	SADAG Office	011 234 4837
	Suicide Crisis Helpline	0800 567 567
	Dr Reddy's Mental Health Helpline	0800 21 22 23
	Pharmadynamics Trauma Helpline	0800 20 50 26
	Sanofi Sleeping Disorder Helpline	0800 753 379
	ADHD Helpline	0800 55 44 33
	24 Hour Substance Abuse Helpline	0800 12 13 14
	Support Group Line	0800 20 51 21
	HDI "You Decide" Youth Helpline	0800 33 33 77
Website: www.sadag.org Email: zane@sadag.org SMS: 31393		



Advocacy For Patients in the Workplace and Support for those Struggling to Access Medication

There are many of you reading this newsletter who are employed and possibly feel stigmatised or that your company has no real understanding about Depression, Bipolar, Anxiety or other mental health issues. With thanks to **Prof Tienie Stander from Hexor, Lundbeck South Africa and Dr Frans Korb, SADAG** recently launched the **South African Impact of Depression in the Workplace**. At a special meeting held in Sandton the results of the Research were presented to various stakeholders including Human Resources, Employee Wellness Companies, University Departments, Government, as well as Press and Media. The meeting focused on the key findings from the research of over 1000 participants which were presented by Prof Stander and Psychiatrist Dr Korb. The launch got the vital messages over by generating nearly R3 million worth of media, highlighting on the key figures. One in 4 in the workplace have been diagnosed with depression, that



50% who had been diagnosed had taken time off work because of their depression and that only a quarter of the managers had good support in dealing with an employee with their depression. The results were far more significant than we expected. [Click here](#) for a simple colourful graphic and to read three of the articles published on the South African Research. Please contact **Naazia at SADAG 011 234 4837** for more comprehensive and technical data.

SADAG receives daily calls and emails from patients, loved ones and even health professionals who are **experiencing problems with accessing medications, admitting patients into hospitals or accessing treatment via clinics**. SADAG's team investigates all these problems, assists patients and fights for patients' rights. SADAG is working closely with **Doctors without Borders (MSF), Section 27 and the TAC**. We urge you to contact us if you have any problems or issues with accessing treatment or medication, or experiencing problems with your medical aid. Please feel free to contact us on zane@sadag.org or office@anxiety.org.za

Over the weekend on the 7th & 8th March, SADAG hosted their bi-annual **Counsellor Training**. There was a selection of 70 people who attended. We had a variety of speakers this year to educate our new counsellors on the different disorders **ADHD, Dealing with Depression, Bipolar & Meds, Panic & CBT, OCD, Trauma and Substance Abuse**. We also hosted various roundtable discussions which were facilitated by SADAG counsellors, which provide a more intimate learning environment for our new volunteers. The SADAG team welcome all the new volunteers and wishes them well on their journey in becoming a counsellor. Our thanks go to Psychiatrists Dr Karen Vukovic, Dr David Benn and Psychologists Dr Colinda Linda, Kevin Bolon, Zamo Mbele, Neil Amoore and Trauma Counsellor Lana Snoyman for their training and especially to **Pfizer for the use of their excellent facilities and support**.



26th May, Bipolar Awareness Day Campaign and Events

SADAG will be hosting various talks at Support Groups across the country to talk about **Bipolar**. If you would like us to give a talk for your group, please contact us on 011 234 4837 to arrange. We will also be hosting a professional workshop for mental health caregivers and workers, launching our "I AM" campaign and hosting a Bipolar Facebook Friday chat. Keep posted to our website www.sadga.org and Facebook page "[The South African Depression and Anxiety Group](#)" for further details of these events and how you can get involved.



Top SA Celebrities Team Up to Help Raise Funds for the Teen Suicide Shouldn't Be a Secret Campaign

There is **less than a week** left for you to **buy a raffle ticket** and possibly spend a day with one of SA's top celebrities.

[Click here](#) for more information



Doctors Please Help Patients Get Medication They Need

Fix the Patent Laws is a joint effort by **Doctors Without Borders (MSF)**, the Treatment Action Campaign (TAC) and Section27 to advocate the South African government to adopt policies that enable affordable medicines. Through a clinician survey, [available here](#), the campaign is conducting research into medicines that are unavailable or unaffordable in South Africa. Fix the Patent Laws **asks interested clinicians to take five minutes to answer questions about medicines** they have struggled to prescribe, or their patients have struggled to access or pay for. Your assistance will help patients get the medicines they need at prices that are affordable.



Research on Anxiety, OCD, Panic & Social Phobia

Anxiety Disorders (such as Obsessive-Compulsive Disorder, Hair-pulling Disorder, Social Anxiety and Panic disorder) can be a series of major problems on individuals and families. In South Africa, 15.8% of people develop an anxiety disorder at some point in their lifetime, with only one-quarter of people with anxiety disorders receiving any form of treatment. There is a great need to develop and deliver treatment in an effective and timely manner. To achieve this, we need to do more research. Being part of a **research study** may mean you are helping other people with your condition to help understanding, develop better treatment and intervention and improve the quality of life for people living with different anxiety-related conditions. If you are interested in taking part, as a patient or healthy volunteer, [click here](#) for more information



Mental Health Matters Show

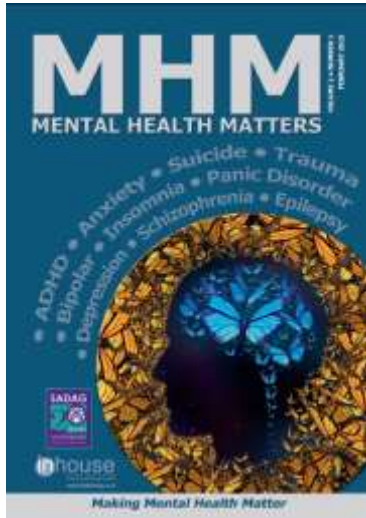
SADAG's new talk show, **Mental Health Matters** is growing from strength to strength and is a great source of mental health information offered by some of the top experts in the field in SA. The show airs from the 1st April every Wednesday at 5.30pm on **ED TV, DSTV Channel 190**. [Click here](#) for the schedule of shows



Next Upcoming Facebook Friday Chats

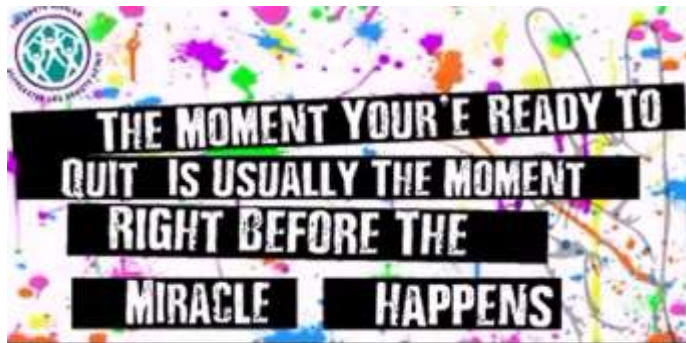
If you like information at your finger-tips, SADAG's **Facebook page** and **online chats** are just for you. We get top mental health experts including psychiatrists, psychologists, social workers, support group leaders and others to donate their time every second week to give helpful tips, information, advice and other resources for all mental health related topics. Coming up next is a chat on **Children's Mental Health on the 10th April**, then at the end of the month we will be talking about **What to do after a Trauma**. [Click here](#) for the schedule of the next upcoming chats.

February Issue of Mental Health Matters Journal



SADAG's 5th Edition has just been published and we are already working on the May issue. In our current issue we have articles on Teen Suicide by Dr Helen Clarke, Sleeping Disorders by Dr Alison Bentley, Tackling Alzheimers by Dr Ryan Fuller, Admission to Inpatient Psychiatric Unit by Prof Bernard van Rensburg, Impact of Schizophrenia on Families by Dr Tasneem Mahomed and more...

If you would like your GP or Psychiatrist to get their copy of Mental Health Matters, please get them to [subscribe right here](#).



Free AD by Alive Advertising

Our thanks also to Alive Advertising who have a large selection of Electronic billboards. They have very generously designed an electronic AD for a selection of Billboards they have donated to us. The first adverts will promote making that first step and getting help. They run from 23rd March, look out for them in **Balfour, Benmore, Bruma, Cresta, Prinshof, Soweto** and **The Glen**. [Click here](#) to see it.



Local & International Articles and Videos on ADHD, Pregnancy, Depression in the Workplace, Dementia, Trauma and so much more.

This month, we bring you NEW and informative information from around the world on various mental health topics. [Click here](#) to read some of them.



Support Group Corner

Did you know that attending a support group gives a place where your feelings, emotions and situation is understood by all attending. You will not be judged or discriminated against because you are suffering from a mental illness and it provides you a safe environment to share and learn from others. [Click here](#) for a list of groups in your area and how you can contact them.



Upcoming Events

Are you looking to attend a professional workshop, event or talk, then [click here](#).

SADAG searches far and wide to help you find extra resources to further educate and support your journey whether you are a professional or patient looking for information on Mental Health.



SADAG Courtesy of Janssens Conducted School Talks

Suicide is a significant problem in the community of Diepsloot, especially amongst the youth. SADAG courtesy of Janssens Pharmaceuticals conducted talks at four schools in the community, Rabosotho Combined School, Leap Science and Maths School, Sunrise Secondary School and Diepsloot West Secondary School. [Click here](#) to find out more about the talks in Diepsloot.



SADAG Support Group Leader a Great Loss.

SJ Du Toit was known to SADAG for 15 years, living in Hermanus and determined to get the message out about Bipolar to all patients and family members. She herself had bipolar. She started the group, and never missed an opportunity to talk to the local press or Radio to remove some of the stigma that the illness had. She wrote two books called "**Struggles with Sanity**" and "**Swing Hi, Swing Lo**". They were an insight especially to the Afrikaans community who had very little Afrikaans written for them in Mental Health Education. [Click here](#) to see a review by a Hermanus History Colleague.



SADAG Is Recognized by Many

My name is MXXX I used to have a suicidal problem and you assisted me with my anger problem. Which has been working lately yet me and my father we not communicating which is not a problem to me because I found peace and am happy even looking forward in growing with out him in my life. I would like to thank you for all the advice you guys gave me and the calls, Thank you very much because today I can smile at past as if its perfect. And its all thanks to you. Thank you for showing me that there is more to life than my previous problems. Keep up the good work.

One of your ladies called me. It was really helpful.
I spoke to one off your ladies Michelle. And she was very helpful
Thank you once more.

I have taken her advice to heart and will make some changes in my life that could help with managing my depression as this has been going on for some time and I really need to get control again as I have a wonderful family and a good job and cannot lose it by thinking I can ignore my problems MXXX.

I have a wonderful support group and by me finally acknowledging I have a serious problem I can move forwards and manage my life better. Thank you so much for your help. You don't know how much this means to me. It brings hope that at least someone understands how I'm feeling.

As always the volunteers of SADAG offer Hope and Help to hundreds of caller's everyday. The hope and help that SADAG needs this month are **office desk chairs**, as ours have become very worn and are not suitable any longer, and we also require more **photocopy paper**, we desperately needed last month but we sadly didn't get any offers of help. If you can't donate money and would like to donate your time, please help us by **starting up more support groups in your area**, we are in acute need of building and establishing more support groups around the country to offer patients extra support and to create more awareness for Mental Health.

If you know of a company or a family members company that can help us with any of the above, please contact Meryl on 011 234 4870 or email her on admin@anxiety.org

Wishing you all a happy and healthy Easter,

Zane Wilson (Ms)
Founder
SADAG

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www.sadag.org

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