

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



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The South African Depression and Anxiety Group



TheSADAG

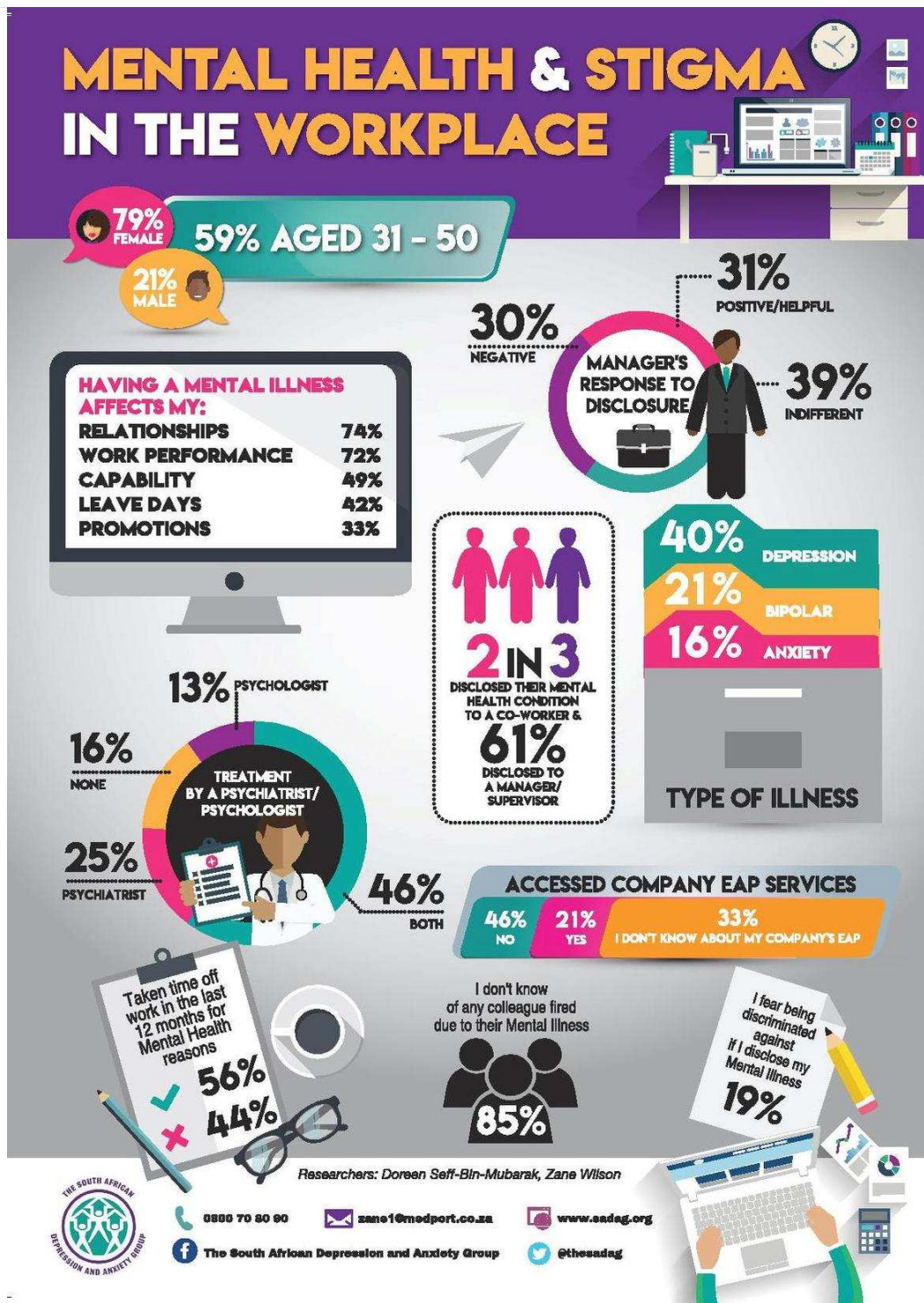
Mental Health in the Workplace

10 October 2017

Making Mental Health Matter

This month, World Mental Health Day takes place on the 10th of October, and the theme this year is Mental Health in the Workplace. SADAG had 499 respondents participate in an online survey, which focused specifically on the issue of Stigma in the Workplace as it has become a key problem to deal with in South Africa, affecting both employees and employers. "Depression affects cognitive functioning such as decision making, concentration, memory and problem-solving abilities. Depression can negatively impact productivity," says Psychiatrist and Psychologist Dr Frans Korb.

Dr Seape, chairperson of the Psychiatry Management Group (PsychMG) - a division of SASOP - says: "Organisations and individuals alike need to become more aware of the reality and impact that Mental Health has on the Workplace. You can't expect the person suffering from Depression to be the only one to be held accountable alone. "The onus is on both the employee by seeking help, discussing with line-manager or HR or dedicated mental health staff member, and compliance with treatment through medication, therapy and lifestyle changes" [Click here](#) for full press release.



Survey results - Stigma in the Workplace

SADAG released new local statistics on Stigma in the Workplace. Have a look at the above infographic and [click here](#) to read the press release for more details.



Mental Health Corporate Wellness

SADAG is continually approached by companies to conduct Wellness Days and Corporate Talks on various Mental Health issues, including Depression, Post-Traumatic Stress Disorder (PTSD), Stress in the Workplace, Suicide Prevention, as well as Bipolar and Substance Abuse. To book your company's next Wellness Talk, please contact Justine on press@anxiety.org.za



Mental Health in the Workplace #FacebookFriday Online Chat

Look out for the #FacebookFriday FREE Online Chat on the 13th October, with Psychologist, Dr Lori Eddy at 1pm-2pm and again at 7pm-8pm with Psychiatrist & Psychologist, Dr Frans Korb. Join the chat for an opportunity to ask questions. You can also send your questions to newsletter@anxiety.org.za if you would like for them to be posted anonymously. [Click here](#) for more information



Online Videos

Watch our online videos for some insight into Stigma and Mental Health. Nkini Phasha, SADAG Board Member, discusses "[Mental Health Stigma & Discrimination](#)" and Zoleka, Senior Counsellor, talk on "[Debunking the Myths of Depression](#)".



Durban Mental Health Advocacy Walk

Join the 2nd Annual Durban Mental Health Advocacy Walk at 9am on Sunday, the 15th October at the Durban Beach Front.

For more information please [click here](#).



Ithemba Foundation's Hope Hike and Hope Bike

Get Walking, Start Talking!

Do you want to break the Stigma and silence around Depression as a Mental Illness? Join us on the Hope Hike and Hope Bike to help raise awareness around Depression as a clinical illness with a

family friendly fun walk and mountain bike trail.

Cape: Sunday, 15 October, Blaauwklippen, Stellenbosch, R44

North: Sunday, 29 October: Van Gaalen's, Skeerpoort

[Click here](#) for more details.



Support Group Talks

With World Mental Health Day tomorrow, our Support Groups are bustling with activity. Our Support Groups are hosting a

variety of professionals talking on this year's theme of Mental Health Stigma in the Workplace. SADAG provides our Support Groups with the opportunity to host guest speakers on specialised topics to create awareness and understanding. Through this we hope to continue creating consciousness and advocacy on pertinent Mental Health topics.



Articles

A few interesting articles that you can glance on:

- * [Managing Depression At Work,](#)
- * [Proactive Management Is The Best Medicine For Mental Illness In The Workplace.](#) By Dr Ali Hamdulay
- * [Disclosing Depression And Insurance](#)

[Policies.](#)



Esidimeni 94+ - Gone but never forgotten

It has been 2 years since we first got involved in the Esidimeni tragedy, during which lead to over a hundred patients losing their lives after being moved to unlicensed and ill-equipped NGOs. Since the Ombudsman report in February 2017,

hundreds of patients were moved out of those NGOs and relocated to hospital facilities. Since then, the bereaved families have been trying to find answers and information about how their loved ones died. As recommended by the Ombudsman, the Alternative Dispute Resolution sees the start of the Arbitration Hearings today, 9 October at Emoyeni in Johannesburg. For the next 3 weeks, the bereaved families will have the opportunity to share their stories and express the pain of losing their loved ones in a public hearing. SADAG hopes this will be the platform for the families to find closure and hold those responsible for the tragedy accountable. SADAG, along with Section 27 and the Esidimeni Family Committee, will be supporting the families over the next 3 weeks. Please follow the press for daily updates or follow SADAG on Twitter (@TheSADAG). Please [click here](#) for the statement from Section 27. [Click here](#) for today's article by Gregg Nicolson from Daily Maverick explaining what we can expect.

We hope you have a successful World Mental Health Day, reading, resting, or making a difference by helping others.

Best Wishes,

Zane Wilson (Zane1@medport.co.za)

Founder

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