



SADAG

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Website:

[www.sadag.co.za](http://www.sadag.co.za)

Suicide Crisis Line:

0800 567 567

Police Line:

0800 20 50 26

Bipolar Help Line:

0800 70 80 90

Substance Abuse Line:

0800 12 13 14

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## SADAG August Newsletter

Although it's only August we are hectically planning campaigns for World Mental Health Day on the 10<sup>th</sup> October 2009. You will see the start of activities in the Newsletter. There are also free film programs and theatre on mental health issues that those of you in Johannesburg may want to see.

### Newsclip

According to Newsclip Media Monitoring, in the last month SADAG's exposure in the **print media was valued at over R2 million!** SADAG's articles and press releases have appeared in many publications including Shape, Seventeen, You, The Star, Table Talk, the Sowetan, Drum, Longevity, and Volksblad. 34% of 'revenue' was gained through National coverage, with Gauteng's exposure at 19%.

We have also had **Radio and TV coverage of almost R3 million**, on stations across the country including: Radio 702, Metro, RSG, Thobela, Lotus FM, Radio 2 000, SAFM, Motswedding, 3 Talk, Shift, SistaHood, and ETV Sunrise.

A big thank you to Newsclip for their continued support and pro bono monitoring. It is an invaluable service which enables us to direct our media professionally!



### Ongoing collaboration and work with Traditional Healers: Traditional Healers' Workshop – 13<sup>th</sup> July 2009

A workshop for Traditional Healers was held in Johannesburg at the Bono House and was attended by over 20 Traditional Healers from across Gauteng.



Traditional Healers performed a ritual before the start of the workshop. As Lefate, SADAG Senior trainer and manager, presented talks from depression to suicide, the Healers shared their experiences about mental health issues with the SADAG team. Although they knew a little about illnesses such as depression and schizophrenia, they were very pleased with SADAG coming to fine tune and teach them how to be alert to these mental illnesses and how they could help their clients who may be suffering from them. Lefate said that the workshop was to create awareness among traditional healers so they could reach the broader community and to equip them to detect mental illness and depression. Another aim was to remove the stigma attached to depression. They shared how there is a fine line between the voices they hear when they are being called into traditional healing and the voices that suffers of schizophrenia hear.

There was also a big discussion about treatment for depression for traditional healer's who themselves suffer from depression as there is a stigma around them, being the healers, then having to seek help from other healers particularly 'western doctors'. They also raised questions regarding the referral of patients to clinics and hospitals to see psychologists or psychiatrists. Their major concern was the gap that still persists between their traditional methods and the western ways and the lack of recognition they receive from the government and western doctors. There were also concerns with client confidentiality as some healers felt that by suggesting that their clients go see a counselor they would be breaking their trust and relationship with them. Overall the workshop was very successful in providing the Traditional Healers with the skills and understanding of handling mental illness cases. The SADAG trainees also enjoyed watching and taking part in the healer's welcoming ritual and acknowledging the great work they do in our communities. A big thank you to Lefate, Mpho and the SADAG team for their hard work. The Citizen was there and they ran a great article on the 14<sup>th</sup> July. If you would like a copy of this article, please e-mail [office@anxiety.org.za](mailto:office@anxiety.org.za).



### McCarthy Wellness Day



McCarthy invited SADAG's senior counsellor and trainer, Chad Owen, to join them for their annual Wellness Week breakfast presentation which was held in Midrand **on the 22nd July**

**2009.** The intention was to have a 10 minute presentation of SADAG corporate services that could contribute to the wellness of all McCarthy employees. There were approximately 90 dealerships around Gauteng who attended the breakfast. Chad did a great job presenting as we received numerous requests from different dealerships to host a mental health awareness wellness day with talks specifically on depression, anxiety, stress in the workplace and alcohol abuse.

### **Carter Centre Fellowship Winners**



Two South Africans, Glynis Horning and Metzti van der Merwe, are among recipients of the twelfth annual Rosalynn Carter Fellowships for Mental Health Journalism, named last week by the Mental Health Programme of The Carter Centre in Atlanta, Georgia. Glynis Horning, freelance journalist, Durban, who will examine depression and the stigma surrounding it in South Africans living with HIV/AIDS and Metzti van der Merwe, SABC Radio News, Cresta, who will produce a series of radio stories on the accommodation of people with mental illnesses in the workplace. They join fellows from the United States, and two from Romania. Each South African fellow will receive a R50 000 stipend to study and report on a particular issue within the mental health field for one year.

This year saw a record number of applicants applying for the Carter Centre's Rosalynn Carter Fellowships for Mental Health Journalism-the only journalism fellowships exclusively for mental health. The fellowships are part of the Carter Centre's Mental Health Programme, which works around the world to reduce stigma and discrimination against people with mental illnesses and decrease incorrect and stereotypical information.

The Rosalynn Carter Fellowships would like to acknowledge their partnership with the South African Depression and Anxiety Group (SADAG) who would like to congratulate them on their award. The fellows will convene in Atlanta at The Carter Centre on 14-16 September 2009. Attending this year as spokesperson from South Africa is Marion Scher Award winning journalist and Author. They will meet with former U. S. First Lady Rosalynn Carter, the Centre's Mental Health Task Force, and the Journalism Fellowship Advisory Board to discuss planned topics of study and we wish them best of luck.

### **School talk training**



On the 1st of August SADAG held a school talk training for all counsellors. This workshop was the last to be presented by long standing SADAG spokesperson Lefate Makunyane, who is leaving to study at Birmingham in the UK. The workshop covered how to present school talks, case studies and the importance of school talks.

Sherianne also presented on stress in schools and how to help troubled teens. The workshop went off very smoothly and all benefited immensely. Thank you to Fatima and Chevonne who organised the event.

### **New counsellor recruitment**

SADAG has been actively recruiting people to be new counsellors. In light of our second annual training on the 15th and 16th of August, recruitment talks were held at Monash, WITS and Pretoria University.



The Sandton Chronicle was also kind enough to advertise SADAG recruitment in their weekly newspaper. Recruiting people from a diverse background helps to keep SADAG up to date and multicultural. We have had a great response in a very short time. We would like to thank Shai, Serena and Clare for presenting the talks. We look forward to welcoming all new counsellors into SADAG and hope they will be part of SADAG for a long time to come.

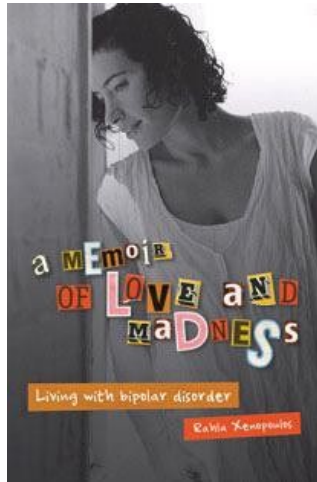
## Monash University

On Friday the 31<sup>st</sup> of July, SADAG delivered a talk to thirty 3<sup>rd</sup> year Psychology students at the Monash University. The aim of the talk was to let the students know who SADAG is and what SADAG does. It was also important to give them a counselor's perspective of the calls they receive, the admin that is done, as well as what school and rural talks are all about, as some of them could be future counselors at SADAG.



## New on the Shelves

### "A Memoir of Live and Madness" written by Rahla Xenopoulos – A review by Shanne Altshuler – SADAG Senior Counsellor



From the beginning the author drew me into a roller-coaster ride. During related periods of depression I felt the strain and read slowly. During the manic episodes I raced anxiously to get to the other side hoping it would subside without too much damage left in its' wake. "Let it just be shopping" was my concern.

The book evokes sadness, elation and a feeling of triumph. Humorous anecdotes encourage a smile here and there, though the feeling of uneasiness never releases one from losing sight of what might be hovering beneath the surface ready to burst forth and disrupt the moment. Bi-Polar is not entirely permitted as the main role player on centre stage.

Re-assurance lies in the closeness and tenacious love of the family which is ever present throughout the author's story. "They are there to help her." "Relief" was my thought. It emphasized what is already known and vital for Bi-polar tight-rope walkers, that without that constant caring and support, balance can be lost.

One has to admire the author for her courage to expose herself without reserve in order to give the outsider an insight into the illness. Gone is the dryness of the student's textbook. Here is the real thing. Using snippets from songs and familiar lines the author coloured and enhanced time and the emotions without lengthy descriptions. The style is easy and flowing. And not without suspense. Will Tallulah make her journey? Read it to find out.

This book is certainly not exclusively for the student of psychology. As generally ignorance prevails about mental illness, I would recommend it for anyone who endeavours to broaden their knowledge of the people and challenges that surround mental health issues in everyday life.

### Masters students for 2010 – so far!

Congratulations to Bruce Lang and Yumna Zobi who were both accepted into WITS Clinical Masters programme, to Sacha Street who was accepted into WITS Counselling Psychology Masters and to Deepa Vaghela who will also be doing her Masters degree at an English University and we are sure Tamlyn Anderson, who is on the waiting list at Wits will also get in. We wish you every success for your future. As the other universities make their decisions we wish our other students good luck for the selection panels.

## Support Group Corner



Remember that SADAG has an extensive list of Support Groups in the following areas:

**Gauteng:** Benoni, Rosebank, Alberton, Edenvale, Siyabuswa, Heidelberg, and Vosloorus

**Limpopo:** Thohoyandou, Nelspruit, and Thabazimbi

**Free State:** Bloemfontein, Sasolburg, and Kroonstad

**Northern Cape:** Upington, and Kimberley

**Western Cape:** Paarl, Hermanus, Grassy Park, George, Somerset West, Worcester, Muizenberg, Grahamstown, Belhar, Cape Town, and Kenilworth

### **Soweto Support Group**

Luthando Support Group was started on the 11th of May 2009 at Baragwanath Hospital in Soweto. It is facilitated by two SADAG counsellors - Emmanuel Dilebo and Nsovo Maringa. This support group was started to cater for the needs of the people in Soweto. There are two groups running at the moment. One is for people who are HIV positive and have a mental health problem.

This is scheduled for the first and third week of the month. The second group, for people who are suffering from mental illness alone, runs on the second and the last week of the month. Contact SADAG on 0800 70 80 90 or 0800 567 567 for more information.

### **Gardens Support Group**

The re-launch of the Gardens support group was on the 6th of August in Gardens Cape Town at the Cape Town MediClinic. Thank you very much to Justin Kennedy who ran the group previously and has recently relocated to Johannesburg, we are very lucky that Christopher Carter has taken over the coordination and running of the group. We really do feel the group will go from strength to strength. The group, for people suffering from depression and anxiety, will be held monthly and aided by SADAG Regional coordinator and psychologist Diane Mallaby. For more information please contact Chris on 082 444 1952.

### **Somerset West**

A depression and anxiety Support Group has been formed in Somerset West. A fixed time and place for meetings will be established to suit all. For more information or to attend, please phone Viola on (021) 851-9250.

## **Upcoming Events to Watch out for**

### **Opportunity to learn from SA's top psychologist on managing panic attacks**

Dr Colinda Linde will be running a Panic Therapy workshop at the Morningside Clinic in Sandton on Saturday the 29<sup>th</sup> August from 2pm to 4pm. During this incredible workshop, a 'must' for any Panic sufferer or loved one, Dr Linde will explain the dynamics of a Panic attack, what Cognitive Behavioural Therapy is, look at self-help techniques that work, and will teach you relaxation and breathing exercises to help calm your body and mind to stop Panic in its tracks. The session will cost only R50 and is an amazing opportunity to learn from this renowned expert. It is specially presented at this price to enable everyone to participate. To book your place, please contact Chevonne at SADAG on 011 262 6396.

### **Free Film Festival in Fourways**



From the 21<sup>st</sup> August until the 23<sup>rd</sup>, 6 films with a mental health theme will be shown, free, at The Arena in Fourways just near the Design Quarters, in order to destigmatise mental illness and create awareness and discussion. Some movies that will be aired are: Girl Interrupted, Running with Scissors, and K-Pax. After each viewing an expert panel will hold a critique and discussion. For more information and booking for this fabulous free initiative, please call 083 397 0247 or email [lmount@mweb.co.za](mailto:lmount@mweb.co.za).

### **Victory Theatre - Free Show**

You're invited to an interactive theatre play "Madness Revealed" hosted by a newly registered NGO *Psychiatry M Powered* spearheaded by Dr Mountney. This is an incredibly powerful production and people are requested to RSVP as soon as possible due to limited seating. A big thank you to the Victory Theatre for their assistance in hosting this event. Entry is free and a cash bar is available at the venue. For booking, please call Yvette on 083 397 0247.



### **World Mental Health Day – October 10th**



**Celebrities celebrate and educate on Saturday October 10<sup>th</sup>- World Mental Health Day:**

SADAG, South Africa's biggest mental health advocacy network is using Saturday, October 10<sup>th</sup>, to highlight the many facets of mental health care around South Africa. From Diepsloot to Durban, Cape Town to Soweto, Thoyandou to Benoni. Over 40 talks, presentations and videos will be available free to members of the public and their families. Celebrities like Lilian Dube, PJ Powers, Graeme Richards, Kerry McGregor, Lupi Ngcayisa and Elana Afrika are all putting their weight behind this massive de-stigmatisation and awareness campaign for their communities. In attendance at the workshops, will also be psychiatrists, psychologists and counselors with knowledge and skills in depression, bipolar, panic disorder, OCD, trauma and suicide prevention.

SADAG's 15-lines call centre will be open from 8am to 8pm, and with 6 toll free lines (0800 70 80 90 or 0800 20 50 26), 2 SMS lines (31393, 32312) and trained counselors available, people have no reason not to call in for help and advice. There will also be an online discussion room with a professional guest panel of psychiatrist Dr Frans Korb, psychologists Michelle Scott, and David Rosenstein, to answer questions on any mental health issues from 8am Thursday 8<sup>th</sup> October until Sunday 11<sup>th</sup> at 8pm. One in five South Africans will suffer from a mental health problem at sometime in their life. This is a valuable opportunity to get information on any mental health issue for yourself or your family. To read about all the activities taking place nationwide, please log on to [www.sadag.co.za](http://www.sadag.co.za) from 26<sup>th</sup> September or call toll free 0800 20 51 21.

## **Thanks**

*"Just wanted to let you know that the psychologist that was recommended by SADAG is lovely and I think she can help me loads! Feeling a lot more positive about life! Many thanks – K"*

### **A big thank you**



A big thank you to Michael Barnwell of Grey Advertising for his incredible poster design and generosity!

### **Good Luck Lefate**

All of us at SADAG who have worked with Lefate for many years would like to wish him all the best for his studies at Birmingham! You will be missed – and we hope to see you at SADAG when you get back!

Thank to everyone for your continuous support and encouragement.  
If you have any queries or questions, please feel free to contact me on [zane1@hargray.com](mailto:zane1@hargray.com).

Sincerely,

Zane Wilson  
Founder and Director  
[zane1@hargray.com](mailto:zane1@hargray.com)



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