



**THE SOUTH AFRICAN
DEPRESSION AND ANXIETY GROUP**

SADAG	011 262 6396
Suicide Crisis Line	0800 567 567
Pharmadynamics Trauma Line	0800 20 50 26
AstraZeneca 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@hargray.com • SMS: 31393

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NOVEMBER NEWSLETTER 2013



Your Countdown to Christmas Giving. You can help SADAG save lives!

Tis the season to be jolly.... The Festive Season isn't festive for all South Africans. For those suffering from mental illnesses, or trauma; those who are alone and lonely, the Festive Season can be a sad time of year.

SADAG is South Africa's most influential mental health NGO. We are the 'go-to' NGO for media, communities, businesses, schools, sufferers and loved ones but without your help, SADAG cannot do what it was established for – educate the public about mental health issues, destigmatise mental illness, support and intervene while empowering individuals and families to get treatment.

1 in 3 South Africans suffer from a mental health condition. No matter how big or small, your donation will go to funding our cause and to improving the lives of individuals, families, and communities affected by mental illness across South Africa.

8 Ways to Help SADAG this Festive Season

SADAG is asking that this year, the end of what was for many a highly traumatic and difficult 2013, instead of yet another pair of socks, or home-made apple-pie gifts to loved ones, you give a donation to SADAG to help us continue our work and save lives.

“SADAG (NGO #013-085 for tax certificates) is doing wonderful work in the community for the Public and Private sector. Our small contribution can help save or add value to someone's life.”-Akeso Clinic

Here's how to help us:



R1.60: Every call that SADAG receives on a Toll-Free line costs up to R1.60 per minute



R50: Supplying SADAG stickers with contact details to every child in a school Grade or Support Group



R100: Supplying SADAG's brochures to one Grade or Support Group



R120: Speaking Books are often given out as prizes at schools, youth meetings, and community groups. See how the Speaking Books work by visiting www.speakingbooks.com or on the front page of the SADAG website, www.sadag.org on the left hand side.



R500: Manning the SADAG wellness stand for One Day at a college, university or hospital.



R1 000: Suicide Prevention and Substance Abuse school talks and materials for 50 teachers



R4 000: Suicide Prevention and Substance Abuse school talks for a school of 1

500 children



The **Woolworths MySchool/MyVillage** programme is South Africa's number one community fundraising initiative. SADAG needs 48 more people to sign up so we can be added as a beneficiary (SADAG will use this opportunity to raise funds for our suicide crisis centre). If you already have a Woolworths MySchool/MyVillage card, you can still add SADAG as another beneficiary. Each card can have up to 3 beneficiaries. To add SADAG as the charity of your choice, **please fill in the form** and send it to Cassey Chambers at SADAG on info@anxiety.org.za or fax 011 262 6350. Application forms must be sent to SADAG and not directly to the Woolworths MySchool/MyVillage organisation as we have to submit them with the balance. Please help us, it is such a small number of applications that we need.

If you prefer to donate via credit card, go to www.sadag.org and press the Donate Button for more details. Or if you wish to do an electronic transfer, these are SADAG's branch details.

FNB: Benmore Gardens

Branch code: 251255

Account number: 59251150677

Please be kind enough to send us your contact details (email, fax, or telephone) to office@anxiety.org.za so that we may thank you for your kind donation - unless you wish to remain anonymous. SADAG will also be able to issue Tax Exemption Certificates to donors.



Thank you to SADAG's amazing donors

A very big **THANK YOU** to our incredible donors for their help and support in 2013! To Liberty Life Properties without which we would be homeless, Starfish and Stouf for their tireless SMS systems, Newsclip for their constant media monitoring and huge press assistance, Pfizer for always allowing us the use of their venue for our counsellor meeting and training sessions – SADAG is only as strong as our partners. Thank you!

A special thank you to Adcock Ingram and Akeso Clinic for all their assistance for refreshments and goodies for our last few monthly counsellor meetings, as well as for the donations for our year-end function for our volunteers.



SADAG, SterKinekor Entertainment and Woody Allen

28th November 2013

On Thursday, 28th November 2013, SADAG & SterKinekor Entertainment will be hosting a special premiere of Woody Allen's new movie "Blue Jasmine". SADAG. The movie will be screened at SterKinekor Rosebank Mall (Johannesburg), Gateway (Durban) and V&A Waterfront (Cape Town) Cinemas at 8pm.

To win free tickets to this special premier with some of our local celebs such as Sade Gilliberti, Rabin Harduth, and Arno Marais - please go to our [Facebook Page](#) ("The South African Depression and Anxiety Group") and "LIKE" our page now.

Our thanks to SterKinekor Entertainment for their generous support in their key cinemas. SADAG is excited about raising more awareness about mental health. **Click here** to read more about the movie "Blue Jasmine" screenings.



Facebook Fridays

SADAG now has over 2 700 followers on Facebook! Our Facebook Friday online chats have been incredibly successful and we look forward to our remaining two chats for the year, and a continuation of the many professionals support in 2014.

Participants had this to say: "*SADAG does a tremendous job in educating communities on mental health through its Facebook Fridays. Well done!*" Another said: "*Interesting answers ... KEEP UP THE GOOD WORK! More people need psychological help so they can heal.*"

Our next Facebook Friday online chat:

6th December- End of Year Stress and the Holiday Blues - how to survive the holidays: The end of the year and the festive season are fast approaching, and while many of us can't wait to kick back after a very tough year, there is a lot of stress and turmoil at this time of year. Deadlines, financial pressures, exams and family stress, can all add up to causing us severe stress and often burn out at this time of year as we try desperately to do everything! The festive season is not festive for many people – who spend the holidays alone, stressed, depressed, or reliving the year's pain and heartache. Join this discussion to see how you can stay mentally well this festive season, or help others cope.

The online chats will be held at 1pm and 7pm as always. Please log in via our website www.sadag.org or on our **Facebook page**: "The South African Depression and Anxiety Group".

Click here to read more about SADAG's previous Facebook Friday chats.



Workshops

Medical Schemes and Mental Health Workshop

On Saturday the 26th of October, SADAG held a workshop for counsellors, support group leaders, professionals and patients on the important topic of Mental Health and Medical Schemes – Understanding your Rights. There are many problems medical aid members who suffer from a mental health condition express. The most common are: the allocation for medicines running out by mid-year and not being able to afford to pay for their specific drugs thereafter; the capping on psychiatric consultations – most people need more consultations than their medical scheme allows for, psychotherapy is also capped. Ronelle Smit, clinical analyst from the Council of Medical Schemes (CMS), Deon Buhrs from Discovery Health Medical Aid, and Psychiatrist in private practice in Randburg, Dr Sheldon Zilesnick, spoke at this crucial workshop.

For queries on medical scheme matters, if you have no joy with the chronic conditions/medication section of your own medical scheme, contact the Council for Medical Schemes (CMS) on 0861 123 267 for clarification or assistance. Website: www.medicalschemes.com

For more information, details on how to lay a complaint with your medical aid, PMB brochure, etc. please call SADAG on 0800 70 80 90 or 011 262 6396. There are also very helpful articles and information on our website, www.sadag.org

Click here for more information about the workshops, click on the speakers presentations below to download the talks that you want:

1. Council of Medical Schemes - Ronel Smit
 2. Discovery Mental Health benefits - Deon Buhrs

 3. Medical Schemes and Mental Health - Dr Sheldon Zilesnick
-



Parliament Engagement on World Mental Health Day 10 October 2013

On the 10th October 2013, on World Mental Health Day, the Parliament Portfolio Committee on Health organised a seminar in Parliament that attracted Honourable Members of Parliament and was chaired by the Chairperson of the Parliament Portfolio Committee on Health; Honourable Dr Bevan Goqwana. Held at the Old Assembly Chamber in Parliament Cape Town, the seminar addressed how South Africa has scaled up mental health services and what is being done to alleviate the state of affairs in mental health delivery. [Click here](#) to read SADAG CEO's Elizabeth Matare's report. [Click here](#) to read some articles about the state of mental health care in South Africa



World Mental Health Day 2013

Each year on October 10th, World Mental Health Day (WMHD) SADAG runs a campaign to raise awareness about a particular mental health issue. For 2013, the theme was Mental Health Issues in the Elderly. While many of us are aware of the enormous problems that loneliness, isolation, dementia and depression can cause for older people, too many of South Africa's elderly live alone, suffer in silence and many of SA's caregivers and loved ones don't know that mental health factors are a treatable risk for the elderly.

This year SADAG visited numerous clinics, hospitals, companies and organisations to spread the word about depression in the elderly. A big thank you to everyone involved in helping SADAG make the lives of our elderly happier and healthier:

Wellness Days :

- Weskoppies Hospital Wellness Day
-
- Tara Hospital Wellness Day

-
- Leratong Hospital Wellness Day
-
- Steve Biko Academic Hospital Talk and Wellness Day
-
- Narcotics Anonymous Information Day
-
- Hope Hike in Cape Town
-
- ArcelorMittal Corporate Wellness Day

Talks:

-
- St Johns Church in Cape Town - Elderly and Depression Talk
-
- Department of Social Development Corporate Talk - Stress and Depression
-
- Vega School - Depression, Stress and Suicide Prevention
-
- Kagiso Mental Health Awareness Campaign - Mental Health Awareness Talk
-
- Klein Helder Kruin Retirement Centre - Depression and The Elderly
-
- "Meet your Neighbour" in Cape Town
-
- Davidsonville Talk - Depression among the Aged



UPCOMING WORKSHOPS

Webinar /Online Forum for parents of children with OCD

OCD Action (in the UK) runs webinars specifically for parents who have children with OCD. No special equipment is needed, just an Internet connection and speakers. This group is highly recognised for providing critical information and practical tips for parents

with OCD children. This is a fantastic opportunity to participate! Visit OCD Action's website: www.ocdaction.org.uk or [click here](#) for more information about the webinars.



Akeso Crescent Clinic

On **Wednesday the 27th November**, at Akeso Crescent Clinic in Randburg, Dr Theona Ballyram will be discussing "A Practical approach to the management of Bipolar Disorder". The aim of this presentation is to highlight some of the challenges mental health care experiences in managing patients with bipolar disorder and to provide an approach to the management of the disorder. **Click here** for more information about the free talk and how to book your spot.



Stories from the Local Press Desk

On Special Assignment

Mental Health and the issues of risk, treatment and access to care were featured in two parts on Special Assignment. **Click here** to watch the show.

The programmes featured a number of leading South African mental health care providers and advocates including Charlene Sunkel, SADAG's Cassey Chambers, Melvyn Freeman as well as local counsellors from our Janssens Counselling Container and NGOs such as the Talisman Foundation.

Our Janssens Diepsloot Container Counselling Centre, and Cassey Chambers, were featured prominently and showed very clearly how important the work SADAG does is, particularly in areas of such disadvantage as Diepsloot. Dr Freeman from the Dept. of Mental Health said they would consider sending out community health workers to communities to check that patients are adhering to treatment, and getting the support they need to cope with mental health issues.



Local Press

Ackermans Club Magazine: Ackerman's Club Magazine featured an article on depression in SA and how to help a friend who is feeling down. [Click here](#) to read the full article.

Fairlady Magazine: "Tis the Season to be Lonely?" Holidays and endless family functions can take their toll. With planning and forethought- it is possible to cope during the Festive Season. [Click here](#) to read how you can do this.

Blaque Magazine: SADAG's Board Member, Nkini Phasha, has written a very interesting article for Blaque Magazine, 'Tears of a Real Man'- a male perspective of mental health. To read the full article, please [click here](#).

Cosmopolitan Magazine: Cosmopolitan and SADAG have teamed up and have started a weekly Therapy Thursday counselling initiative for the month of November. [Click here](#) for the full scoop!

Mail & Guardian: This is a fascinating and vital article written by the Mail and Guardian's Mia Malan on mental health. Mia writes that mentally disabled people in the rural Eastern Cape are considered worthless, even evil. This is a reality that SADAG has often confronted in many areas of the country and we are so grateful for Mia's research and her penmanship to raise awareness of these vital issues in South Africa. [Click here](#) to read Mia's story about mental disability.

People's Post: World Mental Health day was on the 10th October, the theme was Depression in the Elderly. Read an article in the People's Post, by [clicking here](#) for an article on the sometimes dark realities of depression that millions of people face on a daily basis.

Rooi Rose: Dis lank nie net kinders wat aandagafleibaar en/of hiperaktief is nie. [Klick hier](#) vir die geheel artikel in die Rooi Rose, blads 108



The Star: To commemorate World Mental Health Day, The Star Newspaper had an article on 'Get your head right no matter your age' to highlight mental health in the elderly. **Click here** for the article.

Your Family Magazine: Its exam time! Exam time can be stressful for you and your child. **Click here** for the article in the November issue of Your Family Magazine, for ways of how you can help out.

Great Stories from the International Press Desk

Every month we share inspiring and informative international press with you. Here are some stories to give you great reading this month:

Click here for the 10 Best Websites and Forums about Mental Health

5 Ways to Face your PTSD fears: Recently, I survived another life-threatening trauma, which has caused me to have fear on my mind. During this trauma I was very afraid. I was cognitively and physically impaired, which meant I couldn't fend for myself; I was powerless. And yet, fear hasn't become an overwhelming issue in these days of my recovery. **Click here** to read this fascinating article.

Top Five Natural Remedies for Depression By Mike Bundrant

Nearly 20 million people in America suffer from depression every year. The conventional treatment for depression that most doctors use is prescription antidepressants; drugs which are effective for many people. For others, little to no difference is made with conventional treatment. Some researchers even claim that SSRI medication is no more effective than placebo, although this point of view is wide open for debate. **Click here** for the top five remedies.

Depression: How often are we told to exercise? That even a little bit of physical activity every day can help us on the path to physical and emotional wellbeing? **Click here** to read the article about how exercise can prevent depression

Medical Aid Scheme: SADAG is continually fighting for parity in medical aid schemes for mental health patients. **Read** the American article about work USA has done for parity for mental health

Many of us watch movies for inspiration, company and for relaxation. Among some of the strongest tools to combat depression is distraction. One of the best distractions is watching a movie. Here are **10 movies to uplift you from depression** maybe choose some for Christmas this year.



Support Group Corner

New Support Group Training

SADAG will be holding Support Group training in various regions until the end of 2013. If you are interested in attending any of the free training, or you have a support group and would like us to bring you materials, please contact the office on 011 262 6396. **Click here** to see the list of dates and areas that SADAG will be visiting

New Support Groups

There are a number of new Support Groups that we are very excited to welcome to the SADAG family. If you would like details on these, please call us on 0800 21 22 23.

SAMSOSA (South Africa Male Survivors of Sexual Abuse): This organisation is run by Male Survivors of Childhood Sexual Abuse. Rees Mann can be contacted on rees@samosa.org. There is a support group run at Akeso Crescent Clinic called Matrix Men, run by Martin Pelders and he can be contacted at martin@matrixmen.org

Pretoria Stroke Support Group: This new group meets once a week on Tuesday morning from 10-12.30 at Coram Deo in Waterkloof Glen, Pretoria. Current fees are R120 for one person and R200 for two people per annum. A physiotherapist gives an exercise

class for 20-30min on the last Tuesday of the month.

Knysna Depression and Anxiety Support Group: Held at the Sedgefield Lions Club House next to the Police Station on Saturdays at 10:00am. Contact SADAG for more details.

Rural Support Groups

To find out what new groups are in your area, please **click here**. We have new groups in Atteridgeville, Soweto, Maboloka, Kuma, near Klerksdorp, Mkulu near Bushbuckridge, Emalaheni (Witbank), Makgwath (Tzaneen) Noncampa and Zwelitsha near King Williams Town. Gugulethu, Kayamandi, Estorn Farm near Newcastle, Ntokozweni(Bothaville), Lethabong near Welkom and Pabellelo and another new one in Kimberley .

Diepsloot Container Counselling Centre - Monthly Review



The Janssen-Cilag and SADAG Diepsloot Container Counselling Centre is a haven of hope and mental wellness for the residents of Diepsloot who often find themselves the victims of tragedy. A series of child abductions and murders recently gripped this community, causing fear, distrust, extreme stress and trauma.

Through the Container, SADAG brings awareness and education to the community on the signs and symptoms of mental illness. SADAG also assists by offering free counselling to members of the community, from Monday to Friday from 8:30am til 3:30pm. We work closely with other NGO's, clinics, schools and government organizations to facilitate the transfer of knowledge of mental illnesses and to promote mental wellbeing which helps those affected by mental illnesses, stigma, and loneliness. **Click here** to read the October Report, which talks about a school mental health awareness art competition SADAG held.



Pfizer Mental Health Journalism Awards 2013

The SADAG/Pfizer Mental Health Journalism Fellowship Award is a prestigious journalism competition to raise the level of reporting and awareness in the media about mental health issues. This year, on World Mental Health Day, Pfizer South Africa and SADAG announced the names of this year's recipients. This year for the first time, as well as the two awards for print journalism, there was a third award for electronic media. A hearty congratulations to Theresa Taylor (The Star), Vicus Bürger (Volksblad) and Lloyd Paul (SABC). **Click here** to read more about the 2013 winners.



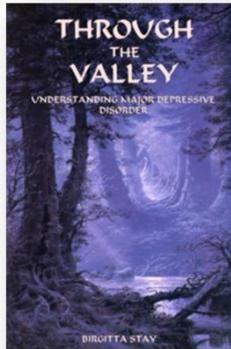
PharmaDynamics: Let's Talk Campaign

PharmaDynamics challenged young filmmakers to produce a series of short-films on three critical mental health issues facing South Africa. The topics included: depression and unemployment, post-traumatic stress disorder (PTSD), and depression and suicide in teens. The Let's Talk campaign is part of the prevention-minded pharmaceutical company's approach to shatter the stigma around mental health issues and the promotion of open dialogue. A young Cape Town filmmaker, Garth Kingwill and his crew won the public and judges over with their film entry, entitled "I Choose Life", into this year's annual Let's Talk Mental Health Film Competition – a joint partnership with PharmaDynamics, the Film Industry Learner Mentorship (F.I.L.M) programme and the Mental Health Information Centre. Those suffering from depression or anxiety can contact PharmaDynamics' toll-free helpline on 0800 205 026.

To view all the short films, visit www.letstalkmental.co.za. **Click here** to read more about the Let's Talk Campaign and Winners for 2013.

Local Authors, Real Experiences, South African Books

This month, four South African books about mental health issues make their appearance.



It is wonderful to see how many South Africans are coming forward about their experiences and sharing their guidance and support with others. There is also a new book on bipolar and mental health in Children.

"Through The Valley" by Birgitta Stay (Pretoria)"

Too many people have wandered into the twenty first century blindfolded by misconceptions about mental illness. Among these illnesses Major Depressive Disorder is no exception. This book is more than a series of cold facts, it is a personal journey, intimate knowledge and real account of something that everybody who cares about themselves and other people should seriously consider purchasing! **Click here** to read more.



"Strokies' Stories" – The Pretoria Stroke Support Group"

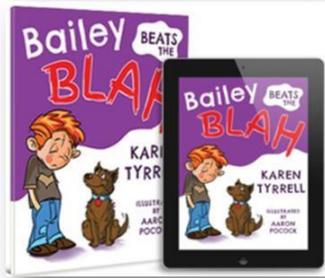
The Heart and Stroke Foundation of South Africa, has declared Stroke Awareness Week from Monday 28th October to Sunday 3rd November 2013. To coincide with this, the Stroke Support Group (Pretoria) launched a new book: "Strokies' Stories". **Click here** for more information.

"Baily Beats the Blah" by Karen Tyrrell"

Baily Beats the Blah is a picture book that aims to help kids develop more awareness around mental health and build up mental health coping skills. For more information, and to stand in line for a free signed copy, please visit <http://natashatracy.com/mental-illness-issues/mental-health-picture-book-kids-free-signed-co>

"Tug of Life" by Isabella Little-Gates from LifeTalk

The **Tug-of-Life** handbook, identifies the various 'tug-of-war' contests that adolescents (and adults) inevitably encounter in life. The Tug-of-Life explores choices and consequences, and helps to define an effective game plan for life. During the process, challenges (e.g. bullying, binge-drinking, drug abuse, promiscuity, depression, divorce,



crime and many others) are tackled, and many helpful aspects that have the power to overcome the challenges are identified and deployed. [Click here](#) for more info about LifeTalk and their new book, or visit the website www.lifetalk.co.za.



Recruiting patients for OCD study in America

Volunteers are wanted to help learn about Body Dysmorphic Disorder (BDD) and Obsessive Compulsive Disorder (OCD) in a study being conducted through George Mason University in the US. If you have, or think you have, BDD or OCD, you can contribute to scientific knowledge about risk factors for poor outcomes in these disorders. Participation is confidential and involves completing online questionnaires about your experiences.

If you are interested in participating, visit the website for further information and to complete the survey:

https://gmupsych.qualtrics.com/SE/?SID=SV_0VbNTiY74GZOnGt



Teen Suicide Prevention Week: 15 – 22 February 2014

Every year, Teen Suicide Prevention Week is diarised in February. SADAG will, as always, be holding talks at schools, in communities and companies and we always get many requests for help. 9.5% of teen deaths in South Africa are due to suicide and SADAG's school-based awareness programme, "Suicide Shouldn't be a Secret" is a crucial education programme in the fight to prevent teen suicide. The programme is offered to schools and our trainers present the talks class by class in an interactive way that gets teens involved, engaged and committed. The Speaking Books are left behind at schools and teens are given armbands with SADAG's number on it. Any school or community interested in booking the programme, please call Naazia on 011 262 6396

Click here to download SADAG's Teen Suicide Prevention brochure

Akeso and Let's get moving: With the increasing pressure on teenagers today there has been an increase in suicide attempts as well as related deaths. In order to raise awareness and funds for SADAG to continue doing the amazing work that we are, Akeso Clinic will be having a Fitness Marathon in Sunninghill on the 21st February. This will be a fun morning with a fitness instructor guiding us through a work out. You can participate in teams and help raise more awareness and money for SADAG to continue its work in schools. **Click here** to see the Akeso Fitness Marathon flyer.



Thank You's from our callers

Always our favourite part of any newsletter – sharing our special words of encouragement from our callers! Thank you to everyone who writes, emails, calls, or texts to let us know how they are doing – it means the world to us all at SADAG

I was having a very bad night last night contemplating suicide. I phoned the helpline and spoke to a volunteer (Janesh) and thanks to her help I didn't do anything stupid. Will you please thank her for saving my life. - Y

I would like to give you an update on my progress. I have been sober for 683 days, and I am managing my bi-polar with diet, a disciplined sleeping pattern, exercise and outdoor activity and strict stress boundaries. My wife and I have a new-found respect, love and commitment for each other, especially since she has made the breakthrough with her diagnosis, and she is managing her special way of being in a marvellous way. I live every day with meaning and purpose, and I will forever thankful for your intervention and the assistance of SADAG. Much love and bless your work. – F

Thank you for the calls I have received today. SADAG has been very helpful. I was encouraged to get involved in a support group and I have my first appointment on Thursday night. Thank you so much. - M

I spoke to Rennie and she was fabulous and so helpful. We will progress from here on I shall certainly call again. Thank you.- B

I had a phone call from Nono. She was very very helpful. Thank you both for your time and kindness. - N



To our volunteer counsellors, support group leaders, trainers and experts: THANK YOU!

SADAG would like to say a big **THANK YOU** to all of our volunteers, Support Group Leaders, facilitators and trainers for their help and dedication throughout the year! Our experts are always available for comment and our support group facilitators are always on-call should we encounter any crises or emergencies. Wishing you all a very happy and festive season!



Newsletter Graphic Layout expert needed for SADAG

SADAG uses Graphic Mail for sending out its monthly newsletter. We write the copy and choose the graphics, content and various attachments that are on the website. We are needing someone who can help us when we hand over the content and then returning it to us within 48 hours. If you are interested in helping us, will you please email Zane Wilson on zane1@hargray.com with your phone number. If you look at this Newsletter and previous ones, you will see the layout is very similar for each edition.



SADAG Support through December and January

For those of you new to the SADAG family, please be reassured to know that we DO NOT close over the festive season. Our volunteer counsellors will be with you from 8am to 8pm 365 days a year, including Christmas Day and New Year. If you or someone you know is having a lonely or hard time, please call us on 0800 21 22 23 or 0800 20 50 26, or 0800 70 80 90. If you would like to get involved, donate or find out what we are doing, please visit our website www.sadag.org

Sincerely,

Zane

Founder

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