



SADAG

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011 262 6396

Website:

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Suicide Crisis Line:

0800 567 567

Police Line:

0800 20 50 26

Bipolar Help Line:

0800 70 80 90

Substance Abuse Line:

0800 12 13 14

Email:

zane1@hargray.com

SADAG July Newsletter

Munching for Mental Health – Celebrity Auction Results

SADAG raised over R30 000.00 from our "Munching for Mental Health" fundraiser. The auction, which lasted for just one week, was in aid of our teen suicide prevention programmes and our national toll-free suicide crisis line. The celebrities have all agreed to give up one 2-hour lunch for the cause.

As was expected Archbishop Desmond Tutu raised the most money, being so well-known the world over. In fact, the winning bid came from the Netherlands, although it was strongly contested during the last three minutes by two South African bidders.

Celebrities were bid on for business lunches, birthday presents, anniversary gifts, and because many people just want to meet their favourite South African celebrity.

The lunches will all take place in the next few months and the individual winners will select dates and venues that suit the celebrities' busy lifestyle. We are grateful to the generous celebrities who are always ready to donate their time and allow their reputation to be used for mental health awareness and advocacy. We are very honoured to have had such an impressive list of wonderful personalities. A big thank you to all our celebrities:



Archbishop Desmond Tutu

Barry Hilton

Basetsana Khumalo

DJ Fresh

Elana Afrika

Graeme Richards

Kurt Darren

Lillian Dube

Lupi Ngcayisa

Mike Schussler

Nigel Pierce

Mark Pilgrim

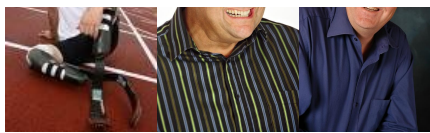
Irene Bester

Penny Lebyane

Oscar Pistorius

Patricia de Lille





This was a great promotion and we were lucky to have the support of the media and the kindness of Bid or Buy. We were featured and covered in various media including, IOL, Daily News, Media Update, Daily Sun, The Witness, The Times, Citizen, Cape Argus, the Star, Sunday Times and Tribune, Cape Times, and City Press; and radio exposure included slots on Phalaphala, Thobela FM, Lotus FM, Gagasi FM, Metro FM, SAfm, 5 FM, Radio 2000, Radio 702, Jacaranda, East Coast Radio, Highveld Stereo, and SABC radio. Also thank you to Roshni for all her hard work, and to our counsellors who spread the word on their Facebook homepages and bid for celebrities too.

Teen Suicide Prevention Workshop - Cape Town

A teen suicide prevention workshop hosted by Diane Mallaby in conjunction with SADAG in Cape Town received a huge response. Despite the cold, rainy weather, 100 Capetonian attendees braved the weather to learn about teen depression and suicide, and how to help with the many problems they have. The workshop was attended by teachers, social workers, community workers, pastoral counsellors, SADAG facilitators, psychologists, lay counsellors, and NGO's. Four expert speakers delivered presentations: Angelique Victor (of Equal Zeal) spoke about children's emotional needs and effective parenting; Dr Chris Steyler delivered an inspiring account of his struggle with depression and suicide over several years; psychologist Diane Mallaby discussed the management of suicidal behaviour and the role of the school in preventing teenage suicides; and psychologist Janet Bytheway gave a practical account of how to assess a suicide risk, who to contact, and what to do if the risk is high.

The workshop would not have been possible without the help of SADAG volunteers, Chris Carter, who set up the audio visuals, recording, and designed posters; Natalie Mentor who kindly offered to send out all the email correspondence and took all the bookings and registrations. A big thank you to Ian Macfarlane, from the Cape Town medi-spa, who kindly donated a free floatation session and 100 discount vouchers; and Ray, from Radiance Skin Care, who donated a free treatment voucher. These were given as prizes. Look out for the next Cape Town workshop being scheduled for later in the year!



Namibia - USAID and PEPFAR HIV Conference

Elizabeth Matare and Fatima Seedat were invited to attend a conference held from the 9th to the 14th June in Windhoek, Namibia. The conference was held for organizations to share best practices and new ideas about dealing with and fighting the HIV/AIDS pandemic throughout Africa. There were over 30 countries represented with over 1,500 delegates. The opening ceremony was graced with the presence of the President of Namibia, the First Lady of Namibia, the Ministry of Namibia and many other dignitaries.



Elizabeth found it a very useful learning experience and heard about the many different initiatives various countries are implementing to combat this pandemic. The conference also allowed many people to see our Speaking Books for the first time, which created a lot of interest. Mental Health is still not high on the agenda of most governments and organizations. The most important message that came from this conference was that in order to take control of HIV/AIDS, health professionals need to work in partnerships with other organizations.

AfricomNet Awards for Communications – Namibia

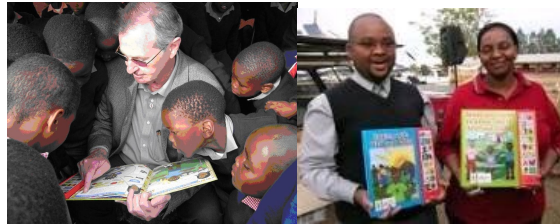


The third International Africomnet awards for innovation in HIV and AIDS communication were awarded in Windhoek, Namibia at the same time as the USAID and PEPFAR Conference, at a very elegant affair attended by the First Lady of Namibia Mrs Pohamba. The category for innovative social communication was won by SADAG for their Speaking Books. AfricomNet, which has over 900 members from 48 countries, presented this award as part of their best advances in the field of strategic communications that can be adapted and replicated by others. Namibia's First Lady said of the Speaking Books: "They are a fantastic tool for rural communities." On accepting the award CEO Elizabeth Matare said, "The conference this week has been for academics and we have shared many important issues, but they need to get these messages back down to the grass roots communities, many of whom cannot read or write and have a low level of literacy. This is the

community that needs to hear the messages and with a product like the Speaking Books they are able to do so." Our thanks to AfricomNet for recognising SADAG's Speaking Books as a vital and forward-thinking patient education tool.

Speaking Book Launch – Swaziland

The Minister of Education, Minister Wilson Ntshangase together with the Director of NERCHA Derek Van Wissel were both present at the launch ceremony of the Speaking Books in Swaziland last month, with marching bands, dancing teams and a welcoming ceremony. The Minister asked NERCHA to make sure that the books are available in every school. The director of NERCHA promised that if there is a need for more Speaking Books then NERCHA will produce them. Currently two books have been initiated by Busi Dlamini – Communications and Information Manager – "What you need to know about HIV and AIDS", and "Coping with HIV and AIDS". These books provide skills on how to deal with the loss of a loved one due to HIV and other problems associated with HIV and AIDS for children who are infected or affected by the virus. Swaziland has a very high rate of HIV and AIDS and many children aged 12 years and below have been seriously affected. Up until recently there was no IEC for children this age yet they are equally traumatized. As Busi Dlamini said, "The Speaking Books are a major breakthrough in response to HIV and AIDS in Swaziland. They are an effective tool for disseminating critical information to all populations." Thank you to our Support Group leader in Swaziland, Denise Mortlock, for attending the launch on our behalf.



MediHelp DVD launch – Bipolar DVD

Elizabeth, Fatima, and Brandon attended Medihelp's official launch of the "Living with Bipolar Disorder" DVD, held on the 29th May during the same week as Bipolar Awareness Day. It is the first part of the "Living with" documentary series of DVDs on mental health. "Living with Bipolar Disorder" is a documentary about a young film director 27-year-old Simon Barnard and his experience with Bipolar Disorder. The function was very elegant and well attended. SADAG has assisted the producers and film-makers with patients with Panic, OCD and other mental health issues in the series, as well as with the writing of their brochures. This first DVD is available for purchase at Look & Listen at R190 per copy.

Biological Psychiatry Conference

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The conference started on Thursday the 28th May until Sunday the 31st May. It was well attended by private and government psychiatrists, psychiatric nurses, psychologists and social workers. The pharmaceutical companies, went all out this year with regards to creative stand designs. It was great to see Mental Health promotion in a new and exciting light. The talks by experts in their fields were fascinating and included cutting edge. SADAG hosted a stand which the delegates visited often, taking many brochures and Speaking Books home with them.

SADAG is very grateful to Pharmadynamics who hosted an auction of a beautiful painting done by Cape Town artist, Solly Smook, and all proceeds were donated to the Police Helpline. The auction was a great success and we able to raise R15 000 which was phenomenal. A huge thank you to Dr Jan Chabalala, Dr Saldaker and Pharmadynamics for their very generous contributions, the money will be used for more police talks and counseling to help our police officers who are dealing with so much on a daily basis. Another huge thank you goes to our amazing support group leader, Una Hammond, who manned the SADAG stand from Thursday till Saturday, she did an wonderful job and it is so great to see the passion she has in helping others and raising awareness around mental health. Everyone at SADAG head office is incredibly grateful to her for giving up her precious time.



Cassey would like to give a special thank you to Rosemary Giralt, Roger Moulton and the rest of the lively team from Pharmadynamics who sponsored her accommodation.

SanofiAventis - Sleep Disorders Talk

SanofiAventis asked SADAG to present a talk for their sales teams at their annual Cycle Meeting held in Centurion on the 23rd June 2009, to give feedback on the Sleep Disorders Helpline (0800 SLEEPY) sponsored by SanofiAventis. We were able to give them insightful information about the type of calls we have received since the Helpline launch in April, as well as how we have been able to help callers seeking treatment or information. We also reported on the successful press and media awareness campaign that was created through publications like the Citizen, Beeld, the Star, Cape Argus, and the Volksblad, and through radio stations like as Heart FM, SAfm, Radio 2000, Jozi FM, Radio 702, and SABC. The presentation was very successful and the sales team benefited from learning more about the helpline and how SADAG works.

We are continuously asked by Corporate companies to present talks on different topics. We are planning our next Corporate talk for Newsclip Media Monitoring discussing substance abuse in the workplace. If you would like a corporate talk or workshop, please contact Cassey on 011 262 6396.

Upcoming Events – Panic Awareness Day

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Panic Day - Opportunity to learn from SA's top Psychologist on managing panic attacks

Dr Colinda Linde will be running a Panic Therapy workshop at the Morningside Clinic in Sandton on Saturday the 18th August from 2pm to 4pm. During this incredible workshop, a 'must' for any Panic sufferer or loved one, Dr Linde will explain the dynamics of a Panic attack, what Cognitive Behavioural Therapy is, look at self-help techniques that work, and will teach you relaxation and breathing exercises to help calm your body and mind to stop Panic in its tracks. The session will cost only R50 and is an amazing opportunity to learn from this world-renowned expert. It is specially presented at this price to enable everyone to participate. To book your place please contact Chevonne at SADAG on 011 262 6396

Health24 Online Panic Chat



Our thanks to Ilsa Pauw from Health 24 for hosting an online bipolar question and answer session for Bipolar Awareness Day. It was so successful that we are repeating it again for Panic Awareness Day and the online Q&A will run from the 7th to 11th July. Log onto <http://www.health24.com/>, and you're your questions which will be answered by three psychologists and a psychiatrist. Any questions you have about anxiety disorders, their diagnosis, treatment, or prognosis, now is your chance to ask the professionals. Thanks to Ilsa for her organization and help, and for her continual support of mental health.

New Relaxation CD by Dr Colinda Linde

This new relaxation CD can be played through your computer, in the comfort of your home or even in your car during your ride to work. The relaxation CD starts off explaining the basics of relaxation for 5 minutes including refreshing the body and mind, relative freedom and maintaining balance, moderation and well-being. The CD highlights the importance of optimal function and relaxation as the best state for functioning and learning. An active alert state is desired to prevent overstimulation. The next 20 minutes is the actual relaxation exercise which teaches the person how to achieve a calm alert state and optimal functioning. It guides you through a relaxation technique of de-stressing and visualization, which is incredibly calming and you literally feel the stress float away. Please contact 011 022 2533 to order this incredible tool. The CD costs R100 (which includes post and packaging.)



School Talks and Wellness Days

Holy Family College – School Talk

As part of an educational programme for parents, SADAG was asked to present a talk on adolescent depression and suicide at Holy Family College. There was a high attendance rate and parents were enthusiastic to take part in the discussion. Many of the parents are currently struggling with the typical 'teenager problems' and consequently the conversation focused on how to tell the difference between normal adolescent behaviour changes and warnings of depression or suicide. Both the parents and teachers expressed gratitude for the knowledge they gained from this presentation and were all glad to know that there are people who can help. The parents left feeling that they can be more open with their teenagers than they previously believed was possible. Thanks to Sherianne, one of SADAG's senior trainers, for doing the presentation.

Michael Mount Waldorf School- School Talk

Each school talk is different from the next and the suicide prevention talk at the Michael Mount Waldorf School was a fantastic experience. The 120 children listened very attentively and had very questions at the end, mostly about anti-depressants and mood stabilizers. Thanks to Clare for doing a wonderful job and giving the children excellent information – they really benefited from it. Our thanks to Life Skills teacher Tracy Donnachie for inviting us, and to the counsellors who helped out – Nicole L, Nicole M, and Vangile.



Sacred Heart College- School Talk

Four counselors - Lilly, Phumzile, Gaby and Fatima - presented our Suicide Shouldn't be a Secret talk at Sacred Heart College. The talk was very interactive and the 60 participants showed a lot of interest and gave a lot input. They got very involved in the talk, and asked many questions, and gave their opinions about suicide and depression very openly. They all seemed to have a very realistic idea of how serious suicide is in this country and they all seemed to feel that the stigma associated with depression is one that should be replaced with a more understanding. A few learners stayed after the talk to ask questions and get more information. Our thanks to Alene from Sacred Heart for inviting us to go to the school.

Gauteng Department of Education – Presentations on SADAG School projects

SADAG was invited to a meeting held by the Department of Education's School Based Support Team (SBST) in Johannesburg, to collaborate and network about the need for schools to educate their learners about various social issues. Each organisation that attended gave an overview of their activities, as well as their ideas on how they could help with the various issues. SADAG's school talks were seen as being very helpful and informative, and many people showed great interest in them. Thank you to Fatima for presenting on SADAG's behalf.

Substance Abuse Support Group – SOS a learning experience for SADAG counsellors

The Substance Abuse Support Group (SOS) has a vision - to reach out to the wounded in the community. SOS was born out of a need to offer support to the family members of the addict. Whenever parents, husbands, wives or children become aware that a loved one is addicted to a substance the shock and disappointment is so huge and they don't know where to turn for assistance. SOS provides training in the form of an 8 week course and provides support to the family so that they come to the realization that there is hope. 100 people attended their one day workshop including our counsellors Bongzi, Nosipho, Lungelo, and Fatima. A big thank you for inviting us and we wish you the best of luck with this much needed initiative.

Police Trauma Line and Talks

We have had a lot of coverage recently about the Pharmadynamics-sponsored Police Trauma Line (0800 20 50 26), particularly in Cape Town, and our line's call volume has increased significantly. This confidential counselling line was set up to aid police workers and their families due to the trauma that results from the dangerous situations the men in blue often face. Talks and workshops for police are also offered by SADAG and anyone interested should please contact Cassey on 011 262 6396.



Bankmed Wellness Day - Cape Town



Bankmed, one of the oldest healthcare providers to banks in South Africa, hold an annual wellness day for employees to expose them to health information and health related products. The wellness day provides an opportunity for employees of ABSA to explore healthy lifestyle options and includes a variety of stalls promoting various pro-biotic health foods, massage therapies and natural remedies. This year Katherine Sorsdahl and Leo El-Tibi manned the SADAG stand, which provided people with comprehensive literature about various forms of mental illness as well as our contact details for support and referral services. The stall allowed people to talk frankly and openly about mental health issues they or others they knew were facing particularly around work related stress and insomnia which seemed to be the most common topics of enquiries. Our thanks to Bankmed and Pippa Rowe, who have supported SADAG's programmes for many years.

SADAG monthly counsellors' meeting

On the 23 of May we held our monthly counsellor meeting in preparation for Bipolar Awareness Day. We had great attendance as all our counsellors love listening and learning from psychiatrist Dr Zilesnick, who practices at Crescent Clinic. The talk was very interactive and many interesting questions were asked by the counsellors on diagnosis, medication, treatment, and therapy. After the talk counsellors gave their personal experiences of various school talks, police talks and corporate talks done during the month. After a very successful meeting the counsellors enjoyed muffins, juice and good conversation! Thank you to all the counsellors for attending and to Chevonne for coordinating it.



Congratulations Dr Sorsdahl



A big congratulations to our researcher Katherine Sorsdahl, now DR Sorsdahl! She received her PhD after doing research on the Traditional Healers' role in the treatment of mental illness. We are so grateful to Katherine for all her hard work and are pleased that she is still so involved in mental health and working with us on different projects. Hers was ground-breaking research and we are very proud of her!

Support Group Corner

Gauteng Consumer Advocacy Movement



On Friday, 19 June 2009, the Central Gauteng Mental Health Society (CGMHS) launched the Gauteng Consumer Advocacy Movement (GCAM) at the Johannesburg Civic Theatre in Braamfontein. Delegates from various mental health NGOs, the Department of Health, and mental health care users attended this very important day. Speakers included: Mr Solly Mokgata from the SA Federation for Mental Health; Charlene Sunkel the Coordinator of the Movement and employee at Central Gauteng Mental Health Society; Goistemang Mmusi the Chairperson of CAM; Hazel Miti Committee Member of CAM; Norma Van Ginkel the Director of SABDA; and Dr Leverne Mountany the Co-founder of the NGO Psychiatry M Powered. "The launch of GCAM is proof of achieving the next level, of reaching out further until we as mental health care users are recognized as capable fellow citizens who have a voice and are committed to correcting inequities and exposing human rights violations", said Charlene Sunkel. The launch was attended on behalf of SADAG by Cassey Amore (counseling manager) and our CE Elizabeth Matare. We wish them best wishes for a successful project.

"Lean on Me" Support Group, Ermelo – Judy Gray

We recently had someone come to our group to do brain gym with the members. Each member who attended was also given a book so they can continue with these exercises at home. The exercises really help the brain to "cross over" and many people say they are feeling more energised and not so fatigued.

One of my weekly articles has been published in the Standerton paper – and I've had a huge response but sadly there is no support group there. My weekly articles, presently published each week in one of our local newspapers, will now also be published in the Standerton paper. I am so excited to hear that they receive so much positive responses from their readers.

We will be moving our venue to the Ermelo Dienssentrum (situated at the Checkers Shopping Centre). The next meeting, on the 25th June, will feature a local doctor as guest speaker who will be addressing Bipolar and answer any questions that may be asked.

Durban Support Group – Cathy Hogg

A few weeks ago there was an article in the Sunday Tribune on anxiety by Ingrid Shevlon. It was the best thing for my support group because I was inundated with calls and the attendance at the next meeting went from 3 or 4 to about 15! I was so pleased because we have been struggling to get the numbers up for months. We had had a delightful Polish man talking to us about meditation and hypnotherapy. He is a hypnotherapist himself and it was very interesting. Everyone at my meeting said that they would be back

next month.

I also had a call from a lady who runs a 'social group' for the members of the synagogue whose children have grown up and now live in other parts of the world. She asked whether I would give a talk on depression and the support group. The meeting was this last Sunday (7th June) at 10a.m. and my son, Mike took me because I need help with the wheelchair I am in and also because I can no longer drive. I was very nervous because I wasn't sure how I would be accepted, being Catholic. I was also excited because my grandfather was a Russian Jew who came to South Africa during the First World War. I spoke to them about my own experience with depression and then I spoke about the illness of depression. I also spoke about SADAG and what is done by the group and told them about what I do with my support group. Almost everyone asked questions and, thankfully I was able to answer them. I was then thanked and presented with a certificate for a tree planted in Israel in my name! Wow! I loved that! They gave Mike a box of chocolates to thank him for taking me!

Cape Town, Northern Suburbs - Wynand Theron

Our group meets every month in Durbanville. 173 people have attended meetings since the beginning of 2008 at an average of 25 – 40 people per meeting. Our group is as open as can be, where everyone, irrespective of what, can feel comfortable and safe. Confidentiality of course is of the utmost importance. Our group also has a social side!! Tea/coffee and cookies are served at each meeting and sometimes we surprise our members with soup and sandwiches or a boerewors braai!



Thank You...

A big thank you to Dr Leigh Janet, Dr Jaco du Toit, Suzette Heath and Michelle Scott for giving up their time to help patients in need on Bipolar day , free of charge, and for helping us out on radio, the Internet and TV programmes. We always appreciate your help!

A word from our callers

I would like to thank the two counsellors who came to my assistance at a very difficult time. The first assisted me in getting help in a moment of crisis and the second who called the following day to check that I was alright and that I had ways to keep myself occupied and feeling better. I think the service that is offered is one that is really needed. I'm sure it is also one where one does not often feel appreciated. Thus I would like the counsellors to know that I appreciated their help and I'm sure many others have and will continue to appreciate this service offered.

Thank you.

W

Thanks to your counsellor Deepa who was most helpful and supportive. I really appreciate the chat with her. May God bless you for the work that you do.

Regards

S

I just want to say: Keep up the good work you are doing through SADAG. I've made use of the contact line on several occasions to help people who are in urgent need of counselling, and I only have good impressions of the service you are providing! I would like to say that your website is absolutely fabulous and extremely informative

May the Lord bless you all.

MB

What's new?

Twitter

We now have Twitter! SADAG (thanks to Roshni) has launched Twitter and we send out tweets every day on activities we are involved in, any special press releases and news, as well as new information. To get Twitter from us please log on to <http://www.sadag.co.za/> and sign up. Its on the front page.

New Brochures

We have new brochures on Bipolar Disorder, Depression, and Sleep Disorders. If you would like a copy for home or work, please contact SADAG. Ask for Chevonne. 011 262 6396.

Finally... to all our dedicated and hard-working staff and volunteers – a big thank you! You make a difference to people every day and your passion and dedication is much appreciated. Watch out for Panic Awareness Day on the 10th of July – anyone wanting corporate or community talks, please contact Cassey.

Sincerely,

Zane Wilson

Founder and Director

Zane1@hargray.com

011 262 6396



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