means hope) to support research into mental health. Entries are open until 10 October, World Mental Health Day, because selfies can be posted onto Ithemba's

FB page until that day. So let's all talk the talk and walk the walk (or cycle!) to help normalize and humanize mental health! [Click here to enter.](#)

Hope Hike & Hope Bike


Break the silence and stigma around mental health – join Ithemba Foundation on the virtual Hope Hike & Hope Bike where you run, walk or cycle any distance of your choice.



3 OCTOBER 2021
Enter for R50 | students R30
@ www.entryninja.com

10 x R500 WOOLWORTHS VOUCHERS UP FOR GRABS!
Enter by posting your virtual race selfie on the Ithemba Foundation Facebook page.

 @IthembaFoundation1



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](#).

Best wishes for a vital Mental Health Awareness Month and we hope you will join our online talks and activities throughout the Month.

Sincerely

Zane Wilson
SADAG Founder
zane@sadag.org
www.sadag.org

Powered by
GoDaddy Email Marketing®