



SADAG Office	011 234 4870
Suicide Crisis Helpline	0800 567 567
Dr Reddy's Mental Health Helpline	0800 21 22 23
PharmaDynamics Trauma Helpline	0800 20 50 26
Adcock Ingram Generics Bipolar Helpline	0800 70 80 90
Sanofi Sleeping Disorder Helpline	0800 753 379
Janssen ADHD Helpline	0800 55 44 33
24 Hr Dep. Social Dev. Substance Abuse Line	0800 12 13 14
Support Group Line	0800 20 51 21
HDI "You Decide" Youth Helpline	0800 33 33 77

Website: [www.sadag.org](http://www.sadag.org) Email: [Zane1@medport.co.za](mailto:Zane1@medport.co.za) SMS: 31393



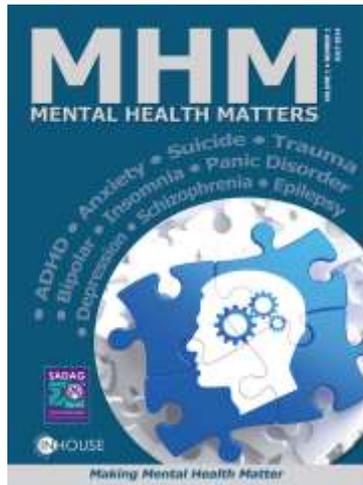
### **Suicide, Stigma and South Africa**

The tragic suicide by Robin Williams this month rocked the world.

Many were asking how could this funny man adored by millions commit suicide? Suicidal depression involves pain, sadness and hopelessness that is so difficult to describe. Williams once said that "it is like you are standing on a precipice and then you look down".

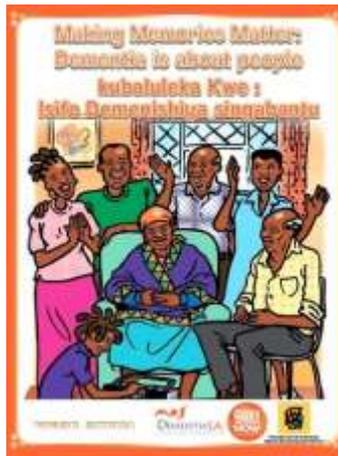
When aggravated by stress, alcohol, or drug abuse, the risk of suicide increases enormously. He will be missed by all and by leaving us he has made us even more aware that Depression is real and cannot be ignored.

To read more about Robin Williams, and depression, [click here](#)



### Mental Health Matters Journal

The South African Depression and Anxiety Group (SADAG) in partnership with Inhouse Publications launched a brand new journal specifically for GPs to assist them in the work they do with patients who may be suffering from a mental health issue. Launched in August, the "Mental Health Matters Journal" is a brand new print journal for GPs & Psychiatrists distributed by InHouse Publications to 2500 GPs & 450 Psychiatrists nationwide. [Click here](#) for full details or how to get copies for your GP



### Dementia SA Speaking Book

Dementia South Africa launches first Speaking Book. Dementia SA has taken a bold and innovative approach by reaching out to those most affected by this disease, and needing support. Their Speaking Book called "Making Memories Matter: Dementia is about people" was sponsored from NLDF fund and it is through the sale of the Speaking Books that SADAG keeps its offices and Suicide Helpline open. [Click here](#) to read more and to see it on Youtube.



### Local & International Press

This month, SADAG has made an impact in the local scene by appearing on Morning Live, ANN7, Mzansi Insider, Soweto TV, Lotus FM, SAFM, 702, Classic FM, Sunday Times, The Star, The Medical Chronicle, and so many more! International Press includes press from Apps to videos, online articles for Bipolar, Suicide, Depression, Diabetes & Schizophrenia are all cutting edge press stories. [Click here](#) for the links to read some of these articles.



### Akeso Clinic's Women's Day Fundraiser for SADAG

Akeso Clinic hosted a Women's Day Fundraiser Event to help raise funds for SADAG. The Fundraiser was the opening night of the play "I Have A Life- Alison's Journey"

[Click here](#) for more information of the fundraiser and for more info on the play



### Suicide Walk in Durban

On Sunday, the 7th September 2014 the 7th Annual "Into the Light" Suicide Remembrance and Awareness Walk will be taking place in Durban. [Click here](#) to find out how you can get involved and to remember those lost and loved.



### Upcoming Facebook Friday Chats

SADAG's Facebook & Twitter page have grown to great heights. Our Facebook page, in one week, grew by over 1000% and is now sitting just under 5000 likes. The Twitter page was trending twice this month and is becoming a very popular account for interesting information. [Click here](#) for an update on our upcoming Facebook Friday chats.



### Casual Day 5th September 2014

Casual Day is on Friday 5th September 2014 and sticker holders will be dressing up in BLING to support people with disabilities on this day. [Click here](#) to find out how to support SADAG and to get your ticket.



### Support Group Corner

Support Groups play an important part of an individuals and loved ones journey. [Click here](#) for an update on some of SADAG's Support Groups in Roodepoort, Matroosfontein, Verulam, PE, Lichenburg, Kroonstad, Polokwane, Galashewe, Voosman Location and for details of our new support group in Randburg.



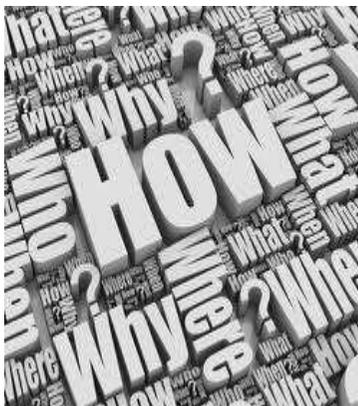
### **Mandela Day, 18th July**

On 18th July, the Nation celebrated its first Mandela Day without the man himself. SADAG was invaded by celebrities and Mental Health Experts (Social Workers, Psychologists and Psychiatrists) to give up 67 minutes and more of their time to give back to SADAG and some of its members. [Click here](#) for the full overview of the day and to see some great pics!



### **Diepsloot Corner**

The Janssens, Diepsloot Counselling Container facilitates, and is service to the 200000+ dwellers in the community of Diepsloot. [Click here](#) to read how this humble container provides help and support to the many thousands that need it, and a report from the SADAG Volunteers who visited the container.



### **Upcoming Events**

[Click here](#) for details and information on an upcoming event in Durban commemorating Suicide Prevention Day, Substance Abuse Support Group Training, "Hope Hike" in aid of research for depression in Cape Town and in Johannesburg and a Social Media Workshop



### **Corporate Wellness Days & Talks we gave in July**

SADAG has done over 14 talks in the last few weeks.

They have ranged from Universities, to Churches, Schools, Hospitals, Department of Tourism, Eskom and other Organisations. To read about some of our counsellors presentations throughout the country, please [click here](#)



### **Online & Other Helpful Resources**

SADAG is always looking for inexpensive resources and ways of helping its members and callers at a low cost, and for the convenience of at your finger-tips information. [Click here](#) for a list of recommended and helpful websites, apps for your phone and books that can help you manage our Mental Illness.



### **Papillon Psychiatric Recovery Centre**

They offer long-term rehabilitation to those in need and who are suffering a psychiatric illness. They are proud to announce that they have just launched their new website! [Click here](#) to learn more of what they do and for their details.



### **SABDA- Schizophrenia Newsletter**

The SA Bipolar & Schizophrenia Association are putting out a great newsletter for its members. You may wish to look at if you or your family or friends have this illness. Please [click here](#) for this month's newsletter.



### **SADAG Launches Janssens ADHD Helpline 0800 55 44 33**

SADAG in partnership with Janssens will be launching a dedicated ADHD Helpline (0800 55 44 33) from the 1st September. The helpline will offer free telephonic counseling & referrals to resources 7 days a week from 8am – 8pm. Learn more about Child and Adult ADHD, the signs, symptoms, time of onset, treatment options, support services and self-help tips by going onto our website [www.sadag.org](http://www.sadag.org) or speak to a SADAG counsellor by calling the Janssens ADHD Helpline on 0800 55 44 33



### **Motswako, Nashua and Hollard- All Step Forward to Help**

So many companies step forward every month to help us with items and cash that we can never be thankful enough for. This month all three companies above have been so generous which allows us to help communities with far more materials to hand out and more critical to send to people in the post. We thank you sincerely. [Click here](#) for stories on the kindness of Hollard, Nashua and Motswako.





### **Diabetes Clinic Trial**

SADAG runs a pre-screening line for various clinical trials in SA. There is currently a drug trial for patients with Diabetes who have a foot ulcer/sore under their foot. Patients who qualify for the trial will receive treatment for 12 weeks and transport money to the Doctors. For more info about the trial and what it all entails, please [click here](#) for more info.



### **Shout Out!**

SADAG receives no funding from Government, and thus we have to rely on donations and people offering their services to help. At the moment we are also looking for funding for Brochures on Depression and others on Trauma, already written but they are getting very low, costing about R6 000 each set. We also need a volunteer Computer Support Company to help service and offer IT

support to our 15 computers. Please call us on 0800 33 33 77      0800 33 33 77 to speak to Genevieve to see how you can help us. A very special Thank you to one of SADAG's Counsellors, Laura who generously donated a Laptop for our Janssens Diespsloot Counselling Container- it will be put to good use!



### Thank You's

SADAG is grateful for all the positive messages we receive and love getting feedback from all of you. [Click here](#) for some amazing comments from some of our members via SMS, email, Facebook & Twitter.

We are fast approaching SADAG's 20th years since our first meeting we held in Sandton one weekday morning in 1994. That meeting with Prof Berk at the Sandton library we had over 80 people . Since then our phones have never stopped ringing, helping callers from all over South Africa and even neighbouring countries.

We will be celebrating our 20th year with a Gala Dinner on October 9th

Regards,

Zane Wilson (Ms)

SADAG Founder  
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