

SADAG Office	011 234 4837
Suicide Crisis Helpline	0800 567 567
Dr Reddy's Mental Health Helpline	0800 21 22 23
24 hr Cipla Mental Health Helpline	0800 456 789
Pharma Dynamics Trauma Helpline	0800 20 50 26
24 hr Discovery Medical Student Helpline	0800 323 323
Adcock Ingram Depression and Anxiety Helpline	0800 70 80 90
24 hr DSD Substance Abuse Helpline	0800 12 13 14
24 hr University of Cape Town Helpline	0800 24 25 26
24 hr University of Pretoria Careline	0800 747 747
University of the Western Cape Student Helpline	0800 222 333
Cipla Whatsapp Counselling 9am - 3pm	076 882 2775



Website: www.sadag.org



The South African Depression and Anxiety Group



TheSADAG

March Newsletter

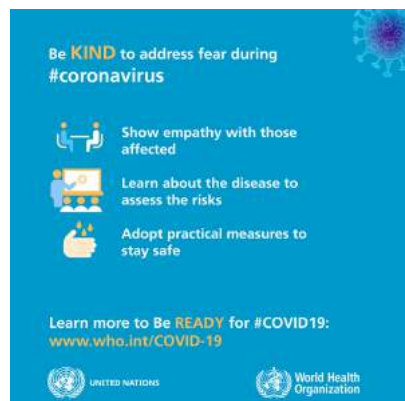
Match your donation fund raising campaign

R56,720.00
RAISED FOR MENTAL
HEALTH

During the months of November and December 2019 we asked you to help us by making donations towards Mental Health. We also had a incredibly generous donor who had guaranteed to **MATCH ALL DONATIONS** made during this time.

We were able to raise up to R28,360.00 which was matched and pushed our total raised funds to R56,720.00. we are beyond thankful to all our donars.

Thank you for your generous gift to SADAG. We are thrilled to have your support. Through your donations we have been able to continue supporting so many South Africans looking for Mental Health support and continue working towards Mental Health Advocacy everyday. You have truly made a huge impact to SADAG and we are extremely grateful!



Coronavirus: how to stop the anxiety spiraling out of control

"It's natural for us to worry about potential dangers to our safety and wellbeing. So if you're feeling concerned about the Coronavirus, you're not alone. Yet, for some of us, this concern can quickly grow into anxiety, even panic. Hearing about shortages of hand sanitizer, people stocking their homes

with food, and the number of deaths worldwide only fuels this fire." says Clinical Psychologist, Dessy Tzoneva

If you're finding yourself overpowered by fears of exposure, infection, death, here are some ways to regain your balance:

- Educate yourself on the facts from reliable sources([WHO / CDC](#)).
- Limit time spent on news watching/following (whether SA has 1 or 10 cases, nothing changes about what you need to do).
- Remember that what you hear on the news depends on what they choose to focus on, & that they tend to use shock value, reporting on the extremes.
- If you have a compromised immune system or a medical condition you're worried about, speak to your doctor for more specific guidance.
- Practice [relaxation techniques](#) to ease stress levels & help your immune system.
- Try [mindfulness](#) to stay in the present moment, rather than living in future 'what ifs'.
- Question your thoughts to see if they're facts or fears, knowledge or assumption.
- Remind yourself that uncertainty does not guarantee danger.

We as a society need to avoid sharing fake news during this time as the panic create by media is turning out to be worse than the disease itself. To learn more about Covid19 and the latest information shared on the matter click [here](#).

And if you're battling with constant anxiety, disturbed sleep, trouble getting through your daily activities, reach out for help. Click [here](#) for more self help



SADAG put Teen Suicide Prevention Week in the spotlight

It was recently Teen Suicide Prevention Week and SADAG run the National Toll Free Suicide Crisis Helpline which takes a huge number of calls from teens who are calling for themselves or on behalf of a friend. We had a very successful Teen Suicide Prevention Week as there was a large amount of awareness raised through Press and Media. SADAG were inundated with calls from journalists across the country looking to share information, resources and expert advice on Suicide Prevention and Teen Depression. SADAG managed to create:

- R8 718 339.60 Estimated value of press and media advertising generated.
- 96 Online Articles
- 71 Newspaper Articles
- 40 Tv and Radio Interviews
- 109 608 364 people reached

We are so thankful to all the press and media for their amazing contribution to making mental health matter in SA. A big thank you to Newsclip for the fantastic Media Monitoring they assist us with.

- Teen suicide highlighted by SADAG. Read [more](#) in an article by the Bloemfontein Courant.
- How to help a depressed teenager. Since teens are the most at-risk age group for suicide, here's what you need to know about helping a depressed teenager... Read [more](#) in an article by All for Women.
- SADAG urges parents to talk about depression with their children. [Listen](#) to an interview with East Coast Radio.
- Dr Sindi Van Zyl discusses Teen Suicide Prevention on The Espresso Show. Click [here](#) to watch the full episode.

The Teen Suicide Prevention Toolkit is still available on the SADAG website homepage. Go to www.sadag.org to access the Teen Suicide Prevention Toolkit now.



SADAG advocate to improve disability grant processing

We get many calls from people who have issues when trying to apply or to access the Disability Grant for mental illness – SADAG really wants to try improve the system and processes so that people living with mental illness don't have delays or challenges when trying to register or access their disability grant.

BUT WE NEED YOUR HELP PLEASE - Have you had any issues applying for or accessing disability grants? Was there a long approval process? Were you rejected? If so, please share your experience with us by emailing your experience to office@anxiety.org.za.



The Empathy Project Art Exhibition

12 March - 3 May

The Empathy Hope Project is an immersive art exhibition with a focus on the impact of our social environments on the health of our minds. Spotlight on #EMPATHY to curb stigma and #HOPE to encourage mental well-being.

Exhibition opens on 12 March 2020 @18.00pm, Durban Art Gallery, Smith Street, 2nd Floor City Hall, Durban, KZN. - all welcome, free entrance (please confirm attendance to email details below.)

With a local South African focus, the exhibition will opening up a visual discussion, on a public platform, informed by local voices. The space will allow people to relate to our shared experiences with mental illness as well as the elements that impacts our mental health. With success this exhibition will travel to other cities that will incorporate local artists and local content that speaks to relevant communities.

Next week, 18th March, they have a great lineup of panelists joining at a seminar on #mentalhealth in the same venue at 12.30...please join us!

For more information:

Visit: <https://www.facebook.com/empathyhopeproject>

Email: empathyhopeproject@gmail.com

New Mental Health Support Group Leader Training in Cape Town

4 April 2020

Support Groups provide a safe space for people living with mental illness to



connect, learn and share with others who have been through similar experiences. We are urging people living in Cape Town and its surrounding areas to think about starting a Support Group in their community.

SADAG is hosting a Support Group Leader Training Workshop on Saturday the 4th of April in, Kenilworth Cape Town. If you are interested in starting a Mental Health Support Group in your area, please contact Krystle on 0800 70 80 90 or sms "Support Groups" to 31393 or email supportgroups@anxiety.org.za. Seating is limited so please rsvp as soon as possible, to avoid disappointment.



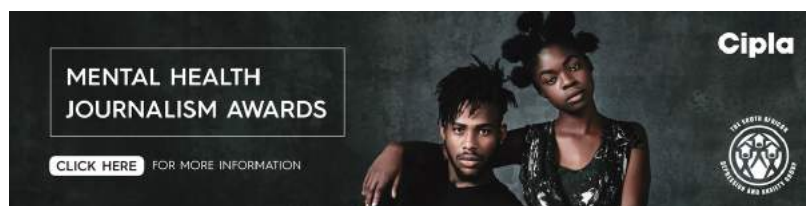
Hettie se Kersfees

New Afrikaans play on loneliness and depression.

Join the one-woman show called "Hettie se Kersfees" at the Woordfees Festival this year (12-14 March in Stellenbosch). It is an Afrikaans, female adaptation of British playwright Steven Berkoff's one-man show "Harry's Christmas".

The play is a dark comedy that follows Hettie in her journey whilst experiencing a desperately alone four days leading up to Christmas. The main themes are loneliness, isolation and depression.

Tickets are only R50 and available at Computicket - Click [here](#) to book now. Click [here](#) to take a look at the trailer. If you are in the area we urge you to support the play and help destigmatize mental health.



The Cipla Mental Health Journalism Awards 2020

SADAG are proud to announce the Cipla Mental Health Journalism Awards in partnership with Cipla, to honour outstanding work which helps to create awareness, advocate change and empower people to seek help. Cipla will be sponsoring three Mental Health Journalism Fellowships for 2020, in the fields of print, broadcast and online journalism.

The three winners of this Fellowship will each receive a R20 000 cash prize. To learn more about the entry criteria, application process and deadlines for the Cipla Mental Health Journalism Award 2020, click [here](#) for more details. The winners will be announced at the Cipla Psychiatric Congress in August 2020.



Upcoming Workshops

- Join the families and Substance Abuse Disorders CPD Workshop on Friday, 13 March 2020 (8:30 – 12:30) by Clinical Psychologist, Nkateko Ndala-Magoro at the Stabilis Treatment Centre, Pretoria. Learn more about Families and Substance Use Disorders and the importance of an inclusive intervention. Earn up 3CPD points. The event will cost R425pp. Bookings: debtors@stabilistc.co.za or 012 333 7702.
- Practice-Based Dialectical Behavior Therapy by International speaker, Dr. Lane Pederson who is also a therapist, author, trainer, and consultant who understands the challenges and opportunities of implementing DBT in real-world settings. Join the two day Certificate Course by Acacia Training on the following dates:

Cape Town 31 March and 1 April

Durban 3 and 4 April

Midrand 6 and 7 April

This course is available for 12 total CPDs.

Click [here](#) to learn more about the cost, to RSVP and more.



New online survey on Serious Games - Participate now

SADAG and Growing Ground Breakers and Raising Resilient Researches would like you to assist us by completing a FREE online survey in efforts to create more awareness through research in SA.

Serious Games are computer or video games that go beyond the purpose of pure entertainment, and include an educational component. We are doing an international survey to find out what mental health clinicians think about the application of Serious Games in the psychotherapeutic context in South Africa.

You can take part if you are a mental health clinician (or if you are currently in training to become one) working with clients. If you are a Mental Health care user and have experienced any form of psychological therapy (i.e. any form of “talking therapy” such as cognitive behavioral therapy/CBT, psychoanalysis or other forms of psychological counselling) in South Africa. Your views are still important and we want to hear from you.

Click [here](#) to take the quick survey if you are a clinician.

Click [here](#) to take the quick survey if you have experienced any form of psychological therapy.

If you have any questions or are interested in the final results, please contact the study leader, Professor Soraya Seedat (sseedat@sun.ac.za) or co-investigator, Dr Georgina Spies (ggioscos@sun.ac.za) at any time.



Diepsloot project raising awareness in the community

2020 has been a busy year so far for the Diepsloot Counselling Container. They have been involved in a variety of activities already.

During February, we had Teen Suicide Prevention Week and the Diepsloot Container staff conducted many School talks throughout the month. One of the many talks presented was the school talk at The Diepsloot Combined school to 398 learners. Each learner was equipped with Mental Health materials as well as information on how to help a friend or loved one. The Students were very active and learners were very interested in how to help a fellow class mate who may be at risk.



Diepsloot also host their Monthly Support Group meetings where up to 35 members arrive to discuss their Mental Health and join in conversations about their Mental Illness and how to support one another along their journey. The Janssen Diepsloot Counselling Container recently hosted an Awareness Day on Mental Health at the Diepsloot Mall (Entrance 3) where they distributed brochures

and pamphlets on Depression, Suicide, Stress, Anxiety and Substance Abuse to as many people as possible that visit the Mall. This time it appeared to be over 350 people. SADAG also promotes the free face-to face counselling services that they offer to all the people living and working in Diepsloot.

Email: nonnie@anxiety.org.za to find out more about how you can get involved at the Janssen Diepsloot Counselling Container.



Support Group Corner

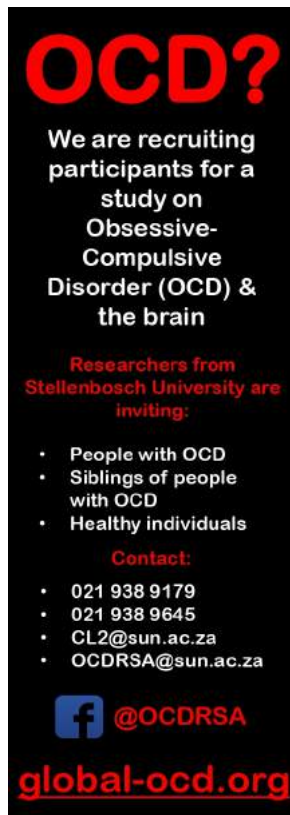
2020 has started with a bang - many Support Groups around the country have hosted meetings and speakers for the new year - but there has been a surge of new Support Groups launching which is very very exciting.

We currently have 10 New Support Groups launching this year in Bethel, Soweto, Wynburg, Bloemfontein, Kimberley, Masiphumelele, Midrand, Centurion, Tembisa, etc. Click [here](#) to visit the SADAG website to view the upcoming support groups. If you would like to join a Support Group in your area, please call SADAG on 0800 70 80 90.

If you are interested in starting a Support Group in Katlehong, Daveyton, Tsakani, Tembisa, Midrand or Alexandra, please call SADAG on 0800 70 80 90 or email supportgroups@anxiety.org.za.

Join these upcoming Support Group meetings in the days to come:

- Join the Support Group for Woman living with Depression & Anxiety. The launch will be held in Masiphumelele, situated between Kommetjie, Capri Village and Noordhoek in Cape Town on the 16th of March 2020 at 8:30am. For more info or to RSVP contact Laura 064 079 1113.
- Join the Support Groups for Depression, Anxiety and Bipolar on the 31st of March in St James Church, 18 Ernst Janson St, Heuwelsig, Bloemfontein at 6pm. For more info or to RSVP contact Samantha 078 668 7595.
- Dont miss the Support Group meeting for Depression, Anxiety and Bipolar on Thursday the 19th of March at 6pm in Douglasdale Johannesburg. For more info or to RSVP contact Cecile 083 461 3993.



OCD?


We are recruiting participants for a study on Obsessive-Compulsive Disorder (OCD) & the brain

Researchers from Stellenbosch University are inviting:

- People with OCD
- Siblings of people with OCD
- Healthy individuals

Contact:

- 021 938 9179
- 021 938 9645
- CL2@sun.ac.za
- OCDRSA@sun.ac.za

 @OCDRSA

global-ocd.org

New Global OCD study starting in Cape Town

We are recruiting participants for a study on OCD and the brain.

This international OCD study with sites at the Universities of Stellenbosch and Cape Town investigates how the brains of people with OCD work in comparison to the brains of individuals who don't have OCD. It also looks at response to medication in a subset of people with OCD. The study is inviting people with OCD, siblings of people with OCD, as well as healthy individuals, to take part in the research study to gather information specific to SA understanding OCD, and treatment, better.

If you have been diagnosed with OCD, or are a sibling of someone with OCD, over the age of 18 years, we encourage you to get involved. The specialists involved in the study are some of the country's leading experts in OCD. To participate in the trial is FREE and there is a travel stipend for the 3 consultations.

To learn more about the study and how to participate, visit Facebook: [@OCDRSA](https://www.facebook.com/OCDRSA). or contact Prof Christine Lochner (cl2@sun.ac.za; 021 938 9179); her research assistants (OCDRSA@sun.ac.za; 021 938 9654).



SADAG KZN

Click [here](#) to see the third edition of SADAG KZN's newsletter for 2020.

In this edition we introduce empathy and hope and using art a visual conversation tool to engage community mental health. We've recently added a section called "Our community, Our voice" where we include submissions from people in our local community and their experience with mental

health.

The rest of our newsletter is filled with upcoming events, empowering information, Support Groups, Corporate Talks and upcoming events. Contact kznsadag@anxiety.org.za or kznprojects@sadag.org for more information.



Rowing 3,000 miles across the Atlantic Ocean for Mental Health

South African solo rower John Dempster of Watering The Mind has completed the Talisker Whisky Atlantic Challenge 2019, the World's Toughest Row in 63 days, 9 hours, 14 minutes. He has rowed 3,000 miles across the Atlantic Ocean for Mental Health Awareness! SADAG are beyond proud of John and his amazing achievement. .

- Meet John Dempster: The SA solo rower who crossed Atlantic Ocean in 63 days. Click [here](#) to read more in an article by BizNews.
- Rowing 3 000 nautical miles across Atlantic Ocean for mental health awareness. Read more in an article by IOL

Follow John and learn more about his journey at www.wateringthemind.org or visit his Facebook page [here](#).



SADAG get awesome new desks

The demand for SADAG services are growing each day so we have had to create more space for our call center to expand. With that means more desks for our volunteer counsellors.

To Michael Stein from Ukhuni furniture, THANK YOU for donating the brand new AWESOME desks for our SADAG Call Center, they are bright, brand new and fit our call centre wonderfully.

Visit www.ukhuni.co.za to Support Ukhuni Furniture and take a look at the Business furniture they offer. The installation team are friendly, quick and efficient. Through Ukhuni's team, they helped us maximize space and expand our call center by 19 desks.

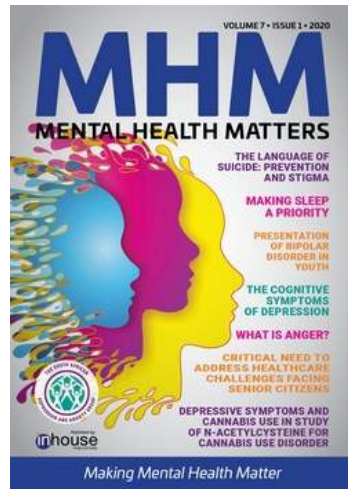


When the lights go down SADAG doesn't stop, we need a inverter

SADAG still need desperately to answer their emergency lines from suicidal patients on a non-stop basis. Whilst the power and phone calls cease during load shedding or unplanned load shedding, people are still in crisis around the country. Our service is to take their calls and refer them to immediate help with hospitals, clinic or ambulance. Very often we need to get family members to them at home or at school.

SADAG's work is being badly hampered. There are 23 suicides a day and ten times as many attempts every single day in SA. SADAG urgently needs two or three inverters donated to help us keep running when the power isn't. We have over 24 lines and receive over 600 calls a day and it is essential we stay running to avert any potential crisis. Please help us with a donation so that our critical work never ceases.

If you are able to help, please call Vanishaa or Busi on 011 234 4837 or email projects@anxiety.org.za.



Mental Health Matters Journal

Have a sneak peek of the new Mental Health Matters January issue. Don't miss out on new topics, fantastic information and great expert opinions.

Here are some recent articles:

- **What is the purpose of The National Health Insurance and the role of Educational Psychologists?** [Read more in an article](#) by Educational Psychologist and Head of Advocacy Educational Psychology Association of SA, Dr Martin Strous.
- Anger is a normal healthy emotional response just like sadness, fear and joy. How do we know when it's an issue? [Read more about What Is Anger](#) by Clinical Psychologist, Yumna Zubi.

If you are a Mental Health Professional, subscribe to the Journal via the website or please click [here](#). If you already receive the Journal and would like to recommend topics or you would like to write for the Journal, please email Tracy at research@anxiety.org.za.



Mental Health in the SA Press

SADAG advocate for Mental health through various channels, however we receive a massive amount of support from the press and media in SA. Learn more about what is being shared in the SA Press relating to Depression, Anxiety, Mental Health, Teen Suicide and Workplace Stress.

- Hope for Children with Asperger's Syndrome. Asperger's is difficult to diagnose but with proper support and professional assistance, children with Asperger's can lead a good and productive life. Read more in an article by Marina Zietsman in [Child Mind Magazine](#).
- 5 Easy ways to improve your mental health right now. [Read more](#) in an article by All4Women.
- Learn to support your teens mental health says mom who lost her daughter to suicide. Read more in an article by Mom Tania Jonker in [Parent24](#).
- Want to know more about Teen Suicide and how to help a friend or loved one? [Read more](#) about Teen Suicide Prevention in an article by the Sandton Chronicle.
- If you're feeling isolated, know that there are many ways to reclaim connection. [Read more](#) in an article by Adele Jackson-Gibson in Good House Keeping.
- 5 ways to help a depressed teenager. Read more in an article by WeCare Marketing in [Independent pharmacy online](#).
- Local self-harm survivors share their stories and what led to their healing in an article by Siyabonga Dzimbili on [W24](#)
- Main Causes of Workplace Stress in African Companies. Read more in a compelling article by [ICT Talks](#).



Feedback from our Callers

There is always HOPE!

- Once again I'd like to thank you guys for all the time and effort you guys are putting into supporting my family in this time. - L
- Thank you and your team for the assistance! After chatting to your counselor I feel like there is some room to move again! Your help is greatly appreciated. - T
- Just phoned SADAG.... Best advice, uplifting words and best way forward. I'm glad I made a decision to phone them. Thank you SADAG. - K
- SADAG has been very informative and helpful. More people must be made aware of this serious condition that is affecting so many lives. - A



Thank you for your Generous Support

A big Thank you to Johan and Gavin from Ultimate Data Sciences. They always assist us in emergencies and provide technical support to our call center computers. Their time in an emergency is incredibly helpful. We are

extremely grateful.

We would like to thank Trunuty Communications who are technical support for the call centre phones. Their technical consultant are available at all times for support that is necessary.

A sincere thanks to Stouf, for continuing to provide SADAG with the sms platform that is used by thousands of patients who need to be urgently in touch with us.

Thank you hugely to Noreen Greaves for assisting us with locating additional parking bays as SADAG were running out of safe parking space for our volunteers.

All of us at SADAG are here to make a difference to your life, no matter how big or small your problem, we are here to help you.

Zane Wilson
Founder
The South African Depression and Anxiety Group
zane@sadag.org



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