

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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## August Newsletter 2016



### Demand for SADAG services continues to stretch our resources

Through continual awareness campaigns, workshops and outreach programmes in rural and urban communities, the recognition and awareness around the services SADAG is increasing at a rapid rate. This means that the SADAG helplines are getting busier by the day, and the calls themselves are getting more complicated. The SADAG crisis and referral helplines currently receive over 18,000 calls per annum.

The two SMS services SADAG offers are working around the clock, and people contact us via email, SMS, Fax, Facebook and Twitter. SADAG receives over 100 SMS messages per day, our newsletter has over 25,000 subscribers, 'The South African Depression and Anxiety Group' Facebook page has over 10,400 members, and @TheSADAG Twitter account has over 5,250 followers. SADAG aims to return all requests for assistance within 48 hours, and our Suicide Crisis line is manned continually to ensure immediate assistance. SADAG would like to extend our sincerest

thanks to Stouf and Starfish Mobile who have sponsored and supplied all of our SMS services at no charge.

To view a graph that shows the daily distribution of SMS messages recieved click [here](#).

SADAG has had a lot of exposure through Newspapers, Magazines, Radio and Television, and this means that SADAG needs to recruit additional permanent counsellors. The challenge becomes covering these additional costs whilst still offering the highest standard of assistance.



### **KZN Suicide Awareness and Remembrance Walk -11 Sept**

The 10th Annual Suicide and Remembrance Walk in Umhlanga, organised by Survivors of Suicide of Loved ones (SOLOS), will be taking place on Sunday the 11th of September 2016. All participants will meet up at Durban View Park at 8:30am. The walk gives individuals the opportunity to remember and share the different ways in which suicide has affected their lives, and before the walk a short talk will be held where a few survivors will share their personal stories.

Whether you are a survivor yourself, a family member or friend who has lost someone, or just someone who wants to help support this cause, all are welcome to join. Click [here](#) to get further details for the event.



### **Facebook Friday - 26 Aug - Eating Disorders**

Do you constantly monitor your food intake? Do you worry a lot about your weight? What is Anorexia? What is Bulimia? How do you know if you have an Eating Disorder?

If you have ever wanted answers to questions like these, then you should join our Facebook Friday chat about Eating Disorders where you can ask for FREE Expert advice on Friday 26th August with experts Psychologist Jasmine Kooverjee and Clinic Manager Annemarie Louw from 1pm-2pm, and Psychologist Linde Viviers,

from 7pm-8pm. Click [here](#) for more info about the chat. Click [here](#) to access the chat via our Facebook page.



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## Mental Health in the Press

Read more on which Mental Health Issues are making news around the country and the world. We share articles on Self-Help tips, new research and personal stories of people living with Mental Health problems.

### Local Press

In local press we have articles dealing with how to boost your self confidence (click [here](#)), dealing with mental illness in the work place ([here](#)), What is G.A.D? ([here](#)), the ways trauma and violence are affecting South Africa's children ([here](#)), how to cope with a miscarriage ([here](#)), and how to prepare your loved one for rehab ([here](#)).

### International Press

This month's International stories are hugely diverse: an OCD sufferer coping with the chaos of New York (click [here](#)), ECT's effectiveness in preventing relapse for Depression sufferers over 60 years old ([here](#)), the positive effect that Group Therapy can offer Trauma patients ([here](#)), Bipolar and the additional risks with Substance Abuse ([here](#)), and four key issues on Anxiety in Adolescents ([here](#)).



**You're in safe hands**

## Netcare Support Group Leadership Training Workshops

SADAG has partnered with Netcare to start 12 new Mental Health Support Groups across three provinces, namely: Gauteng, Mpumalanga and North West.

SADAG has recently hosted Workshops in Alexandra, Eersterust, Benoni, Krugersdorp and Hartbeespoort. In the coming month SADAG will host several more in Phokeng, Rustenburg and Zeerust. To see detailed information about the previous Workshops please click [here](#). If you need any further information about any of the Workshops please contact Sam or Anne at 011 234 4837.



## Support Group Corner

Support Groups offer an important support structure to people struggling with all kinds of problems.

For a look at some of the new Support Groups, as well as a few existing ones, please click on the [link](#).

As always, SADAG is also doing more Training, as we focus on building capacity and improving access to mental health support. A great opportunity for Training coming up is the Workshop at Akeso Clinic on the 3rd September, in Umhlanga, Kwa-Zulu Natal. Click [here](#) for more info.

Should you wish to start a SADAG affiliated Support Group please contact Tracy, Sam or Lebo at [tracy@sadag.org](mailto:tracy@sadag.org) or 0800 21 22 23.



## Esidimeni Issue escalates in Gauteng

In June this year the Gauteng Department of Health ended its contract with Life Esidimeni, a company charged with providing care for patients with chronic mental health problems.

This has left hundreds of patients and families in turmoil. On Tuesday 16 August #Checkpoint broadcasted the premiere of documentary “Dignity Denied” discussing this issue. CheckPoint is a weekly, half an hour investigative Current Affairs show featuring thought provoking journalism. Watch the heartbreaking documentary:

Watch Part 1 [here](#). Watch Part 2 [here](#). Watch Part 3 [here](#). For the article please click [here](#) for more information.

DA shadow MEC for health, Jack Bloom made a statement with regards to the number of missing patients that have not been accounted for yet, which exceeds 400 patients in total. For the full article click [here](#).



## Greenside Design Art Project - The 10Percent Initiative

The 10Percent initiative 'donates' 4 weeks of their formal curricula to community development projects, and SADAG has been one of the fortunate NGO's to benefit from their efforts for the past 3 years.

SADAG wants to give recognition and thanks to everyone that was involved. Greenside Design Centre has done a great deal to highlight community engagement as a core responsibility, and has campaigned in an admirable way to help destigmatise mental health in South Africa. Some of the Infographics that the students created include Life-Time Prevalence of Mental Health in SA ([here](#)), Mental Health - What You Need To Know ([here](#)), and Seeking Treatment in SA ([here](#)).

The students also designed several extraordinary posters featuring some of the artistic head designs which conceptualise the experience of living with a Mental Illness. View those [here](#). Click [here](#) to visit their Facebook page.



## Diepsloot Corner

### The Janssen Counselling Container

Diepsloot has been very busy, and the team have engaged in numerous activities in the area to raise awareness about mental health issues. In addition to all of the activities hosted by the SADAG team, the counselling container had a revamp.

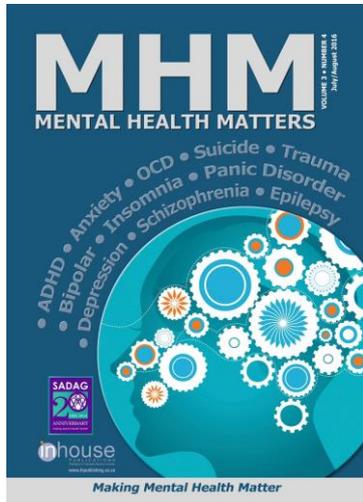
To see the full synopsis of happenings, community engagements and initiatives, please click [here](#).

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## Lite Therapy now available in South Africa

Litebook S.A.D./Winter Blues lights have started importing high quality light therapy product into the country, offering warranty, support and service to South Africans for the first time. These devices have been proven to be exceptionally effective in treating Seasonal Affective Disorder (S.A.D.). The devices are available directly from the website [www.lifelite.co.za](http://www.lifelite.co.za). Please also click [here](#) for detailed information about the products and how to order them.



## Mental Health Matters Journal

The August issue of Mental Health Matters, which is distributed to over 2500 GPs and 450 Psychiatrists, has just been printed. In this issue, we have various experts that cover important issues such as Bipolar Disorder, Schizophrenia in Children & Adolescents, Police and Suicide, Meds during Pregnancy and Trichotilomania to name but a few. If you are a mental health professional, and would like to subscribe to the journal, please visit the website to subscribe and access the articles and

previous issues.

To read some of the recent articles from the recent issue, click below:

- [Trichotilomania: The what, when, who, where & how](#)
- [Bipolar Disorder: Mood Instability](#)
- [Meds & Pregnancy](#)

Click [here](#) to subscribe to the journal.



## Your Feedback

We love hearing from you, and here are a few examples of positive message SADAG has recently received.

"Dear Zane, We have spoken to your counselors and have found them to be most helpful. There is a long road ahead of us and we will be in contact again shortly, in the meantime we are following the advice of your ladies. Many thanks, kindest regards SH"

We heard from a male with acute Social Phobia: "Yes I did receive some great help from your counsellor. He made some few valid suggestions on how I can deal with my disorder. So I would like to take this opportunity to thank the both of you'll for listening. Kind regards, SA."

We are still looking for some new desktops for our call centre, so if you are working for a company that donates to NGO's it would be incredibly helpful for us, as we continue to grow. Your continued support and recommendations are highly valued and we love hearing from you with any comments, ideas and funding suggestions.

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The South African Depression and Anxiety Group

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