



Thank You For Helping Us Make Mental Health Matter!

We know that the Holidays can be a challenging time for those who are alone this Christmas, or who have lost a loved one. SADAG will be **OPEN** throughout the Festive Season including Christmas Day & New Year to offer support and comfort to those who need it most. If you are experiencing stress, anxiety, loneliness, depression or are concerned about a loved one, please call a counsellor on any one of our 15 Toll-Free Helplines, such as 0800 21 22 23 or 0800 33 33 77 from 8am-8pm 7 days of the week.

[Making Mental Health Matter for 20Years!](#)

2014 was a big year for SADAG, as we are celebrating 20 years of Making Mental Health Matter. To see more about what SADAG has achieved in the last 20 years, [click here](#) to watch a short video

[New TV Show On Mental Health Launching Over Christmas](#)

SADAG is also very excited to announce that in partnership with ED TV (DSTV 190) which was launched earlier this year, we will be initiating a brand new TV show “**Share**”. A talk show dedicated to discussing, Mental Health issues such as, Anxiety, Teen Depression, Exam Stress, Bullying, Substance Abuse, Festive Season Blues, Self-Mutilation, Suicide, Coping with Peer Pressure, and so much more. The first show will be airing at 4pm on Thursday, 11th December. The show targets youth and their parents to discuss issues that many experience on a daily basis.

Companies Supporting SADAG's 20 Years

SADAG also has so much to be grateful for this year. Recent companies supporting SADAG's 20th Anniversary year in November included Hollard, MTN, and Nedbank who generously donated funds that enable us to continue our work. South African companies were challenged to donate between R20,000 to R200,000 to SADAG, the challenge has also been taken up by Akeso, Discovery and Dischem.

Challenges are still outstanding to:

CEO of Vodacom, Mr Mohammed Joosub;
CEO David Constable of SASOL;
CEO Thabo Dloti of Liberty Life;
CEO Phillip Barton of De Beers;
CEO Jaques Du Plesis of Netcare;
Chief Executive David Kneale of Clicks;
CEO Patricia Sholtemeyer of DSTV;
and Nedbank are challenging the CEO of Investec, Mr Stephen Koseff; Director of Capitec, Mr Gerrie Fourie;
the CEO of Standard Bank, Mr Ben Kruger; and Absa's CEO, Mrs Maria Ramos.

If you have contacts with anyone within these companies, please encourage them to support SADAG so that we can continue to help those most in need and least able to access support and help in 2015.

Wishing you all a happy and healthy 2015!

Regards,

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