

SADAG Office 011 234 4837  
Suicide Crisis Helpline 0800 567 567  
Dr Reddy's Mental Health Helpline 0800 21 22 23  
Cipla Mental Health Helpline 0800 456 789  
Pharma Dynamics Trauma Helpline 0800 20 50 26  
Adcock Ingram Depression and Anxiety Helpline 0800 70 80 90  
ADHD Helpline 0800 55 44 33  
24 Hour Substance Abuse Helpline 0800 12 13 14



Website: [www.sadag.org](http://www.sadag.org)



## March Newsletter



### New Support Groups for you to join

SADAG has many Support Groups in areas such as Morningside Manor, Krugersdorp, George, Fish Hoek, Durbanville, Port Alfred, Potchefstroom and Thabazimbi. SADAG's Support Groups play an important role in providing additional support to callers. We always encourage members of the community who have experienced a mental health issue and are interested in making a difference, to consider starting a Support Group with SADAG's help step by step.

#### NEW Support Group launches to look out for in March

- Mahikeng – Depression and Anxiety Group for Nurses and Health Care Providers Wednesday, 13 March @ 17:00pm
- N1 City – OCD Support Group Wednesday, 27 March @ 18h30pm
- Soweto – Additional Depression Support Group at the end of March
- Woodmead – Depression & Anxiety Support Group at the end of March
- Nelspruit – Depression and Anxiety Support group at the end of March

#### NEW Support Groups starting in April

- Vanderbijlpark – Bereavement Support Group Saturday, 13 April @ 12:00noon
- Maitland – Support group for families and loved ones supporting people with Mental Illnesses.
- Durbanville - Depression and Anxiety Support Group.

If you would like to join a Support Group in your area, please call SADAG on 0800 21 22 23 or 011 234 4837 and ask for Michelle who will help you.



## SADAG KZN Support Groups

### Support Group Leader Training Workshop

Interested in starting a mental health support group? Join the FREE meeting at Susser & Stein Seminar Room, Level 1 K-RITH Tower, Nelson R. Mandela School of Medicine, University of KwaZulu-Natal, 719

Umbilo Road, Congella, Durban at 13h00. RSVP before 14 March to Lynn at [kznsadag@anxiety.org.za](mailto:kznsadag@anxiety.org.za) or whatsapp 0782787047

### Volunteer Training Workshop

For all volunteers interested in taking part in our mental health programmes join the free workshop on the 14th of March at 8:30am at Susser & Stein Seminar Room, Level 1 K-RITH Tower, Nelson R. Mandela School of Medicine, University of KwaZulu-Natal, 719 Umbilo Road, Congella, Durban.

RSVP before 14 March to Lynn at [kznsadag@anxiety.org.za](mailto:kznsadag@anxiety.org.za) or whatsapp 0782787047.

For upcoming Support Groups click [here](#).

To learn more about the KZN branch click [here](#).

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## Cyber Bullying - Facebook Friday

Keeping track of what your child gets up to online can be difficult. Socializing via the internet and mobile phones is a growing phenomenon, both positive and negative outcome.

Whilst helping your child use the internet and their phone wisely, it is important to understand social networking sites such as Twitter, Facebook, YouTube and Instagram. Such sites provide instant communication with friends and the outside world, but also opens them up to issues such as cyberbullying, sexting, cat-fishing, etc.

Many children and teens don't know how to report cyberbullying and even telling their parents or teachers about a cyber problem, worried they will over-react or limit their internet access. It can also be very embarrassing or humiliating for the young person. It is important for parents, teachers, friends and love ones to learn more about cyberbullying.

Join the FREE online #FacebookFriday on Friday the 29th of March discussing **Cyberbullying**. Join the chat 1pm - 2pm with Educational Psychologist Tshepiso Matentjie and Social Media and Law Expert, Emma Sadleir, and again at 7pm - 8pm with Educational Psychologist, Dr Fatima Adam. Click here to visit our Facebook Page.

To join the chats, LIKE SADAG's Facebook Page: The South African Depression and Anxiety Group or go to [www.sadag.org](http://www.sadag.org). Facebook Users that would like to remain anonymous can send an email to [media@anxiety.org.za](mailto:media@anxiety.org.za) and SADAG will ask on their behalf.



The banner is divided into two main sections. The top section has a dark blue background with a white hand graphic on the right side. The hand contains the SADAG logo, which is a circular emblem with the text 'THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP' around the perimeter and a central figure of three people. The text 'SADAG's FREE #FacebookFriday Online Q&A' is centered in white. The bottom section has a dark blue background with a white hand graphic on the left side. The text '29 March 2019' is in white, and 'Cyberbullying' is in a light blue font. Below this, the schedule is listed: '1PM: Social Media & Law Expert, Emma Sadleir & Educational Psychologist Tshepiso Matentjie' and '7PM: Educational Psychologist, Dr Fatima Adam'. At the bottom left, it says 'Proudly sponsored by Dr.Reddy's' with the Dr.Reddy's logo. At the bottom right, there is a Facebook 'f' icon with the text 'Facebook Page: The South African Depression and Anxiety Group' and a globe icon with the text 'Log in via: [www.sadag.org](http://www.sadag.org)'.

SADAG's FREE  
#FacebookFriday Online  
Q&A

29 March 2019  
Cyberbullying

1PM: Social Media & Law Expert, Emma Sadleir  
& Educational Psychologist Tshepiso Matentjie  
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Proudly sponsored by  
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Facebook Page: The South African  
Depression and Anxiety Group

Log in via: [www.sadag.org](http://www.sadag.org)



## Successful New Training

Due to the increased number of calls that our volunteers are fielding in the Call Center everyday – we have trained more telephone counsellors to help with the calls, emails, SMSs, etc. At the end of February, SADAG hosted a very successful Training Workshop at the Discovery's new global head office which included various talks by experts such as Clinical Psychologist, Dr Colinda Linde and SADAG Board Member, Psychiatrist and Psychologist, Dr Frans Korb, Clinical

Psychologist and expert on Substance Abuse, Neil Amooore, and Psychiatrist, Dr Jan Chabalala. We also had our senior counsellors share practical tips & tools – a special thanks to Deepesh, Gillian, Jacqui, June, Lisa, Nicole, Relebogile, Roxanne, Julia, Senzekile, Tshireletso, Ncumisa, Nogolide, Thabo and Senzi for sharing your time and expertise. Click [here](#) for more photos.

The next Volunteer Counsellor Training will be taking place in June. If you are based in JHB and willing to donate 4 hours a per week in the Rivonia Call Center, please fill in the application form on our website [www.sadag.org](http://www.sadag.org) and send it to [supportgroups@anxiety.org.za](mailto:supportgroups@anxiety.org.za) or call Michelle on 0800 21 22 23 for more information.



## How to get help online

SADAG have various ways to assist you online. You can make use of **The Cipla Whatsapp Chat (076 882 2775)** Monday to Sunday from 9am to 3pm and **The Ke Moja Substance Abuse Online Counselling** at [www.sadag.org](http://www.sadag.org), Monday to Sunday from 10am till 2pm daily. The Online Counselling offers connections to SADAG's 24hr Helplines and provides daily resources, information, counselling and referrals. There is always help!



## Mental Health Matters Journal

One of SADAG's projects includes the Mental Health Matters Journal that is distributed to GP's and Psychiatrists all over the country. This journal includes educative articles written by expert Psychiatrists and Psychologists, amongst others, to help Doctors better understand Mental Health and what they may be able to do to support their patients.

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](mailto:research@anxiety.org.za).

Here are some recent articles:

"The first thing I was told in my paediatrics rotation at medical school was that "you need to remember children are not small adults." Read [more](#) about Childhood

Depression in a article by Psychiatrist, Dr Claire Lownie.

"Narcissistic Personality Disorder and Narcissism? Are they caused by a manic state?" Written by Clinical Psychologist, Fatimah Dada with answers. Click here to read [more](#).

"Many people know about Post-Natal Depression, but how many know it can occur even before the baby is born? In these cases, knowledge is the power to save patients. " Read [more](#) about living with PND written by Mother and Author, Lauren Shapiro.



## Upcoming Workshops

- The Practical Mindfulness Live Workshop Series by Clinical Psychologist, Dr Colinda Linde. Join the workshop on the 12th of March at: Premier Health Centre, 13 Mackay Ave, Randburg. Click [here](#) for more details.
- Join The Steve Biko Centre for Bioethics in the Faculty of Health Sciences at the University of Witwatersrand, they invite you to the 2019 Ethics Alive Imbizo entitled: Quality Health Care in South Africa - Ethics, Responsibility and Accountability. Thursday, 14 March 2019 at 18h00. Venue: Public Health Auditorium, Wits Education Campus, Parktown. Visit website: <https://www.wits.ac.za/bioethics/> and RSVP with [Samkelo.Nsibande@wits.ac.za](mailto:Samkelo.Nsibande@wits.ac.za).
- Join a FREE drug awareness and prevention seminar on Teenage Depression and Substance Abuse on Sunday the 17th of March at Wembley Primary School Hall, cnr Allerford and Whitford Rd, Phoenix, Durban. Contact Serela on 082 654 8936 or Sunitha on 083 389 6284 for more information.
- Using the practices of mindfulness to enrich our healing as a nation. Join the Mindfulness Conference 2019 as they discuss Mindfulness approaches in a African context from the 22nd March till 25th March at the Cradle of Humankind. Click [here](#) for more.
- Selfies, Sexts and Smartphones - Parenting the Screenager" Hosted by The Digital Law Company - Emma Sadleir. The event will take place on the 3rd of April at Bergvliet High School Firgrove Way, Bergvliet, 7806 Cape Town, Western Cape. Click [here](#).
- Join the informative, interactive and ground-breaking TWO - day workshop on Practice-Based Dialectical Behavior Therapy presented by Dr Lane Pederson in Cape Town. Registration closes 27 March 2019. Click [here](#) to register now.

## Woolies MySchool Card

YOU can add SADAG to your beneficiary list and help raise money for our Suicide Helpline



on a monthly basis while you shop!

The best part - It doesn't cost you a cent to make a difference. Simply swipe your MySchool Supporter Card when you shop at one of the many MySchool partners, which are listed here. All the funds raised will be used to help pay for the telephone costs for SADAG's Suicide Helpline.

Please lend a helping hand to what we really need. Its as easy as getting a MySchool Card and adding SADAG as a beneficiary. Help people with depression and anxiety get the help they need. If you dont have a MySchool card yet, or would like to add SADAG as on of your 3 beneficiaries , please click here or email [media@anxiety.org.za](mailto:media@anxiety.org.za) and we can help you further



## Diepsloot Counselling Unit

2019 has been a busy year so far for the Janssen Diepsloot Counselling Container. They have been involved in a variety of activities already.

During February, we had Teen Suicide Prevention Week and the Diepsloot container staff conducted many School talks throughout the month. One of the many talks presented was the school talk at The Diepsloot Combined school to 398 learners. Each learner was equipped with Mental Health materials as well as information on how to help a friend or loved one. The Students were very active and learners were very interested in how to help a fellow class mate who may be at risk.

Diepsloot also host their Monthly Support Group meetings where up to 35 members arrive to discuss their Mental Health and join in conversations about their Mental Illness and how to support one another along their journey.

The Janssen Diepsloot Counselling Container recently hosted an Awareness Day on Mental Health at the Diepsloot Mall (Entrance 3) where they distributed brochures and pamphlets on Depression, Suicide, Stress, Anxiety and Substance Abuse to as many people as possible that visit the Mall. SADAG also promotes the free face-to-face counselling services that they offer to all the people living and working in Diepsloot.

Email: [nonnie@anxiety.org.za](mailto:nonnie@anxiety.org.za) to find out more about how you can get involved at the Janssen Diepsloot Counselling Container



## Mental Health Awareness Calendar

Are you aware of which days of the year are most important for Mental Health? Look no further, click here for the 2019 Mental Health Calendar. Raise Mental Health Awareness with us all year!

Bipolar Awareness Day is coming up on the 26th of May and we encourage you to come forward and share your story to encourage others to reach out and get help. Email [media@anxiety.org.za](mailto:media@anxiety.org.za) to get involved in Bipolar Awareness Day.



## Fundraising for Mental Health

- Avid rower, John Dempster has set out to help raise awareness for mental health issues in South Africa. In an effort to try help himself with his own struggles with mental health, he has aimed to race the 2019 Talisker Whiskey Atlantic Challenge. Please support him with any donation by going to [www.wateringthemind.org](http://www.wateringthemind.org) to read more about his amazing cause.



- Claire and Cheyenne Nel are teaming up to summit Africa's magnificent Mount Kilimanjaro to raise funds for SADAG. "When faced with, what seems like, an insurmountable challenge we often call on people around us to help. It may be difficult to come to realize that we are all connected especially when we experience the isolation and helplessness associated with mental health issues." Says Claire. Click [here](#) to learn more about their Journey, campaign and how you can support them or donate towards their campaign.



## International Articles on Mental Health

- The Worst, Most Persistent Myths about OCD written

by Margarita Tartakovsky, M.S.. Read [more](#) in the article shared by PsychCentral

- 15 Things people who deal with suicidal thoughts want you to know. Read [more](#) in an article written by Anna Borges shared by BuzzFeed.
- The Role of Exercise in Depression Treatment. Get tips for adding the power of exercise to your life -- no marathon running required. Click [here](#) to read more by WebMD
- Celebrities who deal with Anxiety. Read [more](#) as Stephen Colbert, Kourtney Kardashian, anchorman Dan Harris, and others open up about their struggles on WebMD.



## Local Articles

- Are eating disorders the 'new' silent killer? 'Eating disorders, are real illnesses that don't discriminate on race or class, have little to do with vanity and can have life-long after-effects.' Read [more](#) in a article shared by Independent Online.
- The tips you need to read now about social media and mental health. There hasn't been a better time to talk about mental health than right now. Read more [here](#) in a article by Glamour
- Wondering how to help abuse survivors? Learn [more](#) in a article By Buhle Mbetse at W24
- 5 ways to help a depressed teenager. Are you worried about a friend or loved one? Read [more](#) in a article by IOL.
- Are foreigners really entitled to free healthcare in South Africa? 'Recent national and Gauteng memos demanding all foreign patients pay in full for services likely fell foul of the law.'  
Read [more](#) in the Mail and Guardian article by Sasha Stevenson.
- Spotting the warning signs of cyberbullying. Many children and teenagers experience cyberbullying at school and in their social networks. Adults need to be aware of what is occurring in young peoples' lives and recognize the signs. Read [more](#) in a article by The Akeso Behavioural Healthcare Group



## Please Donate to help support the Suicide Helpline

With up to 600 calls being received a day and the increased need for help in the Suicide Call Centre. SADAG is in need of more Jabra telephone Headsets in order to make it easier for counsellors to assist callers in crisis.

SADAG are also in need of two more laptops, a photocopier machine, photocopier paper, extension cords, and USBs to help the growing call center. We would be happy to collect from anyone who has stock



If you can help us or know of someone who can, please contact Vanishaa on 011 234 4837 or email [newsletter@anxiety.org.za](mailto:newsletter@anxiety.org.za)



## Feedback from our callers

- "June was very helpful. Many thanks for a brilliant response."
- *"Just wanted to thank you guys for the awesome support..... I am truly grateful!"*
- "That is wonderful - thank you so much for your support!"
- *"I want to especially thank you for all you do and the work SADAG does. Counsellor , Savania, Alletta and Dalia have been truly supportive and helpful. This is a scary journey for me and to know I am not alone and that there is hope and help means everything to me"*
- "I told my friend about your site and he called the numbers. I checked in on him and he told me he was doing much better so thank you so much for your help and your site is a life savior."
- *"I spoke to a really lovely counsellor called Roxanne yesterday afternoon and she referred me to a few places in Cape Town. Thank you all for your kindness and care, I don't even have proper words to explain how grateful I am."*

## Thank you for your Generous Support



We would like to thank Vista Clinic for their generous donation of R50,000 to SADAG that is being used for School talks, throughout our call centre and assisting us to run the Suicide Crisis Helpline.

SADAG have been in dire need of new laptops, a BIG thank you to Gavin Burgess and Johan from Ultimate Data Sciences for their donation of four laptops. The technical support offered by the company is outstanding. We are extremely grateful.

SADAG have been supporting Zanele Hlatshwayo, ultra-marathon runner since 2018. Zanele created a campaign called #Rise18, which was created to raise awareness for Depression and Suicide Prevention and has managed to raise over R 200 000 for the Suicide Crisis Helpline. Zanele raised the money by running 18 races between January and July 2018.

These last two months our Funds came to us as Donations from over 40 donors. Companies and individuals, schools and clinics to over R150,000.

Our amounts varied from R50 to R50,000 as gifts and some donations were made in place of funeral flowers. To everyone, we greatly appreciate your support towards us helping people on our phones.

We are honoured and humbled by your donation and support!

**Yours Sincerely,**  
**Zane Wilson**  
**Founder and Director**  
**zane@sadag.org**



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