



## World Mental Health Day 2022

October is World Mental Health Awareness Month, and on the 10th of October we celebrate World Mental Health Day with our theme #BeKindToYourMind. There are so many online and in-person activities happening throughout the month, stay tuned to our website and social media to find out more.

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## Celebrating a Milestone in Mental Health



SADAG has reached a milestone this month – celebrating 28 years! Creating awareness of Mental Health illnesses, breaking down the stigma and offering support to those in distress is a task that has no end, but rather a continuous vision of the work SADAG started all those years ago.

Whether fighting for better treatment and access with the Government and Medical Schemes, or advocating for patients' rights in issues such as Life Esidimeni, or ensuring better access to mental healthcare in rural and urban areas across South Africa.

SADAG never ever stops – and continuously grows and develops capacity to assist people effected and impacted by Mental Health every day – helping over 3 000 callers per day that come to Helplines, or 160+ Support Groups nationwide, presenting talks to corporates, hosting workshops for community groups in rural areas, and training thousands of volunteers over the years. But also to working closely with the dozens of private funders, whether Pharmaceuticals, financial institutions, medical schemes and many private donors who have gone above and beyond to assist SADAG – without this support, SADAG would not have been able to continue to help so many people.

We still ask ourselves where are the big telephone companies who could help with our phone bills, which are thousands and thousands of Rand's each month, or the

printing companies to help print more mental health brochures, or donated computers to assist our volunteers who man the helplines 24 hours a day. And why is the government still not supporting or giving funds to help a nationwide NGO that is doing so much every day?

Universities have recognised the importance of Mental Health of their students and have worked closely with SADAG on dedicated student helplines and creating awareness through talks and workshops for students and staff. Many corporates have Mental Health Helplines for their employees for crisis intervention and Mental Health support to improve presentism and absenteeism.

We could not have come this far without the help of our Board who are Professionals, Psychiatrists and Psychologists, some of whom have been with us for over 26 years. A special thanks to all of our volunteers who handle sadness, stress, unemployment, and Mental Health issues from callers daily; and to the hardworking staff in our offices, thank you for all the commitment and dedication to helping more people each day.

**SADAG's work matters and we will continue to advocate for Mental Health in Africa.**



Regards,

Zane Wilson

Founder

[zane@sadag.org](mailto:zane@sadag.org)

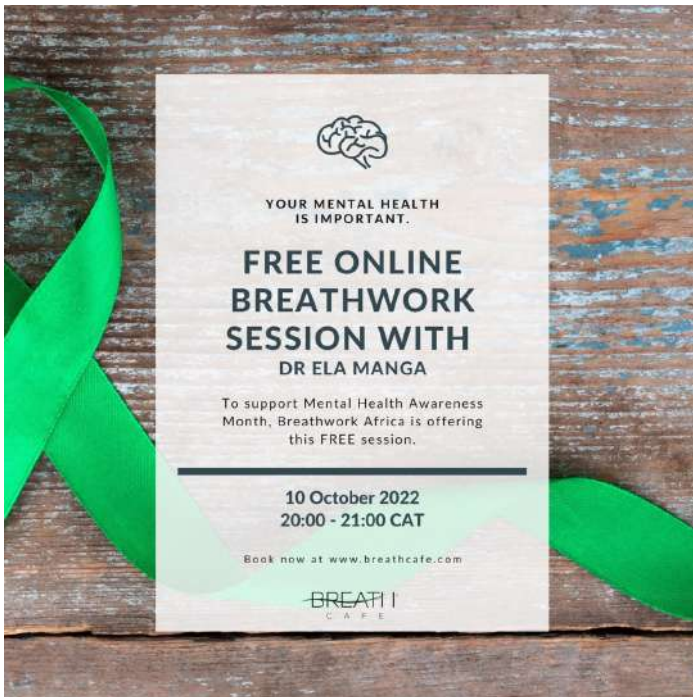
## World Mental Health Day Webinar - Monday, 10 October 7pm

A promotional graphic for a webinar. The background is blue with white clouds and a green grassy area at the bottom. The text 'WORLD MENTAL HEALTH DAY' is in large white letters. Below it, 'HOW TO BE KIND TO YOUR MIND' is in white on a dark blue banner. Two speaker photos are shown: Dr. Colinda Linde (SADAG Board Chairperson & Psychologist) and Vanishaa Gordhan (SADAG Operations Manager). At the bottom, it says 'OCTOBER 10 FREE ONLINE ZOOM WORKSHOP' and 'Register via Zoom or join Facebook Livestream'. A pink brain icon with arms is also present. The time '7:00PM - 8:00PM' and the Facebook handle '@THESADAG' are at the bottom.

Join the **free** SADAG Webinar focusing on **HOW TO BE KIND TO YOUR MIND** on Monday, 10th October at 7pm on Zoom or Facebook LIVE stream. Join experts Dr Colinda Linde and Vanishaa Gordhan unpacking Mental Health Self-care, how to do a Mental Health Check-In and using a Mental Health Safety Plan. Share with friends & family. To register for the Zoom link, click [here](#)

## Register for the World Mental Health Day Webinar

# FREE Online Breathwork Session – Monday, 10 October at 8pm



Join Dr Ela Manga for a **FREE Online Breathwork Session** in support of Mental Health Awareness Day.

This will happen online, on Monday the 10th October from 20h00 - 21H00.

Please book your free seat on the button below:

[Register Here](#)

## Twitter Spaces Series - Thursdays at 7pm

SADAG will be hosting various experts for **panel discussions every Thursday at 7pm** tackling important discussions around Mental Health during October.

Including people's stories of living with a

Join @TheSADAG  
 **Twitter spaces**

**WORLD MENTAL HEALTH MONTH  
 SERIES OCTOBER @7PM 2022:**

- 13** Living with Mental Health Conditions
- 20** Language of Mental Health
- 27** Ask the Dr. Q&A

#BEKINDTOYOURMIND  
 #PRIORITIZEMENTALHEALTH

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 @TheSADAG



Mental Health condition, the Language we use for Mental Health, and a LIVE "Ask the Dr" session to help answer all your questions around treatment, diagnosis, and answering your frequently asked questions on medication.

**To join the LIVE sessions, follow us on Twitter @TheSADAG.**



**Twitter spaces** 

**LIVING WITH  
 MENTAL HEALTH CONDITIONS**

#BEKINDTOYOURMIND #PRIORITIZEMENTALHEALTH



**Thurs Oct 13, 2022  
 @ 19:00 - 20:00PM CT**

Follow @TheSadag to join the TwitterSpaces

## Facebook Friday Series - every Friday at 1pm

Join SADAG's weekly **Facebook Friday sessions - every Friday at 1pm** - as we discuss important topics for World Mental Health Month. SADAG along



Facebook  
**fridays**  
Online Q&A  
#BEKINDTOYOURMIND  
#PRIORITIZEMENTALHEALTH

WORLD MENTAL HEALTH MONTH

October 2022  
Monthly Calendar:

- 7 Community Counselling Container of Hope
- 14 Supporting your Child's Mental Health
- 21 Stigma in the workplace: Supporting colleagues with a Mental Health condition
- 28 Advocating for your Mental Health Rights

Dr.Reddy's

@TheSADAG  
@TheSADAG  
@TheSADAG

with top experts will be unpacking **how to support your child's Mental Health** which will be particularly helpful for parents and teachers. As well as addressing the issue of **stigma in the Workplace**. Then to wrap up the month, discussing the important topic of how to **advocate for your Mental Health Rights** looking to empower people living with Mental Health issues.

Follow SADAG on Facebook, and join the weekly free online expert Q&A at 1pm. Videos of the LIVE sessions are available on our Facebook page, so if you miss the LIVE you can always catch up when you free.

Meta | @theSADAG

Facebook **Fridays**

OCT **14th**  
**FRIDAY**  
1:00PM

**Supporting your child's Mental Health**

**Joanna Kleovoulou**  
Clinical Psychologist  
PsychMatters Family Therapy Centre

**Ilhaam Khan**  
Support Group Leader  
Parents & Loved Ones of those Living with ADHD

Dr.Reddy's

THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP

## Community Counselling Container of Hope in Diepsloot and Ivory Park



SADAG introduced a pilot project in the community of Diepsloot, with much success 10 years later we opened our second Counselling Container in Ivory Park.

Our aim of the project is to improve Mental Health services and support in a community where there is nothing. We provide psycho-social services in form of free face to face counselling, support groups, school

talks, clinic talks and awareness campaigns. The Counselling Containers are seen as a safe place, and fondly called the 'Blue Container' by many. The success of the project can be seen through the engagement we have within the community and we look to open many more projects to create hope in other communities.

This World Mental Health Day is special as we launch our webpage on the SADAG website where we will be sharing monthly updates on all the exciting programmes that our teams in the community are working on. Please [click here](#) to see more about our Containers of Hope project.



If you would like to visit our Counselling Containers, participate in one of our campaigns, or would like to sponsor a project, please contact us on [Fatima@sadag.org](mailto:Fatima@sadag.org)

**Read more about Containers of Hope**

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## Healthcare Workers Care Network Webinar - Wednesday, 12 October at 7pm

### 'Beyond Burnout'

We have exciting news for all Healthcare Workers and professionals, we will be hosting a FREE online webinar on "Beyond Burnout", with expert speaker Judy Klipin, as well as respected guests

*Free Online*  
**WEBINAR**

**BEYOND BURNOUT:**  
*Next Steps*

This CPD Workshop will unpack burnout and include a panel discussion

**12 October 2022**  
19:00  
Zoom  
<https://bit.ly/3dNXFbq>

**HEALTHCARE WORKERS CARE NETWORK**  
Caring for the Carers by the Carers

**GUEST SPEAKERS**

**Judy Klipin**  
KEY SPEAKER  
Judy Klipin is a Master Comensa registered Coach, facilitator, and trainer. She has a BA and an HDipEd from the University of the Witwatersrand (SA) and an MSc in Social Sciences from the University of Leicester (UK).

**Dr Tshepile Tlali**  
LIVED EXPERIENCE  
Dr Tshepile Tlali is a registrar in Anatomical Pathology at Wits University. He's the current Interim Chairperson of the Junior Doctors Association of South Africa and the interim Vice-chairperson of the South African Registrars Association.

**Dr Antoinette Miric**  
HWCN REPRESENTATIVE  
Dr Antoinette Miric is a Psychiatrist with a particular interest in women's mental health care, anxiety and mood disorders. She is one of the founders of the HWCN initiative, and continues to work with the Network in a hands-on way.

sharing their lived experiences, on the **12 October 2022 at 7 PM.** The CPD-accredited webinar will provide a space for Healthcare Workers to explore what happens when Burnout is experienced and what to do.

Please diarise the date and make sure to register below.

**Register Here**

## SADAG launches 22 FREE Mental Health Support Groups

Since the launch of our Annual Support Group Leader Training in June of this year to the end of September, SADAG has launched 22 new Support Groups, with 10 new launches taking place in the next few weeks!

If you want to find out more about our new Support Groups Launching, what Support Groups are, or information on how to join or start a Support Group [click here](#) to catch up on our latest Support Group news.

**Our newest additions to the SADAG Support Group Network**



Join us at a FREE Online

## Migrant Women's Mental Health Support Group

When Thursday, 13 October 2022  
 Where Online, using Google Meet  
 Time 6:30pm




For more Info & to RSVP Tumi on 068 158 6076

Join us at a FREE Online

## Chronic Pain, Illness & Long Covid Support Group

When Tuesday, 11 October 2022  
 Where Online, using Zoom  
 Time 6:30pm




For more info WhatsApp Vanathi on 074 138 6037

Join us at a FREE Online

## Chronic Illness & Mental Health Support Group

When ~ Thursday, 6 October 2022  
 Where ~ Online, using Google Meet  
 Time ~ 10:00am




For more info contact Anneline - Whatsapp Only  
 +90 536 712 5690

Join us at a FREE Online

## Functional Neurological Disorder (FND) & Mental Health Support Group

Where: Online, using Google Meet  
 When: Tuesday, 1 November 2022  
 Time: 7pm - 8pm




For more info contact Audrey on 076 291 3442



Join us at a FREE

## Depression, Anxiety & PTSD Support Group

When Wednesday, 5th of October 2022  
Where Domus Dei – Randburg Suid, 30 Jean Rd, Blairgowrie, Randburg  
Time 7pm



For more info contact Lee on 084 400 3226

Join us at a FREE Online

## Mental Health Support Group

For Mothers and Carers of Children with Mental Health Challenges, Resulting in Learning Difficulties

Where: Online  
When: Thursday, 6 October 2022  
Time: 6pm-7pm



For more info contact Nombuso on 071 328 7699

## Free Mental Health & Support Group Training in Potchefstroom – 20 October



MAKING COMMUNITY MENTAL HEALTH MATTER

### Free Mental Health Support Group Leader Training

For anyone interested in starting a Free Community Based Support Group to help people with Depression, Anxiety or Trauma.



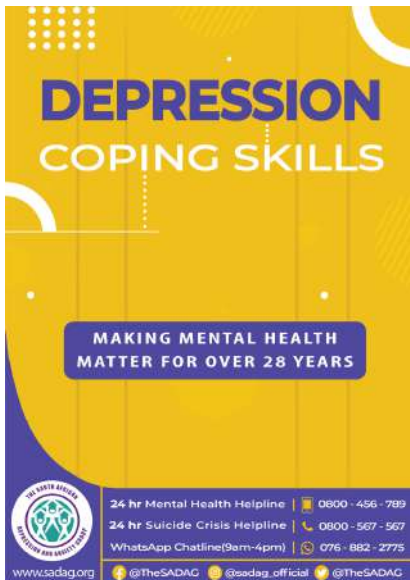
**THURSDAY, 20 OCTOBER 2022**  
**9:00AM - 12:00PM**

**Anglican Church 9581 Cnr Mokgobo and Molotlegi Street Ikageng Potchefstroom**

Contact Lizzy on 083 534 0997 for more information

SADAG will be helping to make community Mental Health matter by hosting a FREE Mental Health and Support Group Workshop in Potchefstroom on Thursday, 20 October from 9am – 12pm. The Workshop will be held at the Anglican Church in Ikageng, Potchefstroom, and is open to anyone in the community who is interested in learning how to help people with Depression, Anxiety and Trauma, as well as the power of Support Groups. If you would like to attend or want more info, contact Lizzy on 083 534 0997 or [help@sadag.org](mailto:help@sadag.org)

# New Mental Health Brochures



SADAG strives to continuously update information that we share, and this year we have embarked on updating our brochures. We have tried to keep them short, yet very informative and practical, sharing vital information including symptoms, coping skills and a how-to guide.

Please feel free to download and share them, and if you would like to distribute our brochures in your practice, wellness days or events please contact us.

[Click here](#) to view our new Depression, Suicide and Panic Brochures.

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## Making Mental Health Matter throughout October



For World Mental Health Day, and throughout the month of October, SADAG will be hosting various activities and online events to educate, create awareness and start conversations around **#HowToBeKindToYourMind**. Focusing on our own Mental Health self-care tips, sharing people's lived experiences, students' Mental Well-being especially during exam time, Mental Health in the workplace and empowering patients on their Mental Health rights. We will share resources and practical tools through our website and social media platforms.

Please watch out for regular updates on our social media pages for all World Mental Health Day events, content and articles on Mental Health! We would really appreciate it if you could follow us on our socials on our quest to **#MakeMentalHealthMatter**

**Instagram:** [@sadag\\_official](#)

**Facebook:** [@TheSADAG](#)

**Twitter:**

@TheSADAG

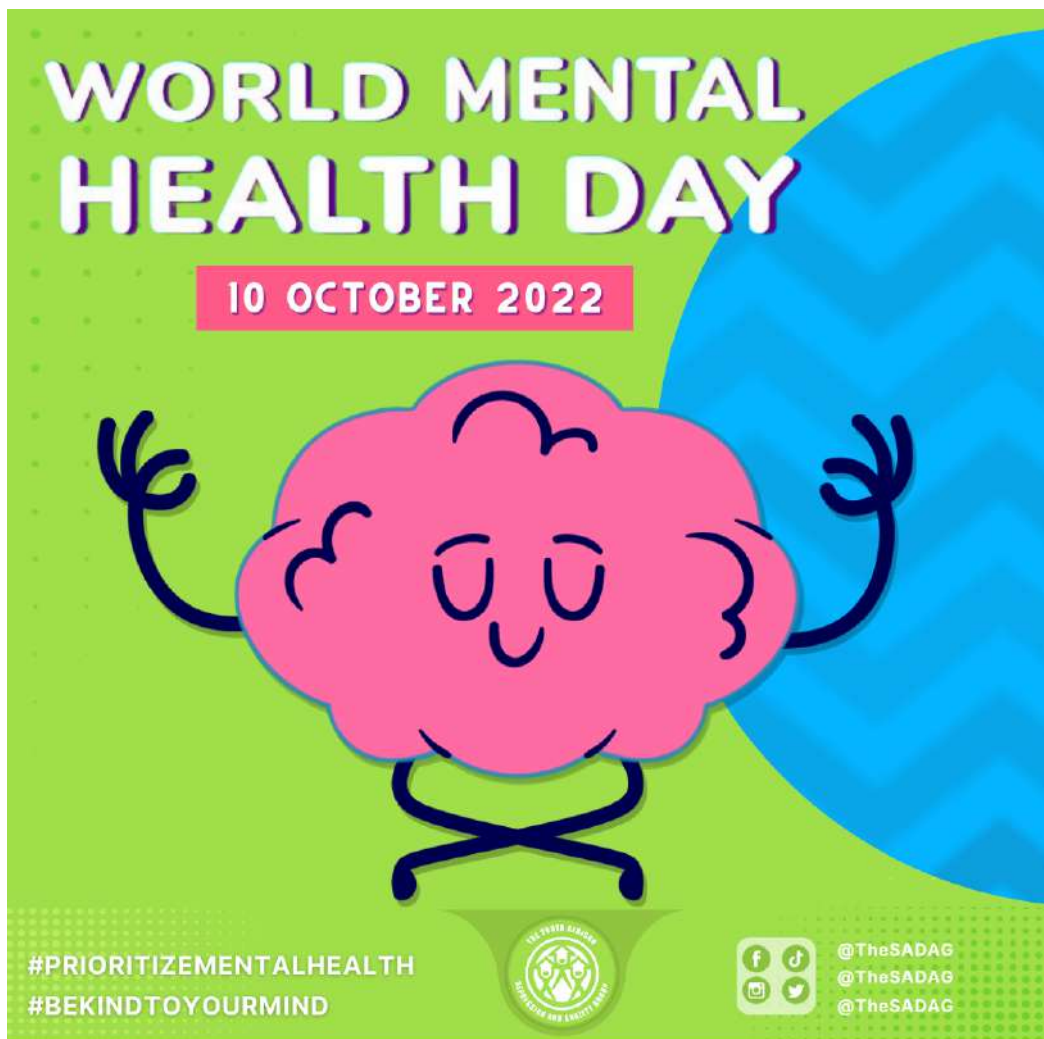
**Tiktok:** @sadag\_official



To learn more about our activities, events and information, or to reach out for free Mental Health help, please visit [www.sadag.org](http://www.sadag.org) or contact SADAG on 0800 70 80 90 or 0800 21 22 23 or sms 31393.

We can all do our part to make sure Mental Health is prioritised. We can all raise our voices - Mental Health needs to be a priority in our workplaces, healthcare facilities, schools, homes, student campuses, and communities. And the first step to achieving this is to talk more about Mental Health issues and to bring the topic of Mental Illness out of the darkness and into the light.

**There is no health without Mental Health.**





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