



## THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP

SADAG	011 234 4837
Suicide Crisis Line	0800 567 567
Pharmadynamics Trauma Line	0800 20 50 26
Adcock Ingram Generics Bipolar Helpline	0800 70 80 90
Sanofi Aventis Sleeping Disorder Helpline	0800 753 379
Substance Abuse Helpline	0800 12 13 14
Dr Reddy's Mental Health Helpline	0800 21 22 23
Support Group Helpline	0800 20 51 21

Website: [www.sadag.org](http://www.sadag.org) • Email: [zane1@medport.co.za](mailto:zane1@medport.co.za) • SMS: 31393

## June Newsletter 2014

### Substance Abuse Day 26<sup>th</sup> June

Tomorrow, 26<sup>th</sup> June, marks Substance Abuse Awareness Day, to create an impact, and discuss the dangers of drugs and alcohol abuse, SADAG is hosting over 40 Substance Abuse Support Group Awareness Events across the country particularly in the rural communities. Expert speakers, will help to create awareness, education, prevention and intervention information on substance abuse. South Africa has a severe shortage, not only of mental health care facilities, but also of centers for substance abuse. the denial of the problem of dual diagnosis may be due to the fact that we have relatively little to offer in the way of treatment when patients are often bounced back and forth between services for mental illness and those for substance abuse, and may be refused treatment by each of them.

SADAG will also be hosting, two free one-hour LIVE chats on Facebook. The chats will be held on SADAG's Facebook Page, on the 27<sup>th</sup> June at 1pm with Psychologists Laila Paruk and Tasneen Mohamed and then at 7pm with Psychologist and Substance Abuse expert Neil Amore. They will be helping family members, and parents identify possible symptoms of substance abuse, where to get help and treatment. Go to our website [www.sadag.org](http://www.sadag.org) for more details and to log into the chat.

SADAG runs the National Substance Abuse Prevention toll-free line (0800 12 13 14) for the Department of Social Development – a line that is open 24 hours a day, 7 days a week to provide help and support for those affected by substance abuse.



**Substance Abuse  
Awareness Day 26<sup>th</sup>  
June**



**Feedback from  
Bipolar Awareness  
Day: 26<sup>th</sup> May**



**Facebook Friday  
Chats**



**Local & International  
Press**



**Upcoming Panic  
Awareness Day: 10<sup>th</sup>  
July**



**Meet More of our  
Board**

Mental health month which is July, and the 10<sup>th</sup> July which is Panic Awareness Day are all examples of exactly why SADAG was founded 20 years ago – to get the message and facts out to as many people as possible. Mental illness is treatable and there is support so people don't have to suffer in silence for years before receiving a diagnosis and treatment. There are many simple steps that are helpful, some with medication, some CBT therapists, online help, books, online forums, free brochures and steps for help, SADAG can help every step of the way. SADAG will be having the next upcoming Facebook Friday chats on, Panic Disorder on 11th July and finally the 25th July will be giving free Trauma help and answering diverse questions and answers.

Regards,

Z M Wilson (MS)

SADAG Founder

[zane1@medport.co.za](mailto:zane1@medport.co.za)



**This Newsletter is proudly brought to you  
by DR. Reddy's**

**THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP**  
Tel: 011 234 4870

E-mail: [zane1@medport.co.za](mailto:zane1@medport.co.za)  
<http://www.sadag.org/>