

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

December Newsletter - Looking Forward to 2017

2016 has been a very busy and eventful year for everyone. We finished the year on a high note, when our Chairman Dr. Colinda Linde and Vice Chairman Dr. Frans Korb, were invited to the South African Medical Association (SAMA) Gauteng offices in Johannesburg on the 10th November where we were awarded the Member of Society Award by Dr. Grootboom, Chairperson of the Executive Committee of SAMA. This award recognises 'an organization in society that has made an extraordinary, selfless contribution to the health and welfare of society in general.' Click [here](#) for more info.

This reward reflects the determination and commitment SADAG has to increasing the understanding and acceptance of mental health and mental illness in South Africa. We have worked consistently this year through various projects. Some of these activities include: our continued partnership with Akeso and establishing a new helpline dedicated to patients leaving inpatient care, the collaboration with Netcare to train more support group leaders in Alexandra, Eersterust, Benoni, Krugersdorp, Hartbeespoort, Phokeng, Rustenburg, Zeerust, Parys, Kroonstad, Odendaalsrus, Sasolburg, the launch of the university helplines for both UCT and UP, and the bi-monthly Mental Health Matters Journal, which focuses on providing useful information to GPs.

We have also remained adamant on our stance with regards to the Life Esidimeni Crisis, and have worked closely with numerous organisations and interested parties in making sure that this issue is not swept under the rug. We continue to fight for patients' rights, and we are waiting for the report from the Health Ombudsman's investigation.

SADAG has also become involved with the new Mental Health Innovation Network (MHIN) Africa regional collaboration, and this initiative looks to further the partnerships and the pooling of resources across the continent. Currently, SADAG has a wonderful partnership with Denise Matlock of Swaziland and a new group opening in Kenya by Psychiatrist Violet Okech.

November also saw a conference in the field of Mental Health come to Cape Town, The World Psychiatric Association (WPA), which took place from the 18th-22nd November. With well over 2000 delegates from all over the world, this was a prestigious and important event. The theme this year was the social contract, including reconciling, transforming and integrating aspects of our communities and of the clinical psychiatric practice. SADAG participated in 3 different presentations.

SADAG is also proud of the continued growth, in terms of size, that our organisation has achieved this year. Due to so many new projects, SADAG has increased the size of its call centre to 16 lines, and has also increased the number of staff in order to meet the demands. SADAG is moving from strength to strength, and it is a cause for optimism.



Finally, our Director, Cassey Chambers received the SASOP (South African Society of Psychiatrists) award for her exceptional role in Mental Health Advocacy. She took a great initiative in regards to the crisis of Life Esidimeni Healthcare centres contract termination with the Gauteng Health Department. Her role in supporting family members of Life Esidimeni patients as they protested against the transfer process, and exposed themselves and their relatives

to the media was especially remarkable. Cassey was quick to realise the human rights impact of the Life Esidimeni project on the most vulnerable people in our society. She has coordinated various meetings with major stakeholders (Family Committee, Section27, and SASOP) to find solutions in solving the crisis. She further sought out family members by facilitating comprehensive media responses. eNCA's Check Point, as well as Carte Blanche, formed a series of documentaries ('Dignity Denied') to expose the MEC's irrational decisions that affected NGO's, Patients and family members alike.



Mental Health in the Press

As a patient advocacy group, exposure and presence in the press and media is very important, in order to raise awareness and give accurate information. SADAG is always busy generating a buzz, but we would like to

give a special thank you to NewsClip, who have assisted SADAG tremendously throughout the past year in terms of keeping up with our visibility, and with alerting us of crucial developments as they happen. With Newsclip's support SADAG was able to generate over 19-Million Rands worth of free coverage through the month of October.

Local Press

This month in local press you can read more about the hidden struggles of depression sufferers (click [here](#)), Le Clos and his Dad taking part in Movember (click [here](#)), the emotional downside of diabetes (click [here](#)), work-related illnesses and their impact on our country (click [here](#)) and when is the time to have a baby? (click [here](#))

International Press

For November, the international press and media included a range of topics. Answers to the question "Do You Know What to Say When Someone Has an Anxiety or Panic Attack?" (click [here](#)), a look at the increased risk of another suicide attempt after an incomplete attempt (click [here](#)), some of the barriers to proper treatment in Bipolar Disorder (click [here](#)), 6 antidepressant side effects that may come as a surprise (click [here](#)), and a great article about teaching teenagers to cope with social stress (click [here](#)).



702 radio ads and video

702 evening presenters Gugs & Sizwe very kindly nominated SADAG as a media beneficiary for the 702 walk the talk event. While the event may be over, Lead SA and 702 continue to provide support to the organisation. 702 will be airing tailor made radio adverts promoting SADAG and our services

over Christmas and the beginning of 2017.

Look out for the following adverts:

[SADAG General Information](#)

[Our Helpline Services](#)

[Youth and Substance Abuse](#)

[SADAG's Request for Sponsorship](#)

Don't miss our next newsletter where we will be highlighting the upcoming SADAG promotional videos.



947 Telkom Cycle Challenge

SADAG once again participated in the Telkom 947 Cycle challenge that took place on the 20th of November 2016. The SADAG team was ready to go, and was lead by Jennifer Wolter. Jennifer has previously cycled for SADAG, and this time she did it again, raising much needed funds for SADAG and our Mental Health Helplines.



Facebook Friday - World AIDS Day

AIDS is still an ongoing epidemic that influences the lives of millions across South Africa, but advances in technology and the field of medicine means that there are more treatment options available than ever.

SADAG had over a 1000 people responding this year.



Support Group Corner

The year is coming to an end and most of the Support Group leaders are planning year end and Christmas functions for their groups. In 2016 we saw new Support Groups start throughout the

country and had great success with the Mentorship program.

Suzanne Leighton (who runs the Cape Town Bipolar Bears Support Group) has put together a list of things to consider if you are thinking of starting your own support group. To read this excellent summary, please click [here](#).



University Projects - UCT & UP

UCT Student Careline - 0800 24 25 26

WeCare UP Helpline - 0800 747 747

Another academic year is coming to a close, and 2016 was a turbulent time for students and academic staff alike. SADAG runs 2 dedicated helplines in the form of the UCT Student Careline and the WeCare UP Helpline. These have been instituted to offer access to Mental Health information, telephonic counselling and referrals. For more info about these Helplines please click [here](#).

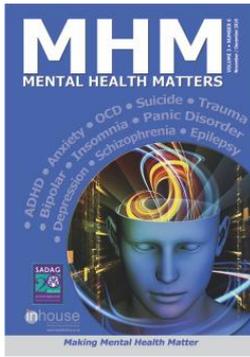


Esidimeni Update

SADAG is still very determined to find answers for the 37 known psychiatric patients who have passed away since being moved from Life Esidimeni Hospitals, and for all those patients and families that are still struggling with this crisis.

SADAG attended a vigil for 37 patients on the 27 October, where family members, organisations, and individuals seeking change came together to remember the lives lost. Please click [here](#) for details.

Any families of patients that need help or assistance with regards to current care at NGO's, patient treatment, deaths or who are still trying to locate their loved ones, please call **0800 242526**.



Mental Health Matters Journal

One of our initiatives was to sustain the publication of a Mental Health Matters Journal, which aims to give GPs, and other mental health care practitioners access to useful, practical, updated information about new developments in the field. The Journal is becoming ever more popular, and the latest Issue was distributed at the World Psychiatric Association conference in Cape

Town.

Three of the articles in this latest edition included 'Burnout Among Healthcare Professionals and Its Implications in South Africa' (click [here](#)), 'How to Help the Family of Your Patient with Schizophrenia' (click [here](#)), and 'Does Sleep Impact ADHD?' (click [here](#)).



Dr Reddy's Brochures

SADAG continues to promote Mental Health throughout South Africa. This is done through our free telephonic counselling lines, and by providing patients with free information on all mental health topics. There is a continuous need from patients, hospitals, clinics and corporates for informational brochures that can be shared to promote mental health and the services SADAG provides.

We would like to thank Dr. Reddy's for their recent support in redesigning the SADAG Mental Health brochure and for printing the brochures to be shared across the country. These wonderful new brochures on Depression, PTSD and Teen Suicide Prevention will be great new resources that SADAG can use to continue the work that we do. To see the brochures please click the links below:

[Depression and Anxiety Brochure](#)

[PTSD Brochure](#)

[Teen Suicide Prevention Brochure](#)



SITup Drug Trial - New Type 2 Diabetes Study for Children

SADAG continues to assist with the SITup programme research which specifically investigates the use of oral medication for children with Type 2 Diabetes. For more information please click [here](#) or call 0800 20 50 21.



Diepsloot Corner

To commemorate World Mental Health in October, SADAG dedicated the whole month to raising awareness about mental health in Diepsloot. Events and talks were held at the local clinics, community workshops, schools and the Diepsloot Mall. Media interviews about various Mental Illnesses were conducted on a weekly basis. Please click [here](#) to see happenings. SADAG thanks Janssen for their support of year 6.



You're in safe hands

Netcare Support Group Project

Through our partnership with Netcare, a total of 12 workshops were held across 3 provinces. The aim was to train new support group leaders who could go out into their community and have a positive impact on the lives of people who may be struggling with mental health issues, or for family members and friends who just needed support and guidance on how to cope.

Various stakeholders were invited to the workshops and a total of 241 delegates were trained. The feedback from the workshops has been exceedingly positive, and we are certain that many people will receive much needed help and support from this initiative.



Wanted Rotary Club in Gauteng

SADAG is partnered with the Rotary Club of Hilton Head, South Carolina, USA, who support and help fund our Teen Suicide Schools prevention program.

We need the active and committed support of a local Gauteng Rotary Club to join this international effort. If you are a club member or know someone who is interested in Youth and Suicide prevention, please send an email to BmjUSA@me.com



social development

Department:
Social Development
REPUBLIC OF SOUTH AFRICA

Continued Funding from Department of Social Development

The National Department of Social Development currently sponsors the SADAG 24 hour Substance Abuse Helpline. Substance abuse is a challenge faced by many South Africans. With the upcoming festive season it may become difficult to manage.

Our Substance Abuse Helpline will be open throughout the festive season, 24 hours a day providing free telephonic counselling and resources.

Substance Abuse Helpline: 0800 12 13 14

SMS 32312

Please click [here](#) for an interesting article on how you can better manage a substance abuse problem this festive season.



Thank you all so much

To 'Keep it up', to TR, to Mrs J, LMJ, ZNP, JJ, SR, TH, to Support from Cape Town, to so very many of you who have thought of us and given us financial support over the last two months.

We have had donations ranging from R25 to R20,000, most of them anonymous. This kindness encourages us to carry on advocating for patients

and challenging the Government for letting people die due to Mental Health problems. Your generous donations help us in so many ways, including allowing us to continue to fight Medical Aid Schemes to ensure that callers receive therapy and the best treatment; to answer and help all the callers that phone at all hours of the day when they feel they have no reason to live anymore; and to reach out to and assist the youth who are being physically abused and turned away from clinics with no one to help them.

Three NEW Corporate donors are Sizwe Medical Fund, Anglo American and Telkom; thank you all and we will give you details as we start their projects in the New Year.

We don't give up, your support is so valuable. Please remember us as Christmas draws near, we appreciate all your donations.

Zane Wilson (Ms)
Founder
South African Depression and Anxiety Group
Zane1@medport.co.za

[Donate to SADAG](#)

Making Mental Health Matter