

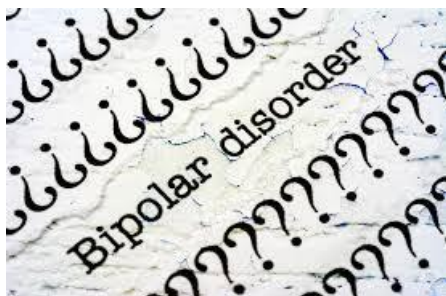
SADAG Office	011 234 4837
Suicide Crisis Helpline	0800 567 567
Dr Reddy's Mental Health Helpline	0800 21 22 23
Pharma Dynamics Trauma Helpline	0800 20 50 26
Adcock Ingram Depression and Anxiety Helpline	0800 70 80 90
ADHD Helpline	0800 55 44 33
Destiny Helpline	0800 41 42 43
HDI "You Decide" Youth Helpline	0800 33 33 77
24 Hour Substance Abuse Helpline	0800 12 13 14



WEBSITE: [www.sadag.org](http://www.sadag.org) EMAIL: [zane1@medport.co.za](mailto:zane1@medport.co.za) SMS: 31393



## Bipolar Awareness Day, 26th May



### SADAG Bipolar Disorder Recent Survey Results

Addressing the gap in local knowledge this Bipolar Awareness Day, the South African Depression and Anxiety Group (SADAG) asked people in South Africa living with Bipolar Disorder to complete an online survey – and over 400 of them supported SADAG.

The results indicate a need for treatment, as 65% of respondents report having manic highs, 82% experienced deep depression, and 67% have been hospitalised at least once in their lifetime. Furthermore, 84% have attempted or considered suicide. Of those that had previously attempted suicide, 27% were younger than 30, and 28% were earning less than R12 000 per month.

[Click here](#) for the Press Release on the Key Findings from the survey or [download](#) the infographic of stats. To learn more about Bipolar Disorder, symptoms, treatment and support, [click here](#) for the brochure.





## Facebook Friday Online Q&A on 26 May - Bipolar Disorder

**Managing your symptoms, medication,  
avoiding triggers & preventing relapse**

Have questions about Bipolar Disorder that you need answers to? Our FREE Facebook Friday Online Chat is the perfect place to get information for you or your loved one.

The 1pm - 2pm Online Chat will be with Dr Antoinette Miric (Psychiatrist) and Candice Cowen (Psychologist). For the 7pm - 8pm Online Chat, Dr Uschenka Padayachey (Psychiatrist) as well as Sharon Sibanda (Psychologist) will be available to offer useful advice to you or guidance on how to help a friend or family member.

For the poster with more information [click here](#). Don't miss the opportunity to ask the experts your questions, [click here](#) to link to our Facebook page and 'like' to receive updates.



## FREE Bipolar Talk at Akeso Crescent Clinic, 27 May

SADAG and Akeso are hosting a free talk by Psychiatrist, Dr Sheldon Zilesnick, for patients, family members and loved ones. This is taking place on Saturday, 27 May 2017 at 10 am at Akeso Crescent Clinic in Randburg.

Patients, family members and loved ones are all welcome. [Click here](#) to find out more information, or call 0800 70 80 90 to book your seat. This is your opportunity to ask questions on medication, treatment, therapy and other helpful care.



## New Bipolar Videos

SADAG is launching NEW online videos specifically on Bipolar Disorder with top experts. Psychiatrist, Dr Leigh Janet talks about Bipolar Disorder and Medication FAQs, [click here](#) to watch the video.

Also, [click here](#) to watch a video with, Psychologist, Candice Cowen explaining valuable Therapy, Coping Strategies and Self-help Tips you can use to manage the disorder.

[Click here](#) to watch Nkini Pasha, SADAG Board Member, talking about Mental Health Stigma and Discrimination. There is also a video by Kay Curtis, Sandton Support Group Leader, answering the question 'Why join a Support Group?' [click here](#)



## Support Group

Support Group Leader, Megan, will be having a Psychologist, Mr Leon Ueckermann speaking at her Support Group Meeting on Thursday, 25 May 2017, 19: 00 - 21:00 in Fairlands (West Rand).

There are also many Bipolar Support Group Meetings being held in various areas such as: Pretoria (29th June); Randburg (23rd June); Sandton (31st June); Durban - The Bluff (31st June); Tableview (24th June), Glenwood (19th June), Queensburgh (3rd June); Claremont (29th May) and Kenilworth (5th,7th & 29th June). To find a Support Group in your area, please call 0800 70 80 90.



## New Bipolar Play at Market Theatre

'The Inconvenience of Wings' is a wonderful new play based on Bipolar that will be performed at the Market Theatre in June.

SADAG has been given a special date, Wednesday the 21st June 2017, which will cost only R70 instead of R130 for the first 50 people who book. To book your seat, please

email [newsletter@anxiety.org.za](mailto:newsletter@anxiety.org.za)

[Click here](#) for more details about this new show.

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SADAG is available 7 days a week from 8am to 8pm on 0800 70 80 90, and can provide information on Bipolar Disorder, referral to treatment, and guidance on the recovery process.

Regards

Zane

Founder

[zane1@medport.co.za](mailto:zane1@medport.co.za)

Wilson

**Mental Health Matters**

[www.sadag.org](http://www.sadag.org)