

## May Newsletter 2014

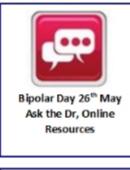
## SADAG Has Moved!

SADAG has grown considerably since its creation 20 years ago and our call centre was bursting at the seams. We did a plea on John Robbie's 702 show for the donation of bigger office space and the first responses were from Redefine Properties, Growth Point, and a very kind woman living in New Zealand who heard the interview live and contacted us to offer us space at one ofher buildings in Rivonia. Thanks to Beaulah Bonugli (and her amazing office manager Noreen Greaves), SADAG is now in very posh free offices in the heart of Rivonia. Beaulah's incredibly generous donation of office space means that we are now in offices that are three times larger (and we have a storeroom and boardroom), in a garden setting, with easy access to two highways, restaurants, and transport routes. We are very grateful for the donation and say a big thank you to our previous hosts Liberty Life Offices.

A huge thank you to Grant Pattison, CEO of Massmart South Africa for helping us secure a front door to ur new offices as well as Servas De Kock, who owns a transport company, for donating the use of his 16 ton truck to help us move; Henk Du Plooy and Carl van Heerden from Trinity Telecommunications for the very generous donation of a huge brand new switchboard for 15 lines; to Stefan Labuschagne (our much-loved programmer over the last five years) who comes in often; and to SOSIt for ensuring all of our computers were up and running during the move! You have all made mental health matter!

## Generalized Anxiety Disorder (GAD)

GAD has been very topical this month. We have had many calls asking for our help, with people worried that their family or friends are dangerous or unstable. There has been an increase in misinformation and misunderstanding. GAD can also lead to, or worsen, other mental and physical health conditions, like depression, insomnia, substance abuse, headaches, and stomach pain. GAD is a very uncomfortable and stressful condition, but the condition is not dangerous. To read more about GAD, go to our website <a href="www.sadaq.org">www.sadaq.org</a>

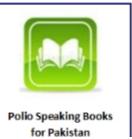














Outreach Projects Diepsloot, Ivory Park & KZN



Thank You's via Email, Facebook & Twitter



After Bipolar Day this month, SADAG will be tackling Panic Awareness Day on the 10th July. Please tell us what kind of stories you would like to read about, or what angles you would like us to focus on during our Facebook Friday chats on Panic. Please email your suggestions to <a href="mailto:Zane1@medport.co.za">Zane1@medport.co.za</a>

Once again, our wonderful offices will help us greatly to continue to improve our services to all of our callers. Regards,

ZM Wilson (Ms) SADAG Founder zane1@medport.co.za

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