



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

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The South African Depression and Anxiety Group



@TheSADAG

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## Mental Health Awareness Month



## Tomorrow's Facebook Friday Chat focuses on "Ask the Dr" online Q&A

With July being Mental Health Awareness Month, SADAG's Facebook Friday FREE Q&A this Friday the 29th July will focus on 'Ask The Dr' with Psychiatrists answering all your questions on Mental Health. Have you been recently diagnosed with a Mental Illness? Do you live with a loved one who suffers from a Mental Health Issue? Need advice on treatment options or have questions on how to better manage your Illness?

The Afternoon online chat starts at 1pm – 2pm will be done by Psychiatrist Dr Jan Chabalala who is also Head of Department of Psychiatry at 1 Military Hospital in Pretoria. The evening chat which starts at 7pm – 8pm is with Dr Shana Saffer who is a Psychiatrist from Netcare Linksfield. The Drs will be answering all your questions on diagnosis, treatment, medication, side effects, tips to manage mental illness and helpful coping tools.

To join the chat, **LIKE** SADAG's Facebook Page: "[The South African Depression and Anxiety Group](#)". Facebook Users that would like to remain anonymous can send a private message and SADAG will ask the experts on their behalf.



## SADAG is Listening...

1 in 3 South Africans suffer from a mental illness at some point in their life.

Stigma about mental illness and people suffering from mental illnesses like Depression, Panic Disorder, or Bipolar Disorder is still rife. Society often believes that a person with a mental illness is 'crazy', out of control, or incapable. Too often, people don't try to get help out of fear for how people will react when they find out.

SADAG has been working for over 23 years to provide that support and reach out to sufferers, their loved ones and their communities in an effort to educate the public and address their stigmas and expectations.

To assist us in doing this, we are reaching out to people suffering from depression in an anonymous online survey. The results will help us to gain a better understanding of the issues facing South Africans who suffer from depression; to recognise your experiences with depression; your treatment choices, and the barriers or hurdles you may face on your road to recovery and wellness.

To participate in this vital survey, please [click here](#).



## New Volunteers needed for SADAG Call Centre

SADAG helps callers countrywide with Mental Health queries and is open 7 days a week from 8am to 8pm. We are the largest Mental Health advocacy group in Africa and receive up to 400 calls per day.

We are currently looking for compassionate, mature individuals with value-add life experience to help in our call centre in Sandton (JHB). We also encourage those who are studying towards a degree in psychology to apply. Volunteering is an incredibly rewarding experience and highlights just what an important role each of us plays in our community.

We will be hosting our next Counsellor Training Workshop on the 20 – 21 August, so if you are interested in joining the SADAG team please fill in the Volunteers Application Form available from our website [www.sadag.org](http://www.sadag.org). For more information please contact Tracy on 011 234 4837 or send an email to [tracy@sadag.org](mailto:tracy@sadag.org).

## New Support Group Leader Training Workshops Coming Up

If you have lived with a mental health issue and would like to volunteer your time to help others cope better and share your experiences - you may be interested in starting your own Support Group in your area. SADAG will host FREE Support Group Leader Training Workshops aimed at existing and new Support Group Leaders during August and September. We will be visiting the following areas: Umhlanga (KZN), Hartebeespoort and Rustenburg (North West), Bronkhortspruit and Belfast (Mpumalanga).

If you are interested in starting a Support Group, SADAG can help you step-by-step in starting, running and maintaining your group. For more information or to book your seat at the upcoming workshops, please call Tracy or Anne on 0800 70 80 90 or email [tracy@sadag.org](mailto:tracy@sadag.org).

