



SADAG Helpline	011 262 6396
Website	www.sadag.co.za
Suicide Crisis Line	0800 567 567
Pharmadynamics Trauma Line	0800 20 50 26
AstraZeneca Bipolar Helpline	0800 70 80 90
SanofiAventis Sleeping Disorders Helpline	0800 753 379
Substance Abuse Helpline	0800 12 13 14
Dr Reddy's Mental Health Helpline	0800 21 22 23
Support Group Helpline	0800 20 50 21
SMS	31393
Email	zane1@hargray.com

March Newsletter 2011



Teen Suicide Prevention Week Feedback

The 14th to the 21st February was Teen Suicide Prevention Week and a big thank you goes to our wonderful Support Group leaders across the country for their dedication and work with schools and communities, and to the press for their enormous support – we had over R900 000 in print media and over R2 million in radio and TV! We held a very successful online forum and received very positive feedback – thanks to all our experts for their time (Diane Mallaby, Dr Ingrid Williamson, Cindy van Wyk and Janine Shamos) Dr Glenda Hicks, in Port Alfred, was live on "Kowie FM" on Thursday 17th February in support of Teen Suicide Prevention Week. "Most satisfying and I trust and believe, useful." Thank you Dr Hicks! Our sincere thanks to Newsclip for the continuous donation of their media monitoring services which help us so much to keep up-to-date and aware of reports in the media. This Teen Suicide Prevention Week we had a new teen suicide prevention TV advert thanks to Roberto Carletti from Urban Brew Studios who generously donated their time and expertise as well as arranging slots on SABC TV for airing. We are incredibly grateful.



Weskoppies Mental Health Unit in Pretoria

Information from Dr Manfred Bohmer on the relaunch of the mental health unit at Weskoppies Hospital in Pretoria. This service offers sliding scale fees and has relaunched to offer excellent, inclusive service. [Click here](#) to read more about this unit.



Support Group Corner

[Read more](#) about the value of Support Groups and why they are so valuable. Please remember we are looking for some additional ones all over the country and training is in March the 26th and 27th for new support group leaders.

[Read more](#) about Joy Chiang's Durban Support Group Teen Suicide Prevention events.

[Click here](#) to read more about the great work Suzanne Leighton is doing in Cape Town with Diane Mallaby – their talk for Teen Suicide Prevention Day, as well as two upcoming workshops; the Hero Book and the Reflexology and Mental Health Conference.

[Read more](#) about Leila's Support Group in Somerset West.

[Click here](#) to find out more about a new Survivor of Loved Ones of Suicide (SOLOS) support group that has started in Kloof, KZN.

[Read more](#) about the UCT Depression and Anxiety Support Group's first meeting in February on various self help tips for treating depression.

There will be a new **Sandton** support group starting beginning of April for patients with depression, anxiety, panic attacks and trauma. The first meeting will be on Tuesday the 5th April at 7pm at the Morningside MediClinic in the Penthouse on the very top floor. Call Jane 082 083 7267 for more information, please come and support the new group. To launch the new group, there will be a psychiatrist who will be able to answer all your questions on depression.



Northern Cape - New Workshops in Schools

SADAG will be active in the Northern Cape for the next few months, under the auspices of the National Department of Social Development, doing school talks on Substance Abuse Awareness and Prevention starting on the 8 March. These workshops will be happening in Upington, De Aar, Kimberley and Springbok. There will also be workshops in the community on Mental Health specifically Depression and Anxiety. For further information on these talks and workshops, please contact Clare on 0800 21 22 23 or 0800 12 13 14.



Bipolar Awareness Day – 26 May

MediHelp will be very generously supporting talks in Johannesburg, Pretoria, Durban, Cape Town and Port Elizabeth for Bipolar Awareness Day. In our next newsletter we'll be giving details about the venues and dates for these talks. If you'd like to arrange a talk in your own community, please phone Clare on 011 262 6396 or 0800 70 80 90.



Articles we spotted of interest to you

We found three interesting articles that we'd like to share with you this month.

Grief vs. Depression: The two constructs of "normal grief" and major depression are a source of continued controversy and confusion - and not just among our callers.

Therapy Helps Mend Brain in Social Anxiety Disorder: A team of Canadian psychological scientists set out to discover how the brain changes when psychotherapy is helping someone recover - in this case from social anxiety disorder.

Stigma: Despite scientific progress and the tremendous growth in availability of cost-effective treatments, we still know so very little about how to prevent or reduce the stigma surrounding mental illnesses, which can be as damaging to a person's health and well-being as the illness itself. This was written by the Assistant Director of the Rosalynn Carter Fellowship for Mental Health Journalism at the Carter Centre in Washington, Rebecca Palpant.



Call for New Counsellors and Support Group Leaders

SADAG is looking for some more mature counsellors and new support group leaders to train at its biannual training weekend that will be held in Johannesburg on the 26th and 27th March in Sandton. [Click here](#) to download the application form. Even if you are not in Johannesburg, we are making provision for 5 new support group leaders from outside Gauteng. New support group leaders in and around Johannesburg are most welcome to attend, there is always a need for more support groups to help patients and their family members to cope. For more information, please do contact Clare or Lungelo on 0800 21 22 23 or 011 262 6396 or admin@anxiety.org.za.



Online Research

Darryn Costello who is doing his Masters in Clinical Psychology at the University of KwaZulu-Natal is completing a research project on thinking and behaviours around anxiety and depression. He will be using an online questionnaire and is looking for people with depression or anxiety to take part in this research. Confidentiality is adhered to and there will be no need for anyone to disclose their identity, except for the consent form. Want to take part? [Click here](#) for more information.



New Books

A Life Less Lived by Richard Hawkey is an invaluable book written from first-hand experience about men in business and burn out. [Read more](#)

Coping with Obsessive Compulsive Disorder by Dr Jan van Niekerk. [Read more](#)

Where have all the Flowers gone by K Russell, is a South African novel about Schizophrenia. [Read more](#)

Death in Paradise: Suicide in the Transkei is a must-have compilation of research about suicide by Prof Banwari Meel. This book is essential for students, psychologists, psychiatrists and anyone interested in the trends of suicide. [Read more.](#)



New Websites

Prof Michael Berk, the psychiatrist who helped start SADAG 16 years ago, is now living in Australia and has a fantastic new website for Bipolar caregivers that he feels will be of benefit to South African caregivers too. Visit <http://www.bipolarcaregivers.org/>



Corporate Talks

SADAG is always excited to be given the opportunity to address companies on mental health issues like stress, trauma and depression and anxiety in the workplace. This month we did talks for Transnet, Hollard Insurance, Health InSite and the Gauteng Department of Education's teacher workshop in Soweto. Anyone wanting to book a corporate talk or a wellness day, please contact Clare on 011 262 6396 or 0800 21 22 23.

To read more about the Department of Education's Teacher Training in Soweto [click here](#).



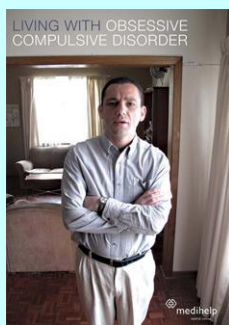
What we do – some typical calls and how we could help

SADAG is available 7 days a week from 8am till 8pm and we deal with a variety of calls and SMSes. [Click here](#) to read three cases we dealt with this month.



Janssen extends its commitment to rural mental health

Janssen has been investing in the wellbeing of the Diepsloot community via its especially fitted counselling container. This counselling initiative first started in February 2010 and offers residents access to mental health support services in the form of free counselling, support groups and wellness days. Janssen have very generously extended their commitment in this project for 2011 to continue the valuable work in the community. To read more about the counselling container, please [click here](#).



MediHelp “Living with OCD” Series – You can live life to the full with OCD

Medihelp Medical Scheme's *Living With* documentary series of DVDs on mental health disorders shows that there is always hope. In *Living with obsessive-compulsive disorder*, Paul Serebro shares his story and the challenges that he faces daily. An expert also provides clinical insight into his behaviour and gives practical solutions to family members living with someone who has OCD. The DVD comes with an information guide that contains more information on the topic as well as support group information. [Read More](#) about *Living with obsessive-compulsive disorder*.



5 Tollfree Lines

Amongst our 15 lines, we have 5 that are generously sponsored toll-free lines. These lines are a critical part of our counselling service and allow callers in need of help who don't have access to telephones or finances to call us free!

AstraZeneca Bipolar Helpline (0800 70 80 90): provides invaluable help for patients and caregivers of Bipolar Disorder.

Sanofi Sleeping Disorders Helpline (0800 75 33 79): For people who struggle with sleep, this line provides understanding support and advice.

Department of Social Development's 24 Hour Substance Abuse Helpline (0800 12 13 14): Substance abuse is a growing problem and users and loved ones often don't know where to turn for help. Now there's a toll-free line that offers advice and referral to resources across the country.

PharmaDynamics Police and Trauma Helpline (0800 20 50 26): Crime and trauma affect most of us and this line offers not only counselling and referral for callers but also serves as a confidential helpline for police officers and their loved ones.

Dr Reddy's Helpline (0800 21 22 23): Dr Reddy has generously sponsored a general mental health toll-free line for callers wanting support and advice for themselves or a loved one.



Our newsletter reaches almost 18 000 people countrywide every month. We are confident that many people find the newsletter really helpful and we can add to our counselling and education services through this medium. We are looking forward to meeting and welcoming new counsellors and Support Group leaders to SADAG's training at the end of March.

Best Wishes,

Zane Wilson

Founder

Zane1@hargray.com