



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

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 The South African Depression and Anxiety Group  @TheSADAG

SADAG May Newsletter 2016

SADAG has been very busy on a number of big projects addressing ever-pertinent issues like stigma and misconception about mental illness; teen suicide prevention talks; access to mental health treatment and care, and the role of government structures in mental health treatment. SADAG also held media training in partnership with Discovery to train journalists about responsible mental health reporting and educate participants about issues of mental illness.

SADAG is the leading education and advocacy network for mental health and our 15-line call centre, 200 support groups nationwide, comprehensive website and outreach work make us the go-to NGO for people suffering from depression, anxiety, PTSD and others as well as a centre for support and advice for loved ones and employees.

We look forward to the next quarter of 2016 as full of challenges and opportunities as the first four months have been.



In Memory Kevin Bolon: Psychologist, SADAG Board Member, Friend and Mentor

We were deeply saddened to hear of the untimely passing of Kevin Bolon on Thursday 28th April 2016. Kevin was one of SADAG's founding board members – 23 years ago – a mentor and friend of the SADAG family.

Kevin was a brilliant psychologist, a pioneer of CBT with a particular interest in OCD (Obsessive compulsive Disorder) and Phobias. He became the voice of OCD in South Africa and spoke for the many people who feel theirs is an untreatable and hopeless condition. Together with an SAA pilot and an aeronautical technical expert, Kevin ran the ground-breaking "Free to Fly" programme, to help those with a fear of air-travel to overcome their phobias and anxiety. Kevin was a regular lecturer at WITS Medical School and did hundreds of articles and interviews on CBT.

His talks and presentations were always so special and so uniquely "Kevin". No matter who he was addressing, Kevin's humour and informality touched us all. His messages about CBT, OCD and phobia's were always the highlight of SADAG's counsellor trainings.

We send heartfelt condolences to Kevin's wife Fulvia, his son Stefan and daughter Mila; his family and friends. We will never forget Kevin – he meant the world to us and now leaves a void we cannot fill.



Discovery Health

SADAG's Media Summit Sponsored by Discovery

In partnership with Discovery, SADAG held a powerful media training summit, not only to educate journalists about mental health issues, but also increase their sensitivity and responsibility in reporting on these issues. SADAG has a long-standing relationship with the South African media and we provide accurate and appropriate information, case studies and expert comment. [Click here](#) to read journalist and Carter Centre Fellow for Mental Health, Pieter van Zyl's report of the Cape Town summit.

[Click here](#) to watch the videos and interviews of the Johannesburg Health Summit.



Launch of UCT Helpline

SADAG and The University of Cape Town (UCT) are proud to announce a brand-new partnership – a 24-hour Toll Free Mental Health Helpline for UCT students. Following an increase in Mental Health problems and the prevalence of suicide attempts amongst the students, the UCT Student Wellness Division acted to initiate the helpline. SADAG will be working closely with the UCT Student Wellness Department to provide students with free telephone counselling as well as facilitate increased Mental Health awareness and support within the UCT environment.

[Click here](#) for the official launch letter from the Vice Chancellor, Dr Max Price, for the University of Cape Town.



Washington Congress – “*Out of the Shadows: Making Mental Health a Global Development Priority*”

On the 13th and 14th April 2016, stakeholders from the world’s community of mental health care advocates met for a two-day conference co-hosted by the World Bank and the World Health Organisation in Washington DC. The aim of the “*Out of the Shadows: Making Mental Health a Global Development Priority*” conference was to engage civil society; the business community; financiers; government, NGO and health organizations, and technology innovators to take more ownership of the urgent need for investment in mental health services and the expected returns in terms of health, social and economic benefits. SADAG Founder, Zane Wilson was at the conference representing South African NGO stakeholders, patients, and advocacy groups. [Click here](#) to read more about this fascinating conference and South Africa’s contribution.



Janssen’s Diepsloot Counselling Container Centre

Diepsloot, a township halfway between Johannesburg and Pretoria, is home to a rapidly growing population of over 200,000 people. This population is continually exposed to various types of trauma. Despite its ongoing health threats, the closest psychiatric facility is over 20km away. On the whole, the residents of Diepsloot are poor and are continual victims of crime, poverty and an often inaccessible health care system. SADAG’s Diepsloot Counselling Container Centre (in partnership with Janssen) offers free counselling, referral and support to the residents of Diepsloot as well as working with the whole community to educate and create awareness around mental health issues. If anyone would like more information on how to get involved in the various activities that SADAG hosts in Diepsloot, please contact Anne on 083 754 7509 or Nono on

083 649 8639. [Click here](#) to read more about how SADAG and Janssen empower the Diepsloot community.



New Support Groups

SADAG facilitates over 250 support groups throughout the country and trains new leaders throughout the year. In a country where services and mental health care is so inaccessible for so many, support groups offer a safe place for sufferers and their families to share, and a voice for the community. For information on joining a support group – or starting your own, please contact Tracy or Naazia on 0800 21 22 23.

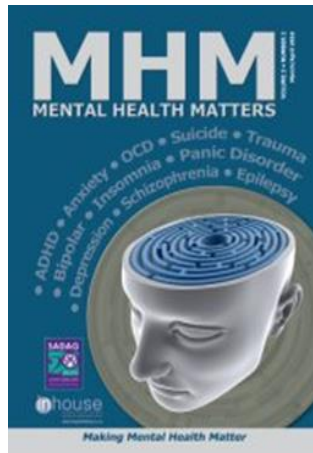
[Click here](#) to read about some of SADAG's support groups around the country.



Facebook Friday

Two years ago, SADAG initiated their Facebook Friday online chats on two Fridays in each month. Starting at 1pm and 7pm on SADAG's Facebook page, mental health experts share their knowledge with Facebook users. SADAG receives countless requests every day for Mental Health stories and advice and this use of social media is just one way SADAG is Making Mental Health Matter & reaching more people. Plus this is a great opportunity for patients, families and loved ones can get free tips, tools & help.

[Click here](#) for upcoming topics. Don't miss tomorrow's online Q&A on Bullying & Cyberbullying.



Mental Health Matters Journal

Together with InHouse Publications, SADAG brings you the most recent issue of the Mental Health Matters Journal – specifically for General Practitioners and Psychiatrists. If you are a mental health professional or GP, and want the Mental Health Matters Journal delivered straight to your door, [click here](#) to subscribe.

To read some of the articles from the March 2016 edition click on the links below.

- [Cancer & Depression: Clare Manicom \(Oncology Social Worker, CPT\)](#)
- [A letter from your transgender colleague: Dr Anastacia Tomson \(GP/Author, Activist, JHB\)](#)
- [Dangers of sleep deprivation: Dr Gaveeta Chiba \(Psychiatrist, JHB\)](#)



International Press

SADAG always monitors international media on mental health issues to bring you interesting articles, comments and research from abroad.

Thinking about stopping your medication? There are many reasons why you might consider stopping your medication. [Click here](#) to read why it's important to discuss medication decisions with your doctor.

Four Things I Learned in Trauma Group Therapy: Trauma is a very real and often complex issue in south Africa and with the soaring costs of treatment, this article provided interesting insights about the value of groups therapy. [Click here](#) to read.

Suicide in the U.S. Climbs After Years of Decline: Suicide is the 10th leading cause of death in America and unlike more common killers such as heart disease and cancer, it rose in 2014. [Click here](#) to read the article.

Understanding Schizoid Personality Disorder: Christine Hammond is the award-winning author of *The Exhausted Woman's Handbook*. [Click here](#) to read her article about schizoid personality disorder.

A Playbook for Police for Conflicts involving Mental Illness: Portland police are re-thinking how they deal with people with mental illnesses. [Click here](#) to read the full article.

Annoying Habits of Therapists: In 2009, Dr Grohol wrote an article detailing some of the most annoying bad habits of therapists. [Click here](#) to read his updated points.



Local Press

Read more on what is happening around the country regarding mental health awareness. We share articles that have recently made the news.

Health-e: Exposed – private healthcare's exorbitant pricing: A week after of public hearings into private healthcare, medical aid companies came out looking like uncaring money-making schemes intent on frustrating members, with runaway prices charged by hospitals and specialists also hammered. [Click here](#) to read the full article.

Not enough help for people with mental health problems: South Africa does not have enough specialists to address mental health. [Click here](#) to read the full article.

Depression can be worse than cancer: *Actress Lillian Dube and Anchor Liane Manas share their stories with journalist Gabi Falanga.* [Click here](#) to read the full article.

Teen Suicide, SA's secret epidemic: A mother opens up after 14-year-old daughter committed suicide. [Click here](#) to read the full article.

Caution: Burnout Ahead: Stress is manageable and burn-out is avoidable. [Click here](#) to find out how.

How to spot anxiety and depression in your child: Research done last year that showed that South African children are among the unhappiest in the world. [Click here](#) to read more.

Fibromyalgia Underrated by Medical Aids: if you or a loved one suffers from Fibromyalgia, read this article about which medical aids cover and list Fibromyalgia. [Click here](#) to read the full article.

Understanding Adult ADHD: ADHD is not just a children's illness. This article points out the signs of adult ADHD. [Click here](#) to read the full article.



FREE Community Awareness Talk for

Bipolar Awareness Day Talk at Akeso Kenilworth Clinic, CT

Join our **Community Awareness Talk** with guest speakers including blogger, Yvette Hess, who will be sharing her personal experience of living with Bipolar; Occupational Therapist, Megan Hofhuis who will be discussing how to deal with Bipolar and Stress; Psychiatrist Dr. Laura Comrie who will be hosting an "Ask the Doctor" Q&A Session on Bipolar, as well as SADAG Coordinator Ryan Edmonds who will be sharing practical tips on Coping with Bipolar and the Power of Support Groups. To book your seat at the talk please contact Sam or Tshego on 0800 21 22 23 or email research@anxiety.org.za

For more details about the event and how to book your seat, [click here](#).

Upcoming Workshops

Stabilis Treatment centre (PTA) is hosting a workshop on 17 May "*From Substance Dependency to substance Independence*". Only R450 per person, [click here](#) for more details of the programme and how to book your seat.

Don't miss Dr Lavinia Luma's talk on Wednesday 25 May, 18:30pm at Akeso Crescent Clinic in Randburg. Topic is the *Impact of Perinatal Mental Disorders on the foetus*. [Click here](#) for details.

If you, a colleague or organisation is hosting a training workshop or event, please email details to info@anxiety.org.za so we can help promote it.



Thank You

"I don't know who the lady was that phoned me but I would just like to say thank you. After she spoke to me, I felt better. She gave me a new breathing technic for when I have a panic attack. Today, I was sitting at work, busy, and I started getting anxious, and I know what's coming as I know the symptoms. I did the breathing technic, and it calmed me down. After that I went to speak with myself in the mirror telling myself that I am fine. Nothing is going to happen. I am all fine. This calmed me down. I still have a very long way to go to learn to not worry and stress over everything that's happening. Thank you for all your help. And for SADAG, who help people like me. I know I am not alone." (RT)

"It was good to get some of the load off. I don't have any one to speak to and this gave me a lot of perspective. Thank you for the work you all do." (GR)

"I am SO thankful that you guys are here to guide because I feel so helpless/ hopeless at the moment. Thank you very very much for being there."(RC)

"Thank you and your team - professional team Sam and Tshego and all the other ladies. The Discovery Media summit was so Informative and a Great Day. I learned so much and met great people." (HN)

During the last two months SADAG has presented many corporate talks and workshops and we look forward to continuing our work across the country to raise awareness and reduce mental health stigma and the issues surrounding it. Thanks to Bankserv Africa, Dr Reddy's, UNISA, WITS NGO Fair, and City Power for their commitment to further developing mental wellness.

Regards
Zane Wilson (Ms)
Founder

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