



**THE SOUTH AFRICAN  
DEPRESSION AND ANXIETY GROUP**

SADAG	011 234 4837
Suicide Crisis Line	0800 567 567
Pharmadynamics Trauma Line	0800 20 50 26
Adcock Ingram Generics Bipolar Helpline	0800 70 80 90
Sanofi Aventis Sleeping Disorder Helpline	0800 753 379
Substance Abuse Helpline	0800 12 13 14
Dr Reddy's Mental Health Helpline	0800 21 22 23
Support Group Helpline	0800 20 51 21

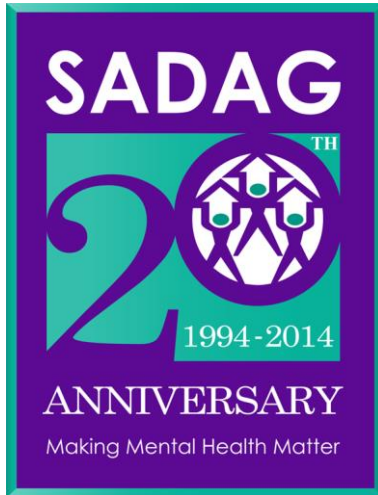
Website: [www.sadag.org](http://www.sadag.org) • Email: [zane1@medport.co.za](mailto:zane1@medport.co.za) • SMS: 31393

## SADAG Supporting Mental Health Awareness Month

### Panic Day 10th July

Welcome to our Mental Health Month Newsletter. Panic Day is always for us the most important issue for the Month of July. SADAG started due to the Founder Zane Wilson, a businesswoman, having lived with acute panic attacks for ten years. [Click here](#) for more on when it begins, the dates and venues of talks for **Panic Day 10<sup>th</sup> July** this year.

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20 years on we see how much we have grown way beyond Panic, to Depression, Bipolar, Social Phobia, OCD, Suicide and many other critical areas that callers need help for. Sadly the government does not realize the importance of funding NGO's working in Mental Health. Critically we have one in every four individuals suffering from mental health problems and the biggest problems are lack of access, shortage of services and sometimes the refusal to admit patients to hospital.

[Click here](#) to read Theresa Taylor of the Star Newspaper's article about the above. At the end of 20 years, SADAG should be infinitely further ahead. We have made big steps, but the Department of health is not helping patients by making more beds available, or supporting innovative economical tools from NGO's like support groups, sms services, or supporting Toll free lines. By the year 2020 it is known that depression will be the second most predominant illness in the world, yet South Africa is failing to recognise this serious illness and the support it needs. [Click here](#) for this weeks Sunday Times article.



### **Panic Awareness Day 10<sup>th</sup> July**

Does getting into an elevator, taking the driver's seat, or going into a crowded room, make your heart race? SADAG will be raising awareness, hosting talks, online chats and more for Panic Awareness Day, 10<sup>th</sup> July. [Click here](#) to find out more information.



## Upcoming Events & Workshops

[Click here](#) for details and information on upcoming talks for Panic Awareness Day, Dealing with ADHD and Concentration difficulties in DBN & PE, learn how to manage your Stress & Trauma, new Social Anxiety Group Therapy Sessions in JHB, Beat the Bully workshop in JHB, a Theatre show in honour of Womens Day, and even a Research Study for Obsessive Compulsive Disorder



## Facebook Chats

Our increasing numbers on SADAG's Twitter has growing quickly. Last week we had a huge retweet reach of over 40 thousand on Friday, and then on Saturday over 43 thousand. Likewise we have over 4 thousand Facebook fans. Log in to be part of our social media updates. [Click here](#) to read more

**Upcoming Chats:** 11th July on Panic, with Psychologist Tyrone Edgar at 1pm, and CBT Psychologist Dr Colinda Linde at 7pm. [Click here](#) to log in to our page.



## Mylan Patient Support Programme

The Mylan Patient Support Programme is the 3<sup>rd</sup> patient adherence programme SADAG has undertaken and is the first specialized private one. SADAG is half way into the programme (3months) and is helping over 200 patients with support, information and adhering to their medication. [Click here](#) to find out more about the programme and how you can sign up for free



## Support Groups Corner

Support Groups continue to grow for both Mental Health and Substance Abuse. New Mental Health groups have started in Melville, Potchefstroom and Mossel Bay. SADAG's presence for Substance abuse is also growing more active in areas from Uppington to Witbank, Malelane to Port Elizabeth and more, please [click here](#) for information of groups in 14 areas or call us toll free on 0800 21 22 23 for more details.



## Local & International Press

This month is Mental Health Awareness Month, aimed at raising awareness around issues pertaining to mental health. Featured below are some of the press SADAG has had published in the last couple of weeks. Local press discusses Premenstrual Depression, Men's suicide risk and who depression affects at home and in the workplace. Internationally, we look at Depression in the elderly, Coping with Grief and the side effects of medication. Please [click here](#) to read all the featured articles.



## Community Outreach Projects

Work in our two busiest townships, Ivory Park and Diepsloot, continues. Ivory Park highlighted Gender Based violence and Exam Stress this month. Diepsloot made computer donations to Local NGO's from the Janssens Counselling Container and did several talks at Churches which were very well attended, as well as increased counseling sessions at the local government clinics. [Click here](#) for a full report



## Substance Abuse 26<sup>th</sup> June

On the 26<sup>th</sup> June, SADAG raised awareness for Substance Abuse Awareness Day. [Click here](#) to read more about the warning signs of possible drug and alcohol abuse, and for feedback on Substance Abuse Awareness Day events hosted by SADAG nationwide, courtesy of the Department of Social Development.



## Meet SADAG's Board Members

SADAG would like to introduce to you another one of our Board Members who gives tirelessly back to her community and to SADAG. Please [click here](#) to meet Johannesburg Psychiatrist Dr Dora Wynchank



### Corporate Talks and Wellness Days

SADAG is frequently asked by corporates and government to do talks and wellness days around South Africa. This month we did a variety from NCD Indaba in KZN, Talisman Foundation, Gordonia Institute and Bedfordview SAPS Victim Unit, 1Military Hospital and many more. As always we make sure they have a variety of materials available for handout and a speaker to talk about depression, stress, burn-out, trauma and many other mental health related topics. [Click here](#) to read more information.



### Casual Day, 5<sup>th</sup> September

This year's theme for Casual Day on the 5<sup>th</sup> September is "Bring out the Bling". [Click here](#) to find out how your company, school, or church can support SADAG by purchasing your Casual Day sticker for only R10.

SADAG is a community based group relying on your feedback (from our support group leaders and other volunteers) and I welcome letters from any of you we have worked with over the past 20 years, especially people like Gwen in Witbank, Peter in Siyabuswa, Driekie in Alberton, Lori in Durban and Carlo in Benoni. Voluntary Counsellors like Shanne who has been involved since its beginnings, and the many other volunteers who do special work and run our support groups .

We rely so much on funding contributions, whatever the amount, whether it is R10 a month, R50 or R100 to help us keep fighting for the vital services of patient care. A special thank you to JFL from Pretoria who has donated to us every month for five years now. Please click on to the [Donate button](#) on our website which has all our information. Every cent raised, will go towards helping someone else.

Regards,

Zane Wilson (Ms)

SADAG Founder

[zanel@medport.co.za](mailto:zanel@medport.co.za)



This Newsletter is proudly brought to you  
by Dr. Reddy's