

SADAG Office	011 234 4837
Suicide Crisis Helpline	0800 567 567
Dr Reddy's Mental Health Helpline	0800 21 22 23
24 hr Cipla Mental Health Helpline	0800 456 789
Pharma Dynamics Trauma Helpline	0800 20 50 26
24 hr Discovery Medical Student Helpline	0800 323 323
Adcock Ingram Depression and Anxiety Helpline	0800 70 80 90
24 hr DSD Substance Abuse Helpline	0800 12 13 14
24 hr University of Cape Town Helpline	0800 24 25 26
24 hr University of Pretoria Careline	0800 747 747
University of the Western Cape Student Helpline	0800 222 333
Cipla Whatsapp Counselling 9am - 3pm	076 882 2775



Website: www.sadag.org



The South African Depression and Anxiety Group



TheSADAG

July Newsletter 2019

July is Mental Health Awareness Month – and it has been a busy month for SADAG. We have been part of numerous projects including advocacy such as Civil Society Workshops on National Health Insurance (NHI) and Universal Health Care (UHC), as well as the signing of the Presidential Health Summit Compact Report and the Gauteng Department of Health Mental Health Workshop. As well as exciting fundraising initiatives for Mandela Day through the 1Arm Push Up aiming to raise R100 000 for SADAG's Helpline and engaged with thousands of people around the country. There were several mental health awareness events including community workshops in Diepsloot, talks at Support Groups in all provinces, wellness stands at various hospitals and schools throughout the month.

We are receiving hundreds of calls, emails and sms's everyday from people who are desperate for help, info and referrals. The need to create awareness on mental health in all communities across the country is incredibly important right now – so according to us at SADAG – every month should be Mental Health Awareness Month.



**Last Day for
the Magnum 1
Arm Push Up
Challenge**

On Mandela we asked for small donations in the form of a One Arm Push Up Challenge. The raised funds will go towards the Suicide Crisis Helpline to support those on the front line. Emergency Services, Military, Firefighters and the Police force. We hope to create awareness for the experiences of trauma that first responders go through by using the uplifting online campaign called the Magnum-One-Arm-Push-Up-Challenge.

Magnum Boots Africa in Partnership with SADAG wanted to see your best effort at the infamous One Arm Push Up in support of first responders and people dealing with PTSD. Magnum pledges to donate R50 for every video posted.

We have had submissions from Firemen, Karate Instructors, Fitness Enthusiasts, Actors, Moms, Dads, Children, Students, Magazine Offices, Printing Companies, social workers and SADAG Counsellors. However it doesn't need to end now. We have raised a total of R 22 000 and we need to get to R100 000. We need you help to make this happen as TODAY is the LAST day for submissions! You have until the end of the day to submit your video's to help us continue saving lives.



SADAG Call Center Welcomes Googlers

Google came to spend the day with us to learn more about Mental Health and donate their time to helping others.

Google spoilt SADAG Counsellors with a in-house coffee barista who served counsellors coffee all day. Not only did they spoil us with coffee and lunch, but they went as far as donating new office

supplies, kitchen utensils and so much more. Ontop of everything, they also made a donation to The Suicide Crisis Helpline. The Counsellors were also showered with goodie bags at the Counsellor meeting too.

The Googlers were very interested in the work we do and so eager to get involved in the call centre and have warm discussions with counsellors. We are extremely excited to be working with the Google family.

Support Groups



SADAG has over 200 Support Groups across the country in areas such as Pretoria, Benoni, George, Fish Hoek, Durbanville, Mahikeng, Potchefstroom and Berea. Support Groups play an important role in the further assistance we provide callers. We always encourage members of the community who are interested in

making a difference, to consider starting a Support Group and we can help them start up step by step.

A new Depression & Anxiety Support Group launches on Saturday, 3 August 2019 at 2pm at Life Glynnview Hospital in Benoni.

If you would like to join a Support Group in your area, please call SADAG on 0800 70 80 90 and we can help..



Janssens Diepsloot Counselling Container Changing lives

The 26th of June was Substance Awareness Day and we attended the Gauteng Department of Social Development Substance Abuse Community Event that had over 488 people. We manned a busy stand where the Diepsloot Counsellor Container team distributed brochures, helpful handouts and the Substance Abuse Speaking Book.

On the 16th of July, Nono presented a Mental Health talk on Depression at Vuselela, an organisation that caters for orphans and also those living with HIV. They did the talk with 20 of their community healthcare workers.

Many people have been referred to Witkoppen Clinic where they get free services and medication. People in Diepsloot are grateful for all the assistance they have received. Free medication and food parcels have been donated by Family Africa and some have even been offered job opportunities and learnerships.

A special thank you to Diepsloot Counsellors Nono and Thandi for the amazing work they are doing in Diepsloot.

Upcoming events

The next Support Group Meeting is on the 13th of August and we are appealing to the public who would like to donate any old toys, children's books or clothes for some of the members. If you would like to attend and see Mental Health in community, please join us. Contact Nono on nonnie@anxiety.org.za

Press and Media



Local Articles

- Here's why everyone needs to go to a Mental Health Clinic. "Mid-year rush comes in many different forms — it could look like a new lease on life, to conquer the remaining six months of the year or it could look like burnout. For me, it was the latter." [Read more](#) in a article about why everyone needs to go to a Mental Health Clinic by Women's Health Magazine (July Issue)
- We are so proud to have Penny Lebyane as a SADAG ambassador! Read a fantastic feature article [in the July issue of True Love Mag.](#)
- "The bottom of the bottle: how many drinks are too many?" [Read more](#) about Alcohol and Drinking in a online article by Timeslive.
- Hijacked: What Really Happens To You When Your Car Is Stolen. Read more about the Trauma Experienced when being Hijacked and how it may affect you. Click [here](#).
- What's stopping SA men from talking about anxiety? Read more about one of the most debilitating and most common of all mental disorders in an interview by Radio 702. Click [here](#).
- Don't panic. Rather reach out for help, Read more about Panic in an article by Independent Media. Click [here](#).



International Articles

- Depression rates among young women have almost doubled since 2009. One in five young women in Australia is suffering from diagnosed depression or anxiety, according to new data from the University of Melbourne. Read more [here](#) by TheNewDaily.Com .
- U.S. NEWS 'Mental health crisis': Fifth NYPD officer dies by suicide in two months. The department's commissioner has pleaded with officers to seek help for any mental health issues that they may be facing. Read more [here](#).

Upcoming Volunteer Counsellor Training



The SADAG Call Centre answers an average of 600 calls a day and handles hundreds of emails, SMS's, Facebook, and Twitter posts. SADAG, now in its 25th year and running an 22 line call centre including running the country's only Suicide Helpline, dealing with all Mental Health issues, such as Depression, Trauma, Anxiety, Bipolar Etc. SADAG is in need of more volunteer telephonic Counsellors to volunteer 4 hours a week in its

call center.

If you are interested in volunteering at SADAG, one must be a mature, kind and patient individual who is based in JHB and willing to commit to a 4hr shift per week. The compulsory Training Workshop is on the 17th and 24th of August - Download the volunteer counsellor application form at www.sadag.org – Just click on the link under the VOLUNTEER section to the Right Hand Side of the web page. Or call 0800 70 80 90 and speak to Krystle or Senzi.



University of Pretoria Peer Support Group Project – 1st Training Workshop 3rd of August

The UP Peer Support Group Project was launched by SADAG in collaboration with the University of Pretoria's Student Counselling Unit (SCU). **These Peer Support Groups will be run BY students FOR students WITH students.**

SADAG will be hosting a Peer Support Group Training for students who are interested in starting a Support Group on all campuses. The first workshop will be hosted at the Hatfield campus on Saturday, the 3rd of August.

If you are a UP student and you are interested in joining the training workshops, please contact Heidi or Vanishaa on press@anxiety.org.za or call UP Careline on 0800 747 747 to find out more.

SADAG KZN branch

Growing to be busier and busier and creating waves!



Take a look into what happened in the SADAG KZN branch during the month of July, learn more about what events took place and stay intouch with what support groups, wellness days, events and workshops are to come in the next month. Click [here](#).

On the 6th of October 2019, KZN Mental Health Advocacy Group & SADAG KZN will be hosting the 4th annual Mental Health Advocacy Walk on the Durban promenade. The walk will begin at the North Beach Amphitheater. This year a wellness fair has been incorporated into the event! Registration and the wellness fair will begin at 8:00 am and the walk will commence at 9:00 am. Click [here](#) for more information.

Join visiting UK Expert, Dr Rosa Hoekstra who will be talking about Autism Spectrum and addressing the needs of caregivers on Wednesday, 7th August. The FREE Community Forum Talk will take place at Nelson R Mandela School of Medicine. To book your seat, email: mentalhealthmatters3@gmail.com as soon as possible.

INVITATION



SADAG KZN PRESENTS
Mental Health Community Forum Talk

Autism Spectrum Addressing the Needs of Caregivers

Presented by

Dr Rosa Hoekstra

Department of Psychology, Institute of Psychiatry,
Psychology and Neuroscience, King's College London

Wednesday, 7 Aug 2019

17.30 - 18.30PM

Join us at:

Susser & Stein Seminar Room,
Level 1 K-Rith Tower,
Nelson R. Mandela School of
Medicine, UKZN
719 Umbilo Road, Congella, Durban



or confirm on email at
mentalhealthmatters3@gmail.com

All members of the public
are welcome -
patients, family & friends.

Entrance is FREE
but donations towards our
mental health programmes
are always welcome!

WWW.SADAG.ORG | KZNSADAG@ANXIETY.ORG.ZA

Printer needed

The SADAG KZN branch are in desperate need of a printer for their offices in order to assist with the printing of mental health materials and additional handouts for community awareness events and Support Groups.

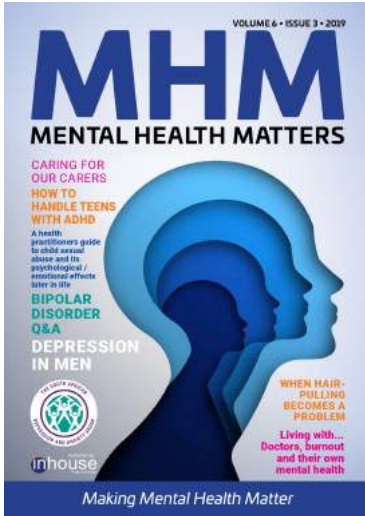
If you or a loved one are willing to donate a second hand printer please email kznsadag@anxiety.org.za.



Need Participants for New Depression Research Study

New research looks at depression in black
South African young adult men in the
workplace

How do black South African men experience depression? There is limited research on the experiences of depression in black South African men especially in the workplace. The aim of this research is to hear your story and connect. If you or someone you know would like to be part of this please contact, Roxanne Zwart on u28332386@tuks.co.za.



Mental Health Matters Journal

The July issue of The Mental Health Matters Journal has a great range of articles. Learn more about Caring for our carers, Identify the signs of Bipolar and Doctors Burnout.

Here are some links to the recent articles:

- Its okay for a Doctor not to be okay. Read [more](#) about Caring for our carers in a article by Professor Lizette Rabe.
- [Read](#) this interesting article 'Bipolar Disorder Q&A' with Psychiatrist, Dr Ryola Singh and Psychiatrist, Dr Antoinette Miric answering common FAQs.
- "Doctors, Burnout and their own Mental Health. "GP, Dr Sindi Van Zyl shares her personal experience with Mental Health whilst practicing as a GP. Read more [here](#).

If you are a Mental Health Professional, subscribe to the Journal via the website or please click [here](#). If you already receive the Journal and would like to recommend topics or you would like to write for the Journal, please email Tracy at research@anxiety.org.za.



Speaking Books on Childrens Cancer

SADAG have a Speaking Book for Children learning to Cope with Cancer which was launched in the USA.

Its a colorful, well illustrated book that with a push of a button reads to the Child in their own language, and no matter their level of

reading comprehension, the messaging will be seen, read, and heard to help them understand their illness and what they might be feeling .

This exciting collaboration was made possible with support from Pfizer and also has

the endorsement of the World Medical Association, which is the global federation that represents millions of physicians worldwide. The Rotary Club of Hilton Head through their Early Act program for young Rotarians, auditioned and provided the school children to narrate the Speaking Books® in English and Spanish.

For further information on the book for Hospitals, Drs, and Clinics please email zane@sadag.org.



Upcoming Workshops in August


- Join the CPD Workshop hosted by Stabilis about Women and Substance Abuse. The Workshop will be held on Friday 2 August 2019 (8:30 - 12:30) at The Stabilis Treatment Centre in Pretoria. The workshop is only R425 and is great learning for counsellors, Mental Health professionals, etc. Click [here](#) to register and make payment.
- The Work Mind Matters Conference, a business conference where they are placing mental well-being at the heart of the business agenda. The conference takes place on 6 September 2019 in CT and will provide a platform for engagement and collaborative problem solving. It will be held at the Century City Conference Centre, Cape Town. For more information or to purchase tickets, visit www.workmindmatters.com Group discounts are available. The conference is endorsed by the Western Cape Department of Health.
- Anxiety Exposed on Sunday 8 September 2019 at 8:00am at The Hilton Hotel, Durban. Click [here](#) to book online and make your payment. The workshop is suitable for any Mental Health professional working with Children. There is a great line up of expert speakers too.
- Learn more about 33 Tips and Tools for the Stress Management and Emotion Regulation Toolbox: Using CBT, DBT, Mindfulness and ACT. Take the CPD accredited online Acacia Training [here](#). Reduced Rate: R660 for Mental Health Professionals.

Substance Use Online Survey Closes tomorrow!

Need More participants!

SADAG launched an online Substance Use Survey in June to gather more data and better understand the challenges and treatments of those struggling with alcohol abuse, drugs over the counter, prescription medication, use and abuse. The survey is still open to anyone who has ever used or abused any substances. **To access the quick online survey click [here](#).**

Please help us gather as much data as possible, please share the survey and encourage others to fill it in. Click the poster below to connect to the online survey.



**IT'S
SUBSTANCE ABUSE
AWARENESS DAY**

SUBSTANCE USE SURVEY

We at SADAG would like to improve our knowledge and understanding of how people battling with alcohol addiction and substance abuse deal with challenges, treatment and support. This will help us to identify ways that we could provide better support and information, as well as to better advocate for more patient treatment and support. Please click below to fill in the quick online Survey.

CLICK HERE



SADAG Online platforms

Keep intouch with all of SADAGs exciting events, Mental Health information and helpful online support by being one of SADAG's 38 000 followers by following the pages below:

- SADAG Website - www.sadag.org
- Facebook Page - The South African Depression and Anxiety Group.
- Twitter - @TheSADAG

Get involved, share our content and help us raise Mental Health Awareness Everyday.



Patient Feedback that made our Day

SADAG receive wonderful feedback from callers and patients daily, we like to share these comments in the hopes that it might encourage others to come forward to get help.

- Today am writing this email to thank the team for holding my hands when I was vulnerable and down. Thanks for the counselling, coping techniques and providing me with information regarding place's where I can get help. I have been able to sleep for the past four days, last week I went to my nearest clinic and I was booked for psychological assessment, today. I attended an interview am hoping for the best and never had panic attacks in the past four days. I believe am making progress and there is hope. Thanks you all for the good work. - T

- Few weeks ago I wrote the email to you as I was sexually harassed at res. I got all the help I needed in that particular time and thank you so much for that. Thanks for caring so much for the person you didn't even know. It was a tough time for me and the counseling I got helped me so much. I am now writing my exams and I already passed other three modules which have no exams. Everything is going well and I am happy. May your organization be blessed, your organization means hope and light and each and every day just know that you are saving many people's lives. Thanks a lots for you kindness, care and support. - S
- Thank you very much, a counsellor phoned me and she was so nice thank you once again I'm glad to say I woke up feeling better today and it's only the beginning I hope. Thanks very much. - A

We always love getting feedback - especially to share with our dedicated volunteer counsellors.



A sincere thanks to Stouf, for continuing to provide SADAG with the sms platform that is used by thousands of patients who need to be urgently in touch with us. We receive hundreds of smses each month.

We have also, been receiving amazing IT support from Ultimate Data Sciences have provided us with new laptops and fantastic IT support, our systems are not the most modern or up to date so we need constant help and technical support. Thank you to Gavin and Johan for always helping us at the drop of a hat.

A big thank you to Discovery for providing us with a venue for our monthly Counsellor meetings in June as well as the wonderful refreshments and snacks provided. We are very grateful for your kindness.

Although SADAG have had such a busy year so far, there is so much more still to come. Women's Day is coming up on the 9th of August, we would just like to remind all the ladies to make their Mental Health Matter everyday.

Diarize Suicide Prevention Day on the 10th of September and stayed tuned to see how we will be creating awareness on the day.

Help us make #MentalHealthMatter everyday.

Yours sincerely
Zane Wilson

Founder and Director
zane@sadag.org



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