

SADAG Office	011 234 4837
Suicide Crisis Helpline	0800 567 567
Dr Reddy's Mental Health Helpline	0800 21 22 23
Pharma Dynamics Trauma Helpline	0800 20 50 26
Adcock Ingram Depression and Anxiety Helpline	0800 70 80 90
ADHD Helpline	0800 55 44 33
Destiny Helpline	0800 41 42 43
HDI "You Decide" Youth Helpline	0800 33 33 77
24 Hour Substance Abuse Helpline	0800 12 13 14



WEBSITE: www.sadag.org EMAIL: zane1@medport.co.za SMS: 31393



July Newsletter



SADAG & Discovery Welcomes International Speaker to Launch Mental Health Media Summit

SADAG in partnership with Discovery had World Federation of Mental Health President, Prof Ivbijaro, come to South Africa to speak at a Professionals Forum and a Mental Health Media Summit that had over 40 journalists from around the country attend. Guest

speakers including the acclaimed Prof Ivbijaro, as well as local experts Dr Talatala speaking on 'The State of Mental Health in South Africa', Dr Robertson discussed global trends in Mental Health and the way forward for Community Mental Health. Celebs such as Sam Cowen, Penny Lebyane and Hlubi Mboya spoke about the stigma, the power of media and the importance of seeking help. [Click here](#) for an infographic on SA Statistics and for more pictures of the brilliant event, [click here](#).

We also had powerful stories from 2 case studies sharing their own experience of living with a loved one with a mental illness, as well as surviving a suicide attempt. The powerful panel including Mail & Guardian's Health Editor Mia Malan and Media Guru Marion Scher discussing Responsible Reporting and the guidelines set out by the Carter Center of Mental

Health Journalism in the US. It was a great success and we were trending on Twitter for most of the day – just proving that Mental Health Matters.

We had great articles from the Media Summit and look forward to more articles in the next few weeks too. Here are a few links to some of the articles:

* [Sunday Times](#)

* [Money Bags](#)

* [Huffington Post](#).

A very special thanks to Discovery for helping organize the event and sponsor our Guest speaker from London – we look forward to creating more awareness around Mental Health in the future.

★ **DID YOU KNOW?** ★



DID YOU KNOW?

July is Mental Health Awareness Month

July 2017 is here – that means that SA’s Mental Health Awareness Month is officially underway, and so is the South African Depression and Anxiety Group’s (SADAG’s) DID YOU KNOW? campaign.

Throughout this month, SADAG will be sharing 31 Mental Health Facts (#MHFacts)

and partnering with local celebrities to educate South Africans on mental health and fight the stigma surrounding mental illness. Society tends to believe that a person with a mental health condition is ‘crazy’, out of control, or incapable. Too often, people don’t try to get help out of fear of how others will react when they find out. SADAG is advocating for change to show that mental illness is nothing shameful, and getting help is possible.

To give you an idea of our month-long campaign, we have attached our first 3 DID YOU KNOW? #MHFacts. Stay up to date by following us on Facebook and Twitter, as well as visiting our website. You can also help us raise awareness by sharing our posts.

DID YOU KNOW?

This is how SADAG can help:

- ★ Telephonic Counselling
- ★ Referrals to Mental Health Resources
- ★ Support Groups
- ★ School Talks
- ★ Corporate Talks
- ★ Wellness Days
- ★ Workshops
- ★ Rural Outreach
- ★ Mental Health Materials
- ★ Speaking Books

HELPLINE
0800 70 80 90

SMS
31393

WEBSITE
www.sadag.org



PTSD

DID YOU KNOW?

Over 55% of South Africans experience more than one traumatic event during their lifetime.

Click on the link in this post to see if you could be affected by Post-traumatic Stress Disorder

HELPLINE
0800 20 50 26

SMS
31393

WEBSITE
www.sadag.org



Discovery

Discovery announces New Mental Health Journalism Awards

SADAG is excited about Discovery's announcement for the new Mental Health Journalism Award 2017 which will see 1 Key journalist walk away with a fantastic prize for covering important mental health issues. SADAG has long worked closely with the Carter Center for Mental Health Journalism in the US over 8 years had 16 health writers who were lucky enough to spend time at the Carter Centre, being advised and nurtured throughout their projects. Thanks to Pfizer over who took over the awards and we awarded another 10 journalists. By giving these fellowships we have seen a massive growth in the number of stories around Mental Health in the country, each helping not only to distribute information but to help break the stigma. This initiative will continue now with Discovery. Journalists from various press and media who have a special interest in Mental Health reporting can email office@anxiety.org.za for more information on the awards and how to enter.



New Proposed Guidelines for Mental Health NGOs

Since the Esidimeni Tragedy that saw over 100 people die after being moved to NGOs around Gauteng, through the Ombudsman's investigation it was found that the majority of these NGOs were not licensed lawfully and many of those unlawful NGOs were closed. In the last week, we have seen Mental Health NGOs hitting the news again with reports of many NGOs in Gauteng who

had not received their subsidy from Gauteng for over 3 months, with some NGOs even going to court, [click here](#) for a press article in the Medical Brief. The DoH has released the new proposed Guidelines for Licensing Mental Health NGOs and it is open for public comments till the 10th July. SADAG urges all NGOs, Professionals and Mental Health Care Users, and their family members, to offer input and comments on the proposed guidelines before they are finalised. Please review attached Guidelines [here](#), and if you have any questions please email office@anxiety.org.za



Facebook Friday FREE Online Chats

For Mental Health Awareness Month we have lined up 2 FREE Online Chats. There will a Q&A on the 14th July on Panic Attacks & Anxiety, with Expert Clinical Psychologists, David Rosenstein, at 1pm - 2pm and Dr Colinda Linde at 7pm -8pm. [Click here](#)

for more information on the chat. There is another Online Q&A on Friday the 28th July, where you can 'Ask The Doctor', with Expert Psychiatrists will be able to advise you on any Mental Health Issue, Medication Queries or Treatment Options.

Support Group News



Talisman Foundation

The Support Group Leader Training was coordinated by Nicola Cooper, who was a great host. Anne Rajcoomar, SADAG Manager, was given a full and interesting tour of the Talisman Foundation, Gauteng headquarters. There were 5 attendees, who were really keen to facilitate and run their own support groups. [Click here](#) for information



17 New Support Groups starting in July

We are opening 17 new Support Group this month, from Centurion, Menlyn, Kempton Park, Benoni, Grahamstown, Paarl, The Bluff, Sandton, Diepkloof, Randburg, Benoni, Turfontein, Despatch, Kenilworth, Milnerton, Kuilsrivier and Durban North. There are groups for Depression and Anxiety, for the Family to receive support, Bipolar, as well as for Abused Women.

For a variety of group in 4 provinces, [click here](#) to see list of specific areas. Call SADAG on 0800 21 22 23 for more details.



Meeting for Chronic Illness Sufferers with Depression in Estcourt

If you are suffering from Cancer, Diabetes, a Physical Disability or Heart Problems, there is a group in Estcourt that may suit you. There are about 20 people who attend. The next meeting is on Sunday 16th July at 4pm. Please call Anne or Justine for more details 0800 24 25 26.

Upcoming Workshops



info@psychmatters.co.za

Confident Kids Holiday Camp

Calling Super Friends, the holiday camp for children from 8 - 12 years old. It will be run from the 17 - 20 July and again from the 28 -31 July. the cost is R2000 and is claimable from medical aid. [Click here](#) for more information and to book please call : 011 450 3576 or email



Headway Workshop

Headway (Sandton) will be running their monthly CPD Workshop on the 19th July at 4:30pm-6:30pm with speaker Judith Ancer, Clinical Psychologist, that is based on 'Sexuality and Gender Issues'. The cost of the workshop is R40 and you will receive 2 CPD points. For more information email headway@iafrica.com



Corporate Mindfulness Workshop

On 15th July in Blairgowrie, Randburg.

- * Are you struggling to cope with stress?
- * Are you overloaded with priorities?
- * Are you juggling too many balls?
- * Do you feel anxious about the future?

The key to performance in a world of complexity
how to simplify!

is knowing
[Click here](#) for details of a workshop.



The Continuum of Trauma Counselling Workshop

Learning about the types of trauma, the process and approaches to treating trauma.

Registration: 08:30 – 09:00

Date: Friday, 18 August 2017 (9am– 12pm)

Cost: R 400 per person

Contact: Michelle Louw (012) 333-7702 or email

info@stabilistc.co.za

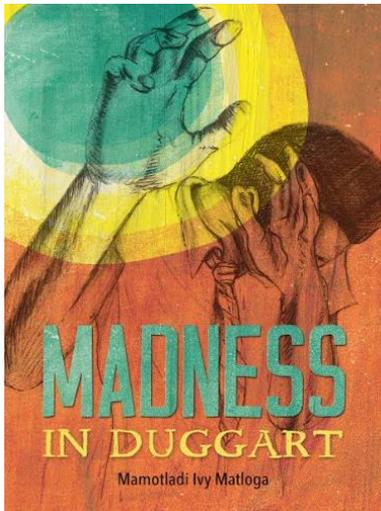
For more information [click here](#)



South African Sexual Health Association is hosting a Talk

"Empowering parents to speak to their children about bodies and sexuality"
Join Casey Blake (Registered Counsellor)
When: Thursday 13th of July 2017
Venue: Bayers Head Office
27 Wrench Road, Block G2, Isando, Johannesburg
Time: 19h00 to 20h30

Please RSVP before Wednesday the 12th of July 2017 to book your seat via email. [Click here](#) for more information.



Book Review

Mamotladi Matloga has just released a South African book that addresses issues of Mental Health, including what affected families go through and the general stigma against mental disorders. The novel is titled: Madness in Duggart. The novel is dedicated to her brother who copes with a mental health problem. To see a review [click here](#).



Department of Social Development - 24 hr Substance Abuse Helpline

SADAG took part in the commemoration of the International Day against Drug Abuse and Illicit Trafficking. The event took place on Monday 26th June in Potchefstroom and at the Masosa Stadium in Tlokwe.

Over 3000 community members, as well as several authorities and NGOs were present. It was an opportunity for SADAG to present the services offered by the 24 Hour Substance Abuse Helpline to Community Members in Potchefstroom. [Click here](#) for more information.



Janssen's Diepsloot Counselling Container

INTERNATIONAL NURSES DAY

On Friday, 12 May 2017, SADAG celebrated International Nurses Day in Diepsloot.

To commemorate this special day SADAG in partnership with Janssen bought cakes for the nurses at O.R.Tambo Clinic in Extension 2 as well as for the nursing team at the Diepsloot South Clinic in Extension 7. They were also given individual “Nursing Badges” to commend them for the valuable services that they offer, sometimes under very difficult and demanding conditions. [Click here](#) for more.



Akeso - Stepping Stones Rehab

Akeso Clinics are South Africa's foremost psychiatric treatment clinics, providing individual, integrated and family-oriented treatment for a range of psychiatric, psychological and addictive conditions.

Akeso Stepping Stones prides itself on treating both patients and their loved ones with dignity and respect, delivering clinical excellence in world-class facilities with the ultimate aim of helping patients and their loved ones not only recover, but also understand their illness, and thereby change the direction of their lives. Situated in Kommetjie, in the Western Cape, Akeso Stepping Stones offers specialist inpatient treatment for a range of psychiatric and addictive illnesses through its Dual Diagnosis Unit, including substance abuse, addiction and eating disorders.

[Click here](#) to learn more about Stepping Stones Rehab.

Press



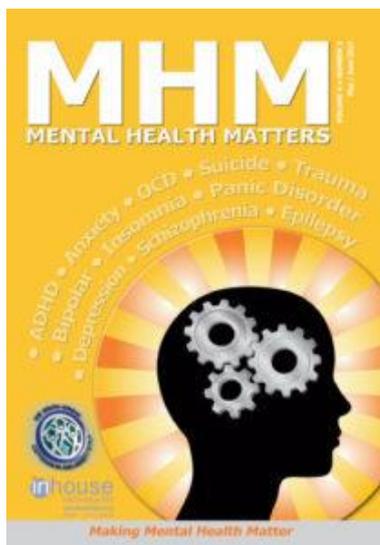
International

There have been many interesting articles within the International press community, [click here](#) for one such article titled, "Fight-or-Flight Response: Why Is It Important?". To read an article on "What are the Benefits of Sunlight" [click here](#). Also, for a vital article on "What To Know About Antidepressants Before You Think They Just Don't Work" [click here](#).



Local

[Click here](#) to read a locally written article on "Dealing with Depression at home". An article on "Have You Ever Self-Harmed Without Realising?", [click here](#) to read this interesting piece. To read an Afrikaans article titled "Diep Donker Depressie", [click here](#). Read an article on "Tackling Mental Illness with Love and Special Care", [click here](#). To read an intriguing article on "SA's First ADHD Guidelines for Adults Released", [click here](#). To read an article on "Study offers hope for treatment of heroin addicts", [click here](#).



Mental Health Matters Journal

The May/June Issue of the Mental Health Journal has had some very strong and dynamic articles that touched on many aspects of Mental Health. [Click here](#) to read about "The Trauma of being Held by Gunpoint" by Benita Levin and [click here](#) to read Dr. D. Benn's article on "ADHD and Sensory Integration Disorders". Another, brilliant article was written by Dr. H. Smith on "Schizophrenia: What are hallucinations? And what causes hallucinations?", [click here](#). To read the article that is based on the Bipolar Survey that SADAG has recently conducted, [click here](#).



Mandela Day at Tara Hospital

Mental Health Fun Walk

Date: 18 July 2017
Time: 8am Registration & 10am Walk
Distance: 6,7 km

[Click here](#) for information on how to get your ticket.

Vista Clinic Team



They are planning a Walk from Pretoria to Cape Town

In order to raise awareness of Mental Illness, a group of people plan to walk from Pretoria to Cape Town as part of their "WALKING" initiative.

Mr Francois Louw, CEO of Vista Clinic, one of 30 psychiatric hospitals in the National Health Network (NHN) group of hospitals and the principal sponsor of the initiative says: "Many people think that it's tough to walk from Pretoria to Cape Town. After all, there are far easier ways of travelling between the two capitals. The primary objective of this initiative is to elevate awareness of Mental Illness. The walk will start in Pretoria on 4 September and will end in Cape Town on 10 October to coincide with World Mental Health Day . [Click here](#) for more information.



Feedback

"Thank you so much, the counsellor was absolutely helpful. I'm going to go to the recommended places tomorrow. She was very helpful and I'm so grateful from

the bottom of my heart." - CA

"I spoke to N. I feel better and will have to make a plan to get my meds so that they can start working again. Thank you for your help. I will keep the sms number for future and thank you that I have found someone who knows and understands my illness. I appreciate that N* called me back. You guys are awesome for relieving the pain and confusion within me." - J

"Thank you for helping me. I really needed someone to talk to" - SM

"Wow – great! Thank you a 1000 000 for the speedy reply!"- ES



SADAG needs an Electric Wheelchair for a Support Group Leader.

"Due to my condition, it is becoming more and more difficult for me to be mobile. If by any chance, that you may know someone that has an electric wheel chair that they no longer need and would like to donate it, I would be very grateful if they could help me with an electric

wheel chair. That way I would be able to help many others and show them that they are not alone and that there are people that care for their wellbeing." Please help if you know someone in Estcourt area, we would appreciate any offers. Call Vanishaa on 0800 24 25 26



Thank you to Celebrities and Sponsors

We would like to thank Pierre van Rensburg from Stouf Solutions for giving us FREE SMS credits so we can keep our Counselors and Support Groups well informed by SMSing up to date information.

A big THANK YOU to the World Sports Betting Group that held a Charity Sprint. The event raised R5000 which was donated to SADAG. We appreciate your support.

We would also like to thank Vanessa Brooks from FNB (Grayston Drive) as well as Cherly Devereux and Chrisoula Gregoriou from NEDBANK (Rivonia Road) for being so kind and allowing us to have our monthly meetings at their wonderful venues, so that we can keep our Volunteer Counselors updated with new talks on Mental Health. These updates help thousands of desperate people from all provinces who call us.

Kind regards,
Zane Wilson

Founder

zanel@medport.co.za

Making Mental Health Matter

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