

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



## Let's Talk about Depression this World Health Day 7th April

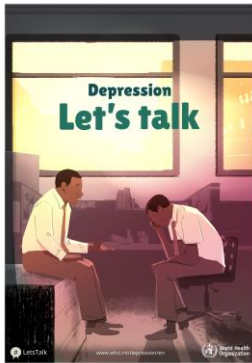


### SADAG joins the Global Conversation

World Health Day is celebrated on the 7th of April to mark the anniversary of the founding of the World Health Organisation. This year's theme is "Depression: Let's Talk".

About 1 in 6 South Africans suffer from Depression – although only about a quarter of sufferers ever seek or receive treatment. Depression is the leading cause of Suicide in South Africa, with 23 completed Suicides every day – and

a further 460 attempted suicides every 24 hours. It may not always be easy to tell the difference between a run-of-the-mill bad mood and Depression. If you have five or more of the symptoms below for most of the day, nearly every day, they persists for at least two weeks, and the symptoms are severe enough to interfere with your daily activities, you may have depression. [Click here](#) for more information.



## Symptoms of Depression

- Depressed mood, sadness or an "empty" feeling or appearing sad or tearful to others.
- Loss of interest or pleasure in activities you once enjoyed
- Significant weight loss when not dieting, or significant weight gain
- Inability to sleep or excessive sleeping, always feeling exhausted.
- Restlessness or irritation (irritable mood may be a symptom in children or adolescents)
- Fatigue or loss of energy
- Feelings of worthlessness, or excessive or inappropriate guilt
- Difficulty thinking or concentrating, or indecisiveness
- Recurrent thoughts of death or suicide.



### Online Videos

Be on the look out for a variety of new and informative online videos that SADAG has made available. We have actress and ambassador, Lilian Dube talking about Depression. You will also be able to gain some vital information about how to manage your Depression from Clinical Psychologist, Zamo Mbele and gain better understanding of Depression in the Elderly from Psychiatrist, Dr Chabalala. There are useful videos on how to start and manage a Support Group from Lara and Shelagh, respectively. These videos will be available on our website, [www.sadag.org](http://www.sadag.org) on Friday the 7th April.



### Facebook Online Chat - 7th April

SADAG is giving people throughout the country access to free help via our Facebook Online Q&A Chat #FacebookFriday on "Let's Talk: Depression" this Friday, 7 April from 1 – 2pm with Psychologist Liane Lurie. She runs her own private practice based at Akeso in Parktown, Johannesburg. She works with individuals, families, children and adolescents and focuses on areas such as depression, bullying, anxiety, self-harm and eating disorders. We will have another chat again at 7-8pm with Psychologist, Linda Blokland, based at Weskoppies, her focus areas are Depression, Anxiety, Cognitive-Behavioural Therapy, Eating Disorders, Family Therapy and Relationships. Join the chat and ask experts any questions that you have about Depression, its diagnosis, symptoms, treatment plans, how to speak to a loved one, what to do and where to get help. For more information about the chat [click here](#) or to go directly to our Facebook page [click here](#). Facebook Users that would like to remain anonymous can send a private message with their questions as well as email their questions to [newsletter@anxiety.org.za](mailto:newsletter@anxiety.org.za) and SADAG will gladly ask the question on their behalf.



## Twitter Chat at 1pm - 2pm

Focusing on this year's theme for World Health Day "Let's Talk: Depression" - SADAG is hosting a LIVE Tweet Chat. This is a live Twitter event, usually focused around a general topic and aligned with this year's theme, we will be engaging with Twitter users who would like to ask questions and know more about Depression with experts sharing help, info & tools to help understand & cope with Depression. The chat will take place from 1pm – 2pm on Friday 7 April 2017, to join the conversation all you need to do is tweet during the designated time using the hashtag #DepressionZA and follow us on Twitter @TheSADAG.



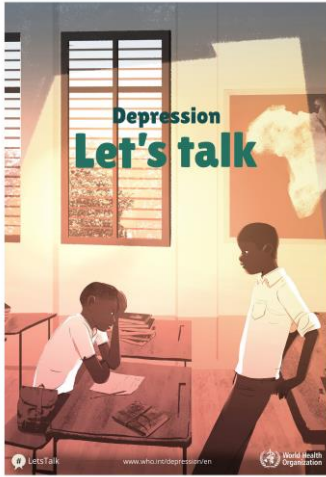
## Support Groups Workshops

SADAG has over 200 Support Groups nationwide, for mental health patients, as well as their loved ones, a place of warmth, understanding and support. Support Groups are run either by members who have experienced mental health issues, or professionals working in the community wanting to help others.

These Support Groups allow members the opportunity to form connections with others who have experienced similar challenges. Running a Support Group is an incredibly rewarding experience and highlights the important role each of us can play in our community.

If you want to start your own Support Group, SADAG is hosting Support Group Leader Training Workshops in KwaZulu Natal and Western Cape on the 19th-21st April, and in the Eastern Cape in May. This training is to help train Leaders on how to get started and how SADAG can support them. If you are interested in starting your own Support Group, and want to learn more about it, please email Lara on [supportgroups@anxiety.org.za](mailto:supportgroups@anxiety.org.za).

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## Let's Talk Depression in Diepsloot

In Diepsloot where we have the free Counselling Container, we will be holding several activities. My Family Africa (NGO) are hosting a talk on Depression at a Support Group with Chronic illnesses on 5th April at 9am. A Depression Awareness Day is being hosted by the Community Policing Forum (CPF) on the 6th April at the Diepsloot Mall at 10am. At 9am on the 6th April, Counsellors will be hosting a Depression Awareness Day for Nurses and patients at the O.R. Tambo Clinic in Extension 2. Also, don't miss the talk on Depression with Support Group leader, Thuli, at the O.R. Tambo Clinic. There is a Community Dialogue on Depression at the Skills Centre in Extension 2, on the 7th April at 10am. Members from Youth Organisations such as Afrika Tikkun and Diepsloot Youth Projects are participating. Contact Anne or Lara on 0800 21 22 23 for more information.

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For World Health Day we are highlighting Depression and destigmatizing Mental Health. SADAG offers free telephone counselling 7 days a week, and gives referrals nationwide.

Regards  
Zane Wilson  
Founder  
South African Depression and Anxiety Group  
[zanel@medport.co.za](mailto:zanel@medport.co.za)

## Making Mental Health Matter