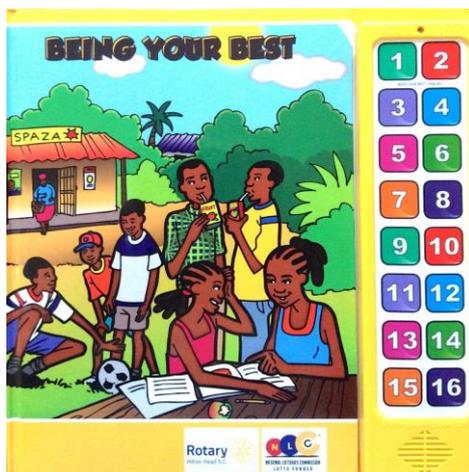


Being Your Best!

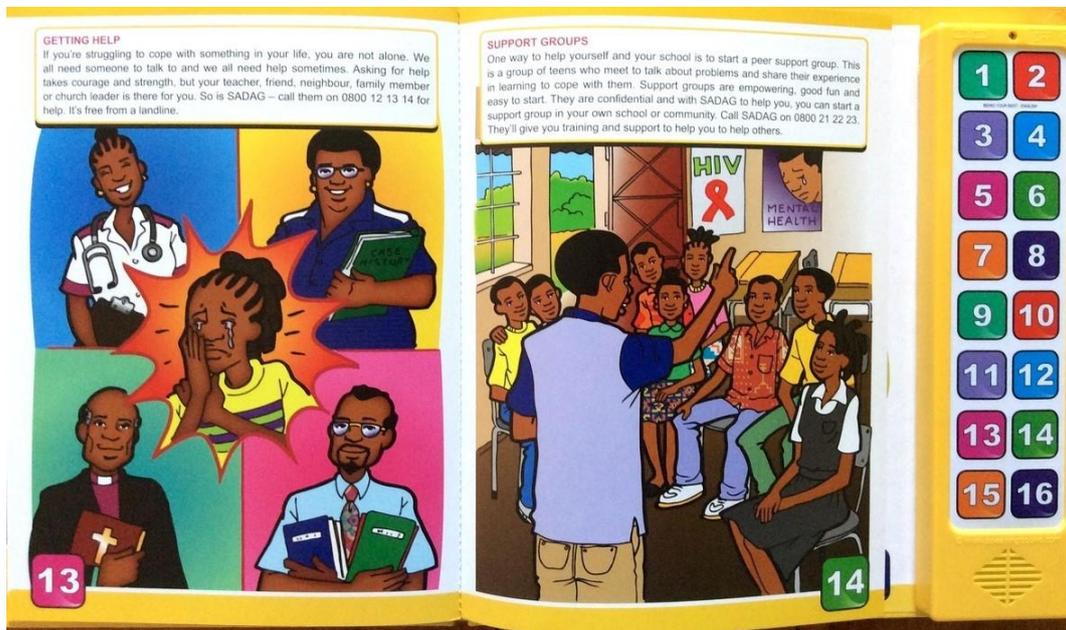
A new Speaking Book Created by the South African Depression and Anxiety Group (SADAG) funded by the Rotary Club of Hilton Head and the National Lotteries Commission



This new Speaking Book, *Being Your Best* is to be launched in South Africa in July. *Being Your Best* addresses critical issues impacting South African youth, such as bullying, violence, using drugs, alcohol and tobacco and experiencing sadness or depression.

SADAG is an award winning organization that serves as a support network for the many hundreds of thousands of South African youth who live with mental health problems and daily struggles. SADAG's Outreach for Schools provides ongoing classroom interaction so that students know the symptoms of suicide and where to urgently turn for help.

To date, SADAG has trained more than 1 million youth by visiting over 600/ their schools. *Being Your Best* will be distributed as part of the SADAG/Rotary/National Lotteries Commission Teen Suicide Prevention Schools Program.



Being Your Best recommends eating healthy foods; exercising on a regular basis, avoiding drugs, alcohol, smoking and finding motivating activities when they are feeling sad, anxious, or depressed. In addition this Speaking Book provides information about establishing peer support groups, which provides a safe forum where students can meet to share their problems, and the challenges they face with their peers who have experienced similar situations. SADAG provides free information and training to students interested in starting their own peer support groups



This latest Speaking Book supports the organization's mission of educating youth and providing critical health information and life skills in an easy to use format. These hardback and long lasting Speaking Books consist of 16 pages with colorful and culturally appropriate illustrations supported by straightforward and easy to understand

text. Each page has a corresponding push button that activates a soundtrack in the relevant language.

The information in Speaking Books is always seen, read, heard and understood with powerful retention results.



Speaking Books partners with leading health, and development organizations to equip the worlds most vulnerable communities with life saving health messages for a better life. Speaking Books has worked with 34 partners to create over 71 titles in 35 languages with distribution in 30 countries.

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