



Teen Suicide Prevention Week 14 - 21 February

Talking about Teen Suicide Prevention Saves Lives RealConvo

This year, for Teen Suicide Prevention Week (14 – 21 February 2022), The South African Depression and Anxiety Group is helping parents, teachers and the community by sharing information on how to have difficult conversations around Teen Depression and Suicide Prevention. According to experts, teens are the most at-risk age group for Suicide in South Africa.

The most at-risk age group for suicide in South Africa are adolescents, and recently we are hearing about more and more teen suicides in the press all around the country. The need to talk more about Teen Suicide as it is important to help parents, teachers and our communities to identify the risk in our teens early. We need to empower them to have real conversations about issues that teens are dealing with, and help get them the urgent help they need. Talking about Teen Suicide Prevention saves lives. One teen suicide is one too many.





Teen Suicide Prevention Week Toolkit

Talking about Suicide Prevention, especially Teen Suicide, is often taboo, too hard, difficult and awkward. The fear of saying the wrong thing, or “planting the seed” is often what parents and teachers tell SADAG. SADAG wants to help parents and teachers on how to have #RealConvo’s with their teen or learners.

Throughout the week, SADAG will be launching an online campaign called #RealConvo’s sharing important conversation starters, helpful tips on what to say and what not to say, sharing expert videos, and resources on how to talk about Teen Suicide Prevention. You don’t need special training to have an open, authentic genuine conversation about mental health. Often, just talking about it can be the first important step in staying connected.

[CLICK HERE](#) to access our online toolkit for our upcoming online resources, webinars and more.



Mindful Mondays are Back

Former Miss South Africa, Shudufhadzo, is back with her weekly Mindful Monday's conversations on Instagram every Monday at 7pm. Starting this Monday, the 14th February, Shudu will be speaking to Psychiatrist and SADAG Board Member, Dr Mashadi Motlana, about the State of Mental Health right now. Talking about Mental Health now is more important than ever - Join the InstaLIVE on Monday at 7pm, follow

[@Shudufhadzomusida](#) or [@sadag_official](#).

Radio 702 and SADAG Partner to Make Mental Health Matter

SADAG are proud to partner with Radio 702 on their new support campaign to put focus on Mental Health. We have had ongoing

702.

discussions to hear more about what the listeners are dealing with on the daily and Mental Health seems to be a hot topic among many of them. As a way for SADAG and 702 to provide more support, education, resources, practical tips and information to listeners we will be launching the following:

- In order to support you, they will be implementing an Online contact Form on their website for anyone who may need crisis intervention or Mental Health Support.
- 702 will also be hosting a live Teen Suicide Prevention Webinar on the 17th of February with 702 host Bongani Bingwa an amazing panel of speakers, Psychiatrist Dr Mashadi Motlana, Miss SA Shudufhadzo Musida and SADAG Operations Director Cassey Chambers. [Click Here to RSVP](#)

#FacebookFriday
Live Video Q&A

Tips for Parents -
After a Suicide Attempt

Friday, 18 February
1pm - 1:30pm

Liane Lurie
Clinical Psychologist

Vanishaa Gordhan
SADAG

Facebook Page: The South African
Depression and Anxiety Group
Log in via: www.sadag.org

Join SADAG's #FacebookFriday LIVE

Tips for Parents – After a Suicide Attempt

Join SADAG's #FacebookFriday Online Chat at 1pm on Friday the 18th of February as experts unpack the topic of Dealing with a Suicide Attempt and what to do thereafter. Every family's experience in the days, weeks, and months following a youth suicide attempt is different. There's no single plan of care to offer parents after such an event.

However, Expert Clinical Psychologist Liane Lurie will be discussing How to Create a Mental Health Safety Plan for

Your Child, What to do after hospital discharge and learn more about parents can identify their child's "triggers and more.

Join the #FacebookFriday LIVE chat by going to the SADAG Facebook Page@[TheSADAG](#) on Friday the 18th of February at 1PM.

To ask your questions anonymously, email them to media@anxiety.org.za and we'll post it on your behalf. Then, just watch the chat for answers.



SADAG Support Programme for Schools and Teachers

Research shows that a large percentage of high school learners are affected by Depression and other serious psychosocial issues. SADAG's School Programme, "Teen Suicide Shouldn't be a Secret" provides talks to learners (class-by-class), workshops for parents and teachers, and materials on various mental health issues to provide resources and practical tips and tools. In the coming weeks, SADAG will be visiting Schools in Lenasia, Diepsloot, Soweto and Ivory

Park speaking to learners and teachers.

How can SADAG help YOUR School?



School Talks to Learners

This is always done class by class, grade by grade, to ensure interaction and an atmosphere that is more conducive to the sensitivity of the topics at hand. The learners are given the opportunity to share problems and ask questions in a secure and

confidential environment.

The talks focus on educating the learners about the impact of the psychosocial problems they face, inform them about the assistance that is available and how they can access help for themselves or a loved one. The main message that we impart is that they must "speak up, reach out and have hope – there is help available". SADAG has done many talks on Teen Depression, Suicide Prevention, Trauma, Grief and Loss, Anxiety and Stress, Exam Stress, Bullying, and Substance Abuse.



Teachers and Parents Talks

These talks provide key health information on signs and symptoms, how to get help and the prevention of Teen Suicide. SADAG provides practical tools, tips and resources for Teachers to empower them on what to say or do to help a student at-risk, and through SADAG's talks for Parents, we focus on

sharing resources, tips on how to talk about mental health, and what to do to get help for their child.

Teachers "Connect Sessions"

We know that Teachers themselves juggle so many different roles and often are dealing with



Stress, Anxiety, Trauma and Burnout themselves, especially the last 2 years while navigating through COVID-19. SADAG hosts Connect Sessions for teachers where they can speak about common experiences in a safe space, share concerns and provide emotional and moral support for one another. These Debriefing Connect Sessions can

encourage a sense of community and a source of empathetic understanding in a non-judgemental environment.



Educational Materials

SADAG can provide a selection of brochures on topics such as Depression & Anxiety, Teen Suicide Awareness, Post Traumatic Stress Disorder, Substance Abuse; handouts containing self-help tips on numerous topics such as Depression, etc. There are also

helpful links to resources such as podcasts, online videos, helpful apps, online platforms for support and access to emergency help and free counselling.

If you would like to make use of any of the above for your School, please contact Lyn at admin@anxiety.org.za.

THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP

FREE ONLINE STUDENT SUPPORT GROUP NEW

JOIN US
Tuesday 22
Feb @ 6pm
Online using
Zoom

Open to all students over the age of 18

- STRUGGLING TO ADJUST TO UNIVERSITY LIFE?
- EXAMS, TESTS AND ASSIGNMENTS LEAVING YOU FEELING OVERWHELMED?
- FEELING DEPRESSED, DOWN, SAD OR ANXIOUS?
- GENERALLY FEELING LIKE YOU ARE NOT MANAGING?

FOR MORE INFO
CALL: 0800 36 36 36
EMAIL: SUPPORTGROUPS@ANXIETY.ORG.ZA

SADAG Launches New Online Peer/Student Support Group - 22 February

For any student in University, PSET, TVET or College (any Tertiary institution) over the age of 18 years.

Detailed information can be found in the Online Support Group referral guide.

Focus of Support Groups are student related issues including:

- * Time management
- * Exam Stress
- * Assignment Stress
- * Balancing of study/work/social life
- * Poor academic performance

- * Time management
- * Goal Setting
- * Self Care
- * Setting boundaries
- * Conflict management

- * Coping with anxiety
- * Importance of resting

This is a first of its kind group and hopefully we will be opening more over the course of the next month or two.

For more information, email supportgroups@anxiety.org.za



Connecting the Dots Documentary

For the first time in South Africa!! **FYI Play It Safe** is proud to be hosting screenings of a new documentary **Connecting The Dots Film** from award winning filmmaker Noemi Weis.

Connecting The Dots is the first documentary of its kind that takes on the subject of mental health through the voices of young people around the world in a way you have never seen or heard before.

Raise Your Hand and join the global conversation about youth mental health! Join us at The Labia Theatre in Cape Town on 22 February at 10:00 and 18:00. Book your tickets via webtickets here -> <https://www.webtickets.co.za/v2/search.aspx?search=connecting+the+dots>




COMMUNITY WEBINAR
Suicide: Talking from the heart

Presentation by:
Curwyn Mapaling
Clinical Psychologist

Talking from the heart:
Glynis Horning, Happi Vorster, Paula Veale






Thursday
24 February 2022
12h00 to 13h00
Online via Zoom

Join Zoom Meeting via link
<https://us02web.zoom.us/j/82916603793?pwd=UW45alFDNlI2Q0TU1ZUkFjOElWczNOUT09>
or via meeting ID: 82916603793
Passcode: 511352

SADAG KZN COMMUNITY WEBINAR - Talking from the Heart (24 feb)

Please join our bi-monthly online community forum on 24 February 2022 at 12pm, where we have open discussions around this highly sensitive and emotive topic, connecting with some women who'll be speaking from the heart. Guests include Clinical Psychologist Curwyn Mapaling, Glynis Horning, Happi Vorster and Paula Veale. To RSVP to the free online Community Webinar, please click here

<https://forms.gle/4FfLctRVtz6rRm6y6>.

Please share with anyone you think would benefit.

Teen Suicide is real and one suicide is one too many. With enough information and awareness we can let our teens know that there is always help! There is always hope! Suicide Helplines 0800 567 567 are available 24 hours a day, 7 days a week.

Regards,
Zane Wilson
Founder and Director
SADAG
www.sadag.org
Zane@sadag.org

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