



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
Adcock Ingram Generics Bipolar Helpline	0800 70 80 90
Sanofi Sleeping Disorder Helpline	0800 753 379
ADHD Helpline	0800 55 44 33
24 Hour Dep. Social Development	
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: zane1@hargray.com SMS: 31393



US Expert Explains how Cognitive Behavioral Therapy (CBT) can Improve the Lives of Social Phobia and Anxious Patients at Discovery Mental Health Summit

SADAG, with the support from Discovery, brought out world renowned CBT expert Prof. Stefan Hofmann from the University of Boston, to present workshops in Johannesburg and Cape Town.

[Click here](#) for more information about the workshops he lead for Mental Health Professionals and for the Press & Media.



Latest Buzz Locally and from Around the World

SADAG is in constant pursuit of finding interesting, informative and ground breaking news locally and internationally in the world of Mental Health.

Locally this month, we look at ways to overcome Panic Attacks with Thrive Magazine; find out when it's a Blue Mood or Depression in Balanced Life Magazine has some pointers; Coping with Anxiety before it turns into Depression is in Mine! Magazine; the link between Diabetes and Depression in Buddies for Life Magazine; and Inspirational Online Resources to help understand and cope with Bipolar; and finally inspirational messages to help cope with your depression.

Internationally, we are looking at how to handle checking into a hospital for treatment, how CBT can be effective for Personality Disorders, Why Teens cutting is an issue that many parents contact us about; how a bipolar patient disclosed his illness to work colleagues; How a child with Autism uses "Siri" to help and how they are now "BFF's"; and finally, more on Ketamine which is still under research and investigation and finally a TED presentation how a journalist should write about Mental Health.

[Click here](#) to read all these great articles in more detail



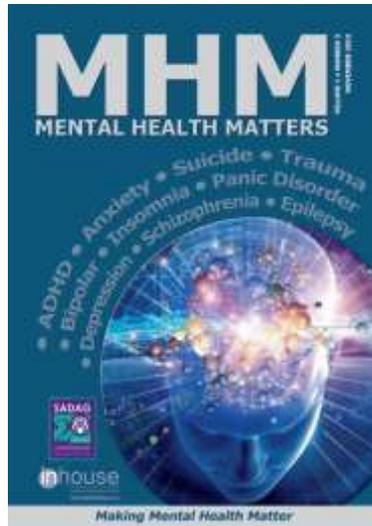
Pfizer Journalism Awards 2014/2015 Winners

Each year Pfizer South Africa awards prestige and prize money to established journalists in the broadcast, print and online media who have dedicated their work to write informative articles and interviews on Mental Health. This year Pfizer decided to not only award 3 but 4 awards to journalists in the print and broadcast media as the standard of entries was so high. We appreciate the South African press for their commitment and their support in creating awareness for Mental Health. [Click here](#) for details of the winners!



Facebook Friday Upcoming Online Chats

SADAG's page reached over 50 000 people in the last few weeks. The chat offers members an opportunity to interact with experts on a fortnightly basis for reliable information, support and practical tools on how to cope with their mental health problem. [Click here](#) for our next two chats on the 21st November on "**Addictions-Substance Abuse, Sex, and Gambling**" and the 5th December on "**Dealing with Stress and Depression over the Festive Season**"



Mental Health Matters Journal

SADAG in partnership with Inhouse Publications launched a brand new journal specifically for GPs and Psychiatrists. The third addition now available. In this edition there is a guest editorial from the President of SASOP-Dr Mvuyiso Talatala, then David Rosenstein discusses whether Epilepsy is a Mental Health condition or not; Labour Lawyer Peter Strasheim shows how we can use law to support patients rights in the workplace; and so much more.

Check with your GP to find out if they have their copy.

[Click here](#) to read an article in the latest edition "Psychiatric Hospitalisation, Attending to Mental Health Crises by Upcoming Young Journalist Pfizer Award Winner, Dessy Tzoneva.

[Click here](#) if you are a professional and would like to subscribe.



October Update on SADAG 20th Anniversary Celebrations

During the month of October, we celebrated our 20 years. Our celebratory function was held in Sandton, with support from Dr Reddy's, Sandoz, Pharmadynamics, Akeso Clinic, Discovery, Lundbeck and Reckitt Benkiser

Present that night were our board, with special talks from our Chairman Dr Colinda Linde, Prof Dan Stein, Nkini Phasha and Dr Frans Korb. We had celebrities making it a memorable evening such as Lillian Dube who has been a SADAG spokesperson for 18 years, Penny Lebyane, Sade Giliberti, Roxy Burger, Nick Hammon, Mathew and Sonya Booth, and Rabin Harduth. Our comedians Farhan Esat and Mel Miller gave mental health a lighter touch and Aki Anistasiou who was a wonderful MC and Auctioneer for the evening.

We auctioned a 2 night stay at a Tsogo Sun, a beautiful framed Art Memorabilia piece as a tribute to Mandela, Designs from the Greenside Design College who designed heads and posters all relating to mental health, a 1-hour flight for two over the bustling JHB city, the highly anticipated books by Barry Bateman and Mandy Wiener "Behind the Door, the Oscar Pistorius and Reeva Steenkamp Story", a Moonlight Spa treatment for two from Mangwanani Spa and jewellery from an American designer to the stars in L.A Gillian Julius who also donated bracelets to all the ladies present.

We were lucky to have some friends with us who had started support groups back in the 90's such as Gwen from Witbank, who started groups when there were absolutely no Psychiatric facilities for patients without medical aids and pushed to lobby the province to help patients. Carlo who has been active in Benoni for the last 8 years working with patients with Depression, Bipolar, and all mental health problems and getting treatment for them. Peter from Siyabuswa was one of the first to ever phone us and say he suffered from acute Panic attacks who chose to help others. For years, he was highly visible on TV and Radio explaining how he had overcome his issues with very little help available in his area. Counsellor Shanne, who has been with us for

20 years, Janine who writes our content for our Speaking Books and has been part of our family for 16 years. As well as the support from our computer companies SOSit, Stouf, Starfish, Wendy our Graphic Designer, Jac from Accrue who helps us with our website.

Sincere thanks to Cassey, Roshni, Naazia, Meryl, Janine, Genievieve, Abigail, Kalina, Justine, Anne, for putting the whole wonderful evening together for our clients and colleagues.

Please [click here](#) for pictures from the evening.

Regards,
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