



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



The South African Depression and Anxiety Group



@TheSADAG

If you do not receive this in full, please go down to the bottom under Graphic Mail and click on pdf version

## FEBRUARY NEWSLETTER 2016

## South African Supporters were kind and generous over Christmas



It has been over 22 years, when it was just a dream to answer phones and emails to help raise awareness for callers to overcome the mental health problems they were facing. We now reach more than 400 callers per day, have 250 support groups nationwide and have spoken to over 1 million learners about Teen Suicide Prevention.

This holiday season, South African callers, professionals and patients, showed wonderful generosity at the end of 2015. We asked for support for depressed callers who are often on their own at this time of year or who have lost their loved one recently and are experiencing great grief. We had generous gifts from individuals, companies and anonymous donors. We would like to take this opportunity to say “Thank you” for all gifts received from over 81 donors, with amounts ranging from R50 to over R6,000.00. We also received an additional sum from Back a Buddy of over R24,000.00 for the 947 cycle race in November organized by Jennifer Wolter.

These donations go a long way in supporting our work including:

- Advocating for people living with mental health disorders on private medical schemes or using Government services
- Making sure our 15 lines are answered compassionately as well as manning emergency lines throughout the night
- Fighting against the stigma and discrimination that many people living with mental health conditions face on a daily basis, at home and at work
- Developing resources for people concerned about their own mental health, or that of a friend or family member including brochures, training and over 200 support groups
- Reaching schools and youth groups class by class to discuss the prevention of Teen Suicide country wide

A wonderful aspect of nonprofit work is that it is truly a collaborative effort. It is an honour and an incredible journey working with all of you.

The Board and I are delighted with the great progress that we have made in the mental health community and we will remain deeply committed to

the mental health of all South Africans.



## Gauteng Department of Health terminates Contract with Life Esidimeni Hospital

In October 2015, the Gauteng Department of Health announced that it had terminated the contract with Life Esidimeni, which offers long term treatment and care to patients with severe mental illnesses. All patients were to be discharged by 31 March 2016. SADAG, along with Section 27, SA Federation for Mental Health, South African Society of Psychiatrists and the Family Members Association (who are directly affected by the contract termination) launched litigation against the Department in December 2015. The parties reached a settlement agreement out of court. The agreement included an undertaking that no mental health care users would be discharged from Life Esidimeni facilities pending settlement discussions between the parties. The settlement discussions would be directed at reaching a plan that ensures that users receive health and other services of the same quality as or a higher quality than they receive at Life Esidimeni facilities. The settlement discussions are ongoing.

As part of this process we are asking any family members who have loved ones in Life Esidimeni Hospitals who are directly affected by the contract termination to please get in contact with SADAG as soon as possible. Also, if anyone is aware of any patient from a Life Esidimeni facility that has been discharged or transferred to NGOs or other facilities in the last 3 months, please can you also contact Cassey or Naazia on 011 234 4837 or [office@anxiety.org.za](mailto:office@anxiety.org.za)

**TEEN SUICIDE**  
prevention

## Teen Suicide Prevention Week 14th - 21st February 2016

**Buy Armbands and help save a teen's life**

According to the National Youth Risk Survey (2011) 31.5% of South African teenagers have attempted suicide with a further 17.5% having considered attempting suicide.

SADAG needs your help to reach those teens and let them know that they are not alone and that we care. SADAG is selling “We Care” Armbands for R20 each to fundraise for our school “Suicide Shouldn’t be a Secret” Programme. The funds raised will help us to visit schools in rural and disadvantaged communities to speak to the learners class-by-class about depression, the warning signs of suicide and where they can get help. Each learner will also receive a “We Care” armband with the suicide helpline on it. They will have access to free telephonic counselling, support, info and resources.

There is a Facebook Friday Online Chat, scheduled for the 19th February at 1pm and 7pm. On this chat, teenagers and caring loved ones can chat to a psychiatrist and psychologist and get free expert advice on teen depression, suicide warning signs and how to help a loved one.

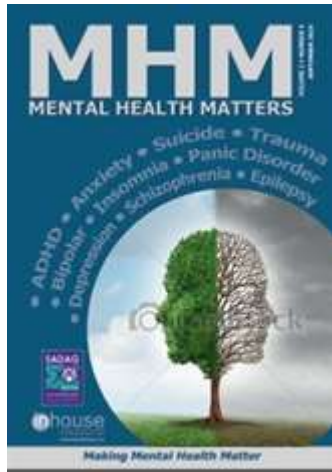
## **Inquiry into Private Healthcare Sector & Medical Aid Schemes**



The Competition Commission is conducting a market inquiry into the private healthcare sector specifically medical aids in terms of access to medication, eligibility, treatment options, PMB's that are covered by medical aids, the unregulated and differing tariffs charged by health care professionals, the use of Designated Service Providers (DSP) in limiting the treatment options for patients, and the co-payments made by patients or rather the up-front payments made by members who have to struggle to seek re-imbursment from their medical schemes. SADAG has undertaken to represent the rights of patients with regard to the Mental Health Sector and would like to address the shortcomings that the patients experience and also to make recommendations to benefit the patient, the medical scheme, the healthcare professional and or institution in an equitable and fair manner. The public hearing for the mental health inquiry will be held from the:

- 16-18 February 2016 in Pretoria, 23-25 February 2016 in Durban
- 1-3 March 2016 in East London and 8-10 March 2016 in Cape Town

If you, or a family member have experienced any difficulties, frustrations, challenges, with your medical scheme and mental health regarding any of the above, please contact SADAG on 011 234 4850 ask for Anne or send an email to [anne@anxiety.org.za](mailto:anne@anxiety.org.za)



## Mental Health Matters Journal for GPs & Psychiatrists

We are so proud that the Mental Health Matters Journal is in its 3<sup>rd</sup> year! Together with In House Publications we are looking forward to 2016, as we bring our General Practitioners and Psychiatrists more thought provoking and insightful articles and guidelines that are related to mental health.

If you are a mental health professional and want your own journal delivered straight to you, then [click here](#) to subscribe.

To read previous articles from the November 2015 issue, click on the links below:

Dr Frans Korb – [“Essentials of Suicide for the General Practitioner”](#)

Kevin Bolon – [“So you’ve got OCD – Are you a washer or a checker?”](#)

Dr Eugene Allers – [“Is there a treatment plan for depression?”](#)



## Volunteer Counsellors

SADAG is looking for mature telephone volunteer counsellors who would like to give back to the community by being the voice of hope for another person in their time of need. SADAG runs a 15-line counselling-and-referral call centre in Rivonia and is known for its patient advocacy, education and de-stigmatisation of mental illness in South Africa. Receiving an average of up to 400 calls per day, SADAG is open 7 days a week from 8am to 8pm and offers counselling to people battling with various mental illnesses, including depression, bipolar, anxiety and trauma.

If you would like to volunteer, please go to [www.sadag.org](http://www.sadag.org) to download the application form. Or call Justine on 011 234 4837 or email [press@anxiety.org.za](mailto:press@anxiety.org.za). Our New Counsellors Training will be taking place in Sandton on the 5<sup>th</sup> and 6<sup>th</sup> of March 2016 with top experts presenting talks on depression, anxiety, OCD, suicide, trauma and bipolar disorder, as well as senior counsellors discussing practical advice to be used in the call center.

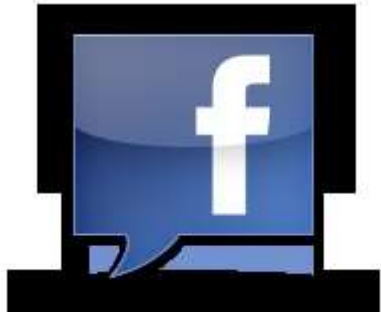
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## Proudly South African Blog: Lola Bipola shares her journey with Bipolar Disorder



'Our Lived Experience' (OLE), aims to defy the stigma surrounding mental illness in South Africa. It does so by celebrating the life stories of people with mental illness that lead every day. It aims to educate with facts but also acknowledges the wisdom that lies within one's own experience.

The recent guest blog is by Lola Bipola, a South African now living in New Zealand. [Click below](#) to read her experience of living with Bipolar Disorder.



## Free Online Help with Facebook Friday Chat

Facebook Friday Chat is a Mental Health online platform, used by Facebook users where Psychologists and Psychiatrists offer guidance and give specialised advice to people that do not necessarily have access to experts. There are two sessions (1pm & 7pm) which run for an hour long with experts answering questions LIVE.

The dates for upcoming topics are:

- **19<sup>th</sup> February** - Teen Suicide Prevention: understanding teen depression, warning signs of suicide & how to talk to your teen
- **4<sup>th</sup> March** – Adult ADHD: symptoms, diagnosis & debunking myths

To log in, go to our website [www.sadaq.org](http://www.sadaq.org) or go directly to our Facebook Page: [The South African Depression and Anxiety Group](#)

So many things are happening around the country regarding mental health awareness. Again we share interesting and relevant mental health issues that made news recently.



### Local Articles

When *Panic Attacks*, (YOU Magazine), an article about anxiety and how to deal with it. Senior Journalist and Pfizer Mental Health Journalism 2015 Winner, Pieter van Zyl writes about what you can do to help someone suffering from anxiety. [Click here](#) to read.

*Help is at hand for pupils* (The Citizen). The release of the matric results is a time of celebration for those who passed and for those who didn't. It can be a very depressing and stressful period. Journalist Sne Masuku focuses on helping matric students who did not do well in their final examinations, with practical steps going forward. [Click here](#) for the full article.

*The Great African Horror Story*: Thembela Nymless Ngayi addresses the depression of African Men through [sacreativenetwork.co.za](http://sacreativenetwork.co.za). Thembela tackles the topic of depression in young black males, with

his latest series of portraits. He writes about myths about depression in the African community. [Click here](#)

*Don't be a victim of bullying* (Benoni Times). Journalist Penelope Masilela writes on the effects of child bullying, what victims and parents can do to deal with bullying. [Click here](#) to read.

An informative Afrikaans article in [huisgenoot.com](http://huisgenoot.com) on how to best handle your stress and what you can do to reduce stress. [Click here](#) to read.

*Inmates wait for up to a year for psych evals*. Journalist Karishma Dipa writes on [www.iol.com](http://www.iol.com) about backlogs at Gauteng's psychiatric hospitals that are delaying court cases, as inmates in need of treatment wait up to a year for assessment. [Click here](#) to read more.

Depression among the elderly is largely overlooked. Exercise can be a great self-help tool to assist them to cope better. [www.msn.com](http://www.msn.com) journalist writes about an elderly Support Group in Diepsloot teaching members on how basic physical exercise can make a difference to their mental wellbeing. [Click here](#) to read more.

*How to make your medical aid benefits last longer*: The Council for Medical Schemes (CMS), regulator of the medical schemes industry, advises medical scheme members to use their benefits wisely – Learn how you can get the best cover out of your medical aid. [Click here](#).

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## International Articles

Around the world, there is new research; new information and even movies on mental health issues, here are a few that we've come across that you will find interesting.

*Why we should stop stressing at work:* a helpful infographic from [www.netquote.com](http://www.netquote.com) Giving tips on how to manage stress at work. For many employees stress comes with the job. Having a high amount of stress can lead to depression and anxiety. [Click here](#) to read.

*Programs Expand Schizophrenic Patients' Role in Their Own Care.* Over the past several years, a number of states in America have set up programs with a different approach, emphasizing supportive services, like sustained one-on-one therapy, school and work assistance, family education, as well as medication. [Click here](#) for the full article.

NAMI (National Alliance on Mental Illness) in America has recently put together a list of what they believe could be *7 of the best movies addressing mental health.* [Click here](#) for the list.

*Antidepressants During Pregnancy May Raise Risk of Autism, Study Finds.* Studies show that prenatal exposure to selective serotonin reuptake inhibitors (SSRIs) during the second or third trimester may raise the risk of autism spectrum disorder (ASD) in children up to 87%. [Click here](#) to read about the new study in the online JAMA Pediatric Magazine.

## Upcoming Talks and Workshops



**The Child Trauma Centre** provides specialised therapeutic services to children, adolescents and their families to assist them in coping with and moving on from the traumatic experience/s.

Child Trauma in Cape Town and Pretoria presented by The Child Trauma Centre, commences on the 25<sup>th</sup> and 26<sup>th</sup> February on *Play Therapy* followed by *Children and the Legal Framework*, [click here](#) for information.



**Akeso Crescent Clinic** in Randburg invites you to a talk with Psychiatrist Dr Indhrin Chetty discussing Mental Health & The Law. The talk will discuss mental health law in the workplace, access to treatment and human rights as well as his special interest in forensics.

This will be on 16<sup>th</sup> February 2016 at 6:30pm for 7pm until 8pm. Upon registration, all attendees are asked to donate R50 which will go towards SADAG's Teen Suicide Prevention campaign (14<sup>th</sup>-21<sup>st</sup> February). Everyone is welcome to attend. [Click here](#) for full details & info on how to book your seat.

CPD accredited training - Assessment and treatment of sex, porn and love addiction from 7 - 10 March 2016

Elim Clinic will be launching "The New Face of Elim Clinic" on the 15<sup>th</sup> March 2016. International speaker, author and media consultant, Robert Weiss will be talking on "Addiction". Weiss will also train the Elim Clinic staff on the "Assessment and treatment of sex, porn and love addiction".

Five tickets worth R2500.00 are available to interested external parties. The ticket price includes training for 4 days, lunch on every day and VIP registration to the Launch on the 15<sup>th</sup> March 2016. [Click here](#) for the full programme.





## Diepsloot Corner: Making Mental Health Matter amongst the Elderly

January focused on offering help for the Mental Health needs of the elderly in Diepsloot.

Due to advancing age many people feel marginalised and some even ostracised by their family and friends. Their physical health declines and an increase of illnesses may plague many of the older people in Diepsloot. This can add to their stress levels and to their mental health and wellbeing. The Janssens Counselling Container in Diepsloot offers free face-to-face counselling and support for the elderly and their families in the community.

[Click here](#) to read more about the work we do with the Elderly in Diepsloot.



## Akeso Clinic expand to Milnerton and Umhlanga

Akeso is growing and is expanding, more clinics are being opened around the country with a new clinic both in Milnerton (Western Cape) Umhlanga (Kwa-Zulu Natal).

Akeso Milnerton officially opened its doors and admitted its first patient October 19th 2015. This specialised psychiatric clinic offers inpatient treatment for Depression, Bipolar Mood Disorder, Substance Abuse and other Mental Health problems. [Click here](#) for more services available.

Akeso Umhlanga Psychiatric Clinic opened its doors to the public earlier this year. The opening of the Akeso Umhlanga clinic will make access to psychiatric help easier in an area that is in need of such a facility. To contact the clinic and to read on what help is available [Click here](#).



## Support Group Corner

There are over 200 Support Groups throughout the country offering a safe and trusting environment to allow people living with a mental illness such as depression, anxiety, bipolar, substance abuse and post natal depression, as well as their family members, an safe space to share, connect and learn from each others experience. [Click here](#) to see what is happening at Support Groups in all 9 provinces. If you would like to join a Support Group, call 0800 70 80 90 for a Support Group in your area.

SADAG hosted a Support Group Leader Connect Session in Sandton on Saturday the 30th January, it was a great way to connect face-to-face with the Leaders, but also allow them to network with other Support Group Leaders. It was a great meeting with everyone sharing resources and ideas.

SADAG & Akeso Clinic invite New & Existing Support Group Leaders to a "[Power of Support Groups Connect Session on Saturday 5<sup>th</sup> March 2016 at Milnerton Akeso 8:30 – 12:30pm.](#)

We will spend the morning discussing how SADAG can help you start or run your Support Group, as well as have great guest speakers including Psychologist Reinette Steyn & Artist and suicide survivor Yvette Beneke. To book your seat, [click here](#) for more details.

If you would like to start your own Support Group, please call Justine or Naazia on 011 234 4837 or 0800 12 13 14.

The CBT Group, are running a Group therapy on Bipolar therapy and treatment with Psychiatrist Dr Antoinette Miric and Psychologist Candice Cohen. Starting at the end of February it lasts for 10 weeks and is open to patients and family members. Each group session is 90 Minute long and can be claimed on your Medical Scheme. [Click here](#) for details.



#### OCD Mobile App - Looking for volunteers

An American company has put together a program that they believe will be very helpful for people with OCD. It provides a structured platform of help and can allow patients to forward the information simply to their therapist, if they also wish to participate. [Click here](#) for the contact and details.

[Click here to sign up for the beta.](#)



#### Do you know a young Computer service company?

We desperately need a computer company in Rivonia prepared to donate their time and technical know-how to help service our laptop and desktop systems. Alternatively, you may have an IT expert whose time you can donate to us, or your company may have an Internal Department able to donate some of their time to assist us.

If you can help or know of someone who can assist, please call Naazia on 011 234 4837. We are BBEEE accredited and NGO Tax free registered.



## Thank You

Thank you to all our volunteers who came into the Call Center over the holiday season, and a very special thank you to Tebogo, Shanne, Christine and Ntokozo, who went above and beyond by doing extra day and evening shifts over the festive season. To keep our call center open every day in the year, we are solely reliant on the generosity of our volunteers. Thank you!

Sincerely,

Zane

Founder

[zane1@hargray.com](mailto:zane1@hargray.com)

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