



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

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The South African Depression and Anxiety Group



@TheSADAG

July is Mental Health Awareness Month

This month we are very busy with creating as much awareness as possible about Mental Health, and especially focusing on Panic Awareness Day on the 10th July. During July, we will be hosting various community talks, Support Group Leader Training Workshops, corporate wellness events, online expert chats, launching new self-help videos, etc.

Panic Awareness Day is very close to our hearts since our Founder, Zane Wilson, who suffered from Panic herself started SADAG 23 years ago to help people living with the debilitating illness. See her video message as you recover, [click here](#).

Psychologist Dr Colinda Linde also tackles diverse typical questions on Panic Attacks such as How long does a panic attack last, what you should do if you having a panic attack while driving, teaching key breathing techniques and best ways to manage anxiety through her series of online videos, [click here](#) to watch more.

If you think you may have Anxiety or Panic but not sure, you can fill in the online self-rating questionnaire to assess if you should seek further help. To download the free online questionnaire, [click here](#).



Suffering from Anxiety and Panic – words from the Founder of SADAG

Between 16 and 23% of South Africans suffer from Panic attacks or an Anxiety Disorder. This is not simply nerves before a meeting, or butterflies in your stomach on your big day – Anxiety Disorders affect people's lives and prevents them from achieving their goals, earning a living, maintaining relationships, driving a car, or even leaving the house.

Out of the blue, imagine if your heart starts racing, your fingers go numb, your vision becomes blurred, you start sweating, and your chest closes. All you can think of is having a heart attack or dying. For up to 4% of South Africans, this is a daily reality. It's called Panic Disorder – and there is effective treatment.

Please [click here](#) for more short videos that will help you better manage your Anxiety. The videos address topics such as *7 Ways to Cope*, *Concerns you may have*, *Once You've Been Diagnosed* etc.



New Depression Survey - help us learn more about living with Depression & how we can improve services

1 in 3 South Africans suffer from a Mental Health disorder. Depression, Anxiety, Substance Abuse and Bipolar Disorder are treatable illnesses that often have devastating effects on their patients and their loved ones due to stigma, absence of treatment resources and options, and lack of support. But this suffering is preventable.

For 23 years, SADAG has been providing information, resources and assistance for South Africans with Mental Health Illnesses. Now, during the month of July, SADAG is will be hosting another online survey this time about Depression.

This survey is anonymous and will assist SADAG to gain a better understanding of the issues facing South Africans who suffer from Depression. SADAG would like to recognise your experiences with Depression; your treatment choices, and the barriers or hurdles you may have faced on your road to recovery and wellness. We invite all who have called us to click on and fill in please. It will take less than ten minutes and will help us to improve all the time. SADAG likes to know how we have assisted you and what services or information we were able to help make your recovery smoother.

Please [click here](#) to take our quick survey.



Facebook Friday Chat focuses on Anxiety & Panic Attacks

SADAG Founder & Psychologists chat about Panic & Anxiety on Facebook Friday Q&A – 15th July

Ever had a Panic Attack? Felt like you were dying? Ever seen someone having a Panic Attack? Do you feel anxious all the time? What to do or who to speak to when someone is having a Panic attack? Most people have experienced at least one or a few of the above mentioned symptoms, some never know what to do or where to get help. Get solutions on the next Facebook Friday FREE Q&A, 15th July at 1pm & 7pm discussing 'Panic & Anxiety'.

This time, the Founder of SADAG, Zane Wilson will be chatting and sharing her personal experience on Panic & Anxiety with Facebook Users. She will also be sharing some self-help tips that helped overcome her Anxiety. Joining her for the 1pm -2pm chat is Clinical Psychologist Shai Friedland, to share his expert advice on Panic & Anxiety.

If Facebook Users can't make the 1pm chat, they can join the 7pm – 8pm chat with Clinical Psychologist Dr Colinda Linde who will continue the discussion further and sharing free practical help tips and online tools.

Facebook users that would like to remain anonymous can inbox their questions. To join the chat, visit our website and click on the Facebook link which will direct you to our page or simply [click here](#).

The next upcoming chat is Friday 29 July for a "Ask the Dr" live expert Q&A with Psychiatrist Dr Shana Saffer at 1-2pm & Psychiatrist Dr Jan Chabalala at 7-8pm. Discussing you diagnosis, treatments, symptoms, management of meds, FAQs and self-help tips.



Upcoming Workshops

We have several interesting workshops that are coming up, some workshops are for people living with various Mental Health issues or for Mental Health professionals. Please [click here](#) for details about the new OCD Therapy Group, Mindfulness Workshop, Parenting Workshop, Emotional Regulation Workshop for patients, Sexual Mental Health Workshop, etc.

Find a
Support
Group
Near You



Support Group Corner

Since the last newsletter we've had an overwhelming response from people who would like to join or start Support Groups. Read up on our New Support Groups in Cape Town, Durban, Nelspruit and Johannesburg, [click here](#) for more information. We also share information on existing Support Groups and their upcoming meetings, [click here](#).

- SADAG is hosting a FREE training session for all new and existing Support Group Leaders, on Saturday the 23 July from 9am-12pm, aimed towards informing Support Group Leaders of the joys, roles and responsibilities of running a Support Group with expert speaker. The Training will be at the SADAG offices in Sandton (JHB); seats are limited to 20 people. If you would like to reserve your seat, please contact Tracy on 011 234 4837 or tracy@sadag.org. For the poster and more information about the work, [click here](#).
- If you have lived with Mental Health 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 in partnership with Netcare will host FREE Support Group Leader Training Workshop aimed at existing and new Support Group Leaders who live in around Alexandra, Johannesburg. The Training will take place at St. Hubert's Catholic Church, Cnr 1st & Rev Sam Bhuti Streets, Alexandra Township (Opposite Pan African Mall) on Tuesday, 12th July at 10am to 12pm. [Click here](#) for more details. The next Support Group Leaders Training Workshop will take place on 20th July at the Eersterust Civic Centre. For more details, call Anne or Sam on 0800 12 13 14.
- Substance Abuse Support Group Mentorship- For the last 3 years we have been training and mentoring over 112 Substance Abuse Support Groups in all 9 provinces in partnership with Department of Social Development. During July, we will be hosting Support Group Training Workshops in Polokwane, Giyani and Tzaneen in Limpopo, as well as in Kagiso in Gauteng. If you would like to attend the workshops, or are interested in starting a Support Group in these areas, please call Lebo on 0800 12 13 14 for more details.

A pink banner with a white border containing the text "VOLUNTEERS NEEDED!" in a white, hand-drawn, sketchy font.

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.

To apply download and fill in the "Volunteers' Form" on our website www.sadag.org. for more information please contact Tracy on 011 234 4837 or send an email to tracy@sadag.org. Training will take place between 13 and 14 August, applications close 2 August, 2016.

A logo for "Health & Wellness Day" featuring the words "Health" and "Wellness Day" in a black cursive font, with a purple decorative swirl between them.

Making Mental Health Matter in the Workplace

We offer Corporate Wellness Events for your organisational and corporate wellness days.

Through talks or wellness stands, we teach employees on Mental Health Wellness, Substance Abuse, Stress, Trauma etc. Or we can tailor a training program according to your organisational needs.

During July, we are hosting events at Barloworld, FIS Global Call Centre, Eskom etc. For more information or to book for your company's Wellness Day Training, please contact Naazia on 011 234 4837 or email info@anxiety.org.za.



702 Walk the Talk supports Mental Health

#TeamSADAG is very excited to participate in the 702 Walk the Talk at the end of July for Mental Health Awareness Month. We are so thrilled to have 702 Night Talk presenters Gug's and Sizwe walking in support of Mental Health and are grateful that they chose SADAG as their charity of choice for the walkathon. Gug's and Sizwe are huge supporters of Mental Health and we thank you for helping us create awareness!



Janssen Counselling Container in Diepsloot hosts Substance Abuse Events

To Commemorate SA's Youth Month in June the Janssen & SADAG Counselling Container held numerous events to create awareness on Substance Abuse in and around Diepsloot. Unemployment and poverty are some of the issues that have led most of the youth in this area towards substance abuse. For pictures and more information on the events that were held, [click here](#).

Our container has received a little face lift recently, look out for pics in our next newsletter.

Press Coverage



Local and International Press

Read more on which Mental Health issues are making news around the country and the world. We share articles on lack of Mental Health facilities, new research and personal stories of people living with Mental Health problems.

- **Should you tell your boss about your mental illness?** By journalist Joshua Carstens is an article that discusses whether or not an employee should disclose their mental illness to an employer. Learn what your rights are, [click here](#) to read the full article.
- **Living with Depression** by journalist Mpho Diale (Move Magazine) who writes about the signs of Depression, treatments available and where to seek help. For the full article, [click here](#).
- **Mental Illness Isn't All In The Mind** by Penny Haw (Mum's Mail) is an article about the importance of getting help when you have anxiety, feeling depressed and are burnt-out, [click here](#) to read the full article.
- **Pasiente 'soos honde' in tehuis** is an article by Suzanne Venter (Rapport Newspaper), it's about the poor state of facilities former Life Esidimeni patients have been moved to. [Click here](#) to read the full article
- **Patients lost after Esidimeni closures** by Pieter van Zyl (www.drum.co.za) is an article about the severely mentally ill patients that were moved from Life Esidimeni by the Gauteng Department of Health, and the condition in which they are now in. For the full article, [click here](#).
- **Walk, talk to tackle Mental Health problems** by Daily News Reporter (www.iol.co.za) is an article about the first Durban Health Walk at the beachfront on Saturday, [click here](#) to read the article.

Here is a list of the stories that have made International News

- **The New Fix for Depression** by Dr Gerald Schoenewolf. A study conducted found a correlation between time spent on social media and Depression, to read the full article [click here](#).
- **Overcoming the Shame of a Suicide Attempt** by Jamie Brickhouse is a series of personal stories of how people who have attempted to commit suicide felt at the time. Learn how a suicidal individual feels, [click here](#) for more.
- **Bad Therapist** by Christine King is an informative article about how to tell a 'good therapist' from a 'bad therapist'. It teaches the patient how to know when you are getting good help and support, [click here](#) for the full article.
- **ACP Recommends CBT to Treat Chronic Insomnia** is an information packed article by Tara Haelle about the benefits of using CBT in treating sleep disorder. To read more on this matter, [click here](#).
- **Helping Adult Children of Mentally Ill Mothers** by Caroline Freeman-Cuerden is an article on how parents of Mentally Ill children can better take care of their children and themselves, [click here](#) to read the full article.
- **The Mentally Ill are not alone in Kenya** by Maina Waruru is an article about the lack of expert help in Kenya, and how this one foundation is using a Canadian model to rehabilitate people. To read more, [click here](#).



Freelance Graphic Designer - Intern or Newbie - needed

If you have just qualified or are in your final year in Graphic Design, then we need your help.

We are looking for designers with the following skills:

- Design (layout) – designing infographics, which are sent out to various press & media and is used as a referral for media articles
- Web designing – we have over 60 000 monthly visitors on our website and need to stay abreast with our web layout on www.sadag.org
- Posters & handouts for promotions

If you live in Johannesburg we would be happy to meet with you and see how you may get involved. A stipend will be provided for work done.

For more information contact Naazia on 011 234 4837 or send your application to info@anxiety.org.za

generosity
changes the world

Help and Generosity

So many people to thank this month who have been kind and generous, most people have wished to remain anonymous, so we are not recording names at all. The funds, ranging from R50 to R6,000 and are gratefully received.

This week there was a TV programme that aired a Mental Health interview on Tuesday night, and the whole of Wednesday we received hundreds of calls. We had to call in double volunteer shifts, and sadly still running with a backlog of 80 patients that are trying to contact back.

After the announcement of the online Facebook Reporting Tool, sadly we have received many more suicidal calls from friends and family who need our help to contact their loved ones.

Have a happy and healthy Mental Health Awareness Month.

Warm wishes,

Zane Wilson (Ms)
SADAG Founder
zane1@hargray.com