

	SADAG Office	011 234 4837
	Suicide Crisis Helpline	0800 567 567
	Dr Reddy's Mental Health Helpline	0800 21 22 23
	Pharmadynamics Trauma Helpline	0800 20 50 26
	Sanofi Sleeping Disorder Helpline	0800 753 379
	ADHD Helpline	0800 55 44 33
	24 Hour Substance Abuse Helpline	0800 12 13 14
Support Group Line	0800 20 51 21	
HDI "You Decide" Youth Helpline	0800 33 33 77	
Website: www.sadag.org Email: zane1@medport.co.za SMS: 31393		



Welcome to 2015 and New Activities.

SADAG has started off with a very busy year. Already we have launched the NEW comprehensive research in South Africa on Mental Health in the Workplace by surveying over 1000 employees and employers on Depression in the workplace specifically. The Research was publicly launched at a Breakfast kindly sponsored by Lundbeck, with Prof Tienie Stander from Hexor Research and, Psychiatrist and Psychologist, Dr Frans Korb speaking about the **Impact of Depression in the Workplace**. Watch out for lots of Press articles , live Radio interviews and TV programs highlighting the key findings. [Click here](#) for detailed statistics on the key issues from the Research Survey, which indicated that 1 in 4 employees have been diagnosed with Depression and that employees with depression took an average of 18 days off per year because of their depression.

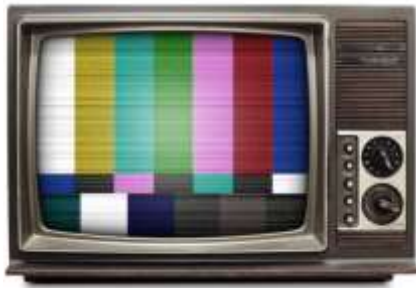


We have Talks and School presentations in place for **Teen Suicide Prevention Week** (14th - 21st February) in several schools around the country, in Diepsloot, Johannesburg, Soweto and Daveyton and Cape Town, with more talks being confirmed. If you want a talk for your school please [click here](#) to contact us.

We are working with Mara Kardas-Nelson from Medicines Sans Frontiers in partnership



with Treatment Action Campaign (TAC) and Section 27 on a campaign “**Fix the Patient Laws**” to find both clinicians and patients who struggle to get the medication they need to treat their mental illnesses and advocating for patients experiencing problems with their access to medication through both Private Medical Aids and lack or shortage of medication in Government facilities, which they hope to present to the government shortly. If you would like to anonymously report access problems, please [click here](#) for more details about the anonymous **Online Survey**. We want to help make sure that patients don’t keep having problems with accessing mental health medications.



Further down is information on SADAG’s new series of Mental Health TV shows on DSTV’s ED Channel 190 called “**Mental Health Matters**”, which has a wide diversity of mental health topics coming up with guest experts talking about Bipolar, Depression, Panic and Teen Suicide. See the story below for more details. As more people are becoming aware of mental health issues, the increased visibility and support by Media helps destigmatise Mental Health problems and encourages more people to seek help and treatment.



Depression in the Workplace Research Launch 2015

SADAG is proud to have been in partnership with Prof Tienie Stander from Hexor and Lundbeck to announce **NEW research on Depression in the South African Workplace**.

This research is so vital as it is important to help educate employees and management about depression in the workplace, how to identify possible symptoms, especially cognitive dysfunction as these may be some of the specific symptoms that managers may be able to identify within the working environment.

[Click here](#) for more information on the research findings.



Teen Suicide Prevention Week (14th- 21st Feb) and Groupon Raffle Fundraiser

With 1 in 5 youth who have attempted suicide, SADAG's "**Teen Suicide Shouldn't Be a Secret**" programme decreases stigma and provides vulnerable or at-risk teenagers help, support and counselling. This year, in a joint fundraising project with Groupon, we are hosting an online raffle for a once-in-a-lifetime Celeb Experiences for just R50 to win an opportunity to spend time with SA's top celebrities like **DJ Fresh from 5fm, Gareth Cliff from CliffCentral, Roxy Burger from Strictly Come Dancing and so many more.**

Money raised from the online raffle will help us fund more school talks and reach more teens who need help.

[Click here](#) for info on our "Teen Suicide Shouldn't Be a Secret" Programme, as well as more info about how to buy your raffle ticket which helps us raise money and how you can get involved and buy your raffle ticket!



Support Group Corner

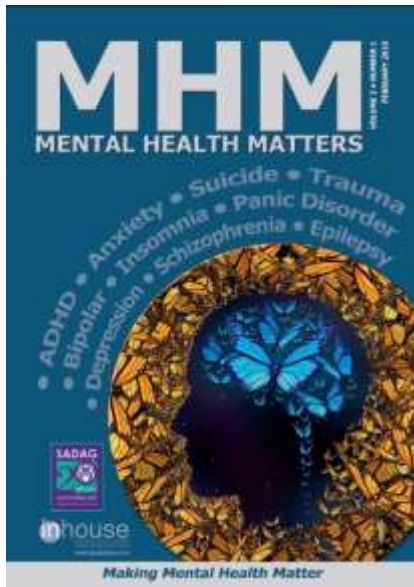
Support groups are amongst the most important tools for help and recovery that you can ever wish for. You will meet friends, be with like minded people, and will be in a safe environment where you can learn self-help tips, positive ways of managing through your mental illness, and share your thoughts, experiences and feelings to those who will not judge you and who will offer you support.

[Click here](#) for details of some of our featured Support Groups across the country. We have over **250 Support Groups in all 9 provinces-** one is just right for you. Call us on our Toll-Free Helpline 0800 21 22 23 to get more details



Upcoming Workshops

Would you like to learn more about Mental Health to help yourself or a loved one cope and manage mental illness better? Then [click here](#) for upcoming talks and workshops on Eating Disorders happening in Durban, or a talk in JHB about the role of Culture and Religion, or a professionals talk at Vista Clinic host a talk on Schizophrenia in Centurion, or an interesting talk on Bipolar and Sleeping Problems in Cape Town.



Mental Health Matters Journal

SADAG has just gone to print with our February (4th) issue of the **Mental Health Matters Journal**. The journal is written for GP's by psychiatrists, psychologists and other mental health experts to help keep them updated about mental health. Experts discuss helpful tips on various topics including preferred choices on psychiatric medications, tools on how to deal with loved one's who are suffering from a mental illness and much more. In this edition we have an article written by Dr Tasneem Mohamed on Schizophrenia, Dr Alison Bentely on Sleeping Disorders, Dr Ryan Fuller who talks about Alzheimers and so much more.

[Click here](#) to read a helpful article by psychiatrist Dr Helen Clark on Teen Suicide in South Africa.

If you would like to subscribe and guarantee that you get a copy of the journal every issue, please [Click here](#) for details on how to subscribe for only R175.00 per year which ensures that you get all 5 issues.



Latest Press Buzz Locally and from Around the World

2014 was a very successful year in the support of press & media. SADAG was privileged to receive over **R100 Million** worth of free press which included awareness on TV, Radio, Newspapers, Magazines and Online. Some of the local articles that contributed to this amazing figure were on Medication shortages, Top 5 Mental Illness in students, Suicide warning signs, Stress, Depression, Substance Abuse, Sleep and our brand new TV series "Mental Health Matters" on DSTV channel 190, with topics on How to help a friend, Dealing with Panic & Anxiety and so much more. Internationally we have articles on ADHD and how adults cope, living with MS which can increase development of depression, an in depth article if someone has just been diagnosed with Bipolar. [Click here](#) for the full list of articles that are new on our website this month.



Mental Health Matters TV Show

SADAG's NEW TV show **Mental Health Matters** on ED TV (**DSTV Channel 190**), airs every Thursday at 4-5pm is an informative talk show with mental health experts offering helpful advice, information and self-help tips. The program also has people who share their own struggle and experiences with their mental health problems. [Click here](#) for a list of the upcoming topics.



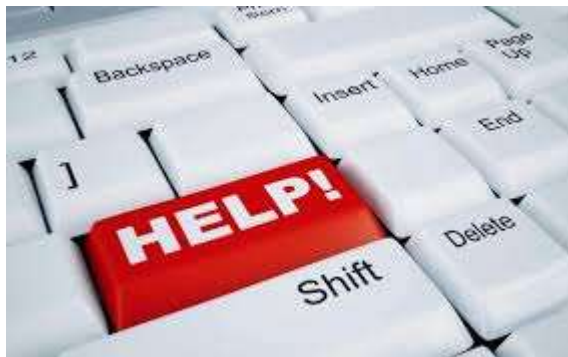
Diepsloot Corner

The **Janssens Counselling Container in Diepsloot** has entered into its 5th year and is affectionately known by the locals as the “Blue Container”. It offers face-to-face counselling for the +200 000 informal residents. Some of the cases include domestic violence, rape, emotional abuse, economic problems, Depression and HIV. The counsellors at the container often host workshops, talks, support groups, stakeholders meetings, trainings and now a weekly radio slot on Diepsloot's very own radio station called SlootFM. [Click here](#) to find out how you can take part, get involved and attend some of their events.



Upcoming Facebook Friday Online Chats

Our Facebook Page “**The South African Depression and Anxiety Group**” started 3 years ago and has grown from strength to strength. We are just shy of 6000 likes! Our chats offer another source of information and support to those who are suffering from or have a loved one battling with a mental illness. The next online chat on the **20th February** is on the topic **Teen Suicide Prevention** with experts discussing how to spot the signs & how to get help, following up is a chat on the **6th March** on **Dealing with Grief and Loss**, and the end of March's chat will be on the topic of **Pregnancy & Medication**, please [click here](#) for details on how you can join the free chats.



New Useful Websites for Mental Health

We understand that mental health care can be expensive and many people can not afford help or have access to resources. It is important to SADAG to offer **FREE** help and support to all its members, and we want to help further by providing useful websites that you can access at your finger tips for further information, help, support and access to mental health professionals.

[Click here](#) for a list of helpful websites that will help you manage and cope with your illness better.

With Thank's and Appreciation from the SADAG Team

So many patients and professionals send emails, SMS's, phone to thank us for our free services.

"Your team saved my life" said a caller, "I want to say thank you to all the SADAG Counsellors, you make the unimportant callers like me feel like we matter". In SADAG's mind there is no such thing as an unimportant caller. A Clinical Psychologists told us that they appreciate the value of the brochures we delivered to their rooms.

Our SMS lines are incredibly busy and critical when there is an emergency, "Hey you just saved a life and I am very grateful. Keep up the good work". Our 100 volunteers are so enthusiastic and help patients get into hospital, call out the police in emergencies and are there to listen to stories of sadness and depression. Without them the organisation would not have continued for so many years.

There are some important Companies that we are very grateful for during this month, which include **Nedbank** who donated money to keep our lines open so we can take the 400 calls a day that we need to, they took up a challenge that we made to them just before Christmas last year that has gone towards our Suicide Helpline. Thanks to their CEO who supported us. To **MTN**, they also met the challenge and supported our call centre, with a donation towards the helpline, brochures, handouts and postage. To **DSGN**, Design Group Company in Rosebank who donated brand new desks for our offices, improving both our efficiency and comfort.

We had a very special delivery from **5FM**, the special team on the Rob Forbes show, **donated a 5-in-1 coffee machine** and ground coffee. It is a great gift and very much appreciated from all counsellors and SADAG staff. A very big thank you goes out to 5FM.

This month we are looking for funds to support an extra counsellor for one year to work in the call center, following the success we have had on researching our new program Depression in the Workplace, there is an increase number of calls. Is there a corporation out there keen to make a major contribution to this important and new field by helping us have one extra permanent staff member?

And for those out there working with SAPPI, Typek, Mondi, and all the photocopy paper distributors, we need 50 boxes of copy paper. Makro, Game, Waltons and CNA, you could all help us please!! Please step forward to help us with a donation – it is all **TAX DEDUCTIBLE!**

Please call us if you need our phone services or can help us with good ideas.

Warm Regards,
Zane Wilson (Ms)
Founder (zane1@medport.co.za)