



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 • Email: zane1@medport.co.za • SMS: 31303

May Newsletter 2014

SADAG Has Moved!

SADAG has grown considerably since its creation 20 years ago and our call centre was bursting at the seams. We did a plea on John Robbie's 702 show for the donation of bigger office space and the first responses were from Redefine Properties, Growth Point, and a very kind woman living in New Zealand who heard the interview live and contacted us to offer us space at one of her buildings in Rivonia. Thanks to Beulah Bonugli (and her amazing office manager Noreen Greaves), SADAG is now in very posh free offices in the heart of Rivonia. Beulah's incredibly generous donation of office space means that we are now in offices that are three times larger (and we have a storeroom and boardroom), in a garden setting, with easy access to two highways, restaurants, and transport routes. We are very grateful for the donation and say a big thank you to our previous hosts Liberty Life Offices.

A huge thank you to Grant Pattison, CEO of Massmart South Africa for helping us secure a front door to our new offices as well as Servas De Kock, who owns a transport company, for donating the use of his 16 ton truck to help us move; Henk Du Plooy and Carl van Heerden from Trinity Telecommunications for the very generous donation of a huge brand new switchboard for 15 lines; to Stefan Labuschagne (our much-loved programmer over the last five years) who comes in often; and to SOSIt for ensuring all of our computers were up and running during the move! You have all made mental health matter!

Generalized Anxiety Disorder (GAD)

GAD has been very topical this month. We have had many calls asking for our help, with people worried that their family or friends are dangerous or unstable. There has been an increase in misinformation and misunderstanding. GAD can also lead to, or worsen, other mental and physical health conditions, like depression, insomnia, substance abuse, headaches, and stomach pain. GAD is a very uncomfortable and stressful condition, but the condition is not dangerous. To read more about GAD, go to our website www.sadag.org



Bipolar Day 26th May
Ask the Dr, Online
Resources



Facebook Friday
Online Chats
27th May & 30th May



Getting Involved
with SADAG



Support Groups
Countrywide



Local & International
Press



Polio Speaking Books
for Pakistan



Outreach Projects
Diepsloot, Ivory Park &
KZN



Thank You's via Email,
Facebook & Twitter



Upcoming Workshops,
Talks & Conferences

After Bipolar Day this month, SADAG will be tackling Panic Awareness Day on the 10th July. Please tell us what kind of stories you would like to read about, or what angles you would like us to focus on during our Facebook Friday chats on Panic. Please email your suggestions to Zane1@medport.co.za

Once again, our wonderful offices will help us greatly to continue to improve our services to all of our callers.
Regards,

ZM Wilson (Ms)
SADAG Founder
zane1@medport.co.za

This Newsletter is proudly brought to you by,
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