



**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

OCTOBER NEWSLETTER

World Mental Health Day 10th October 2013

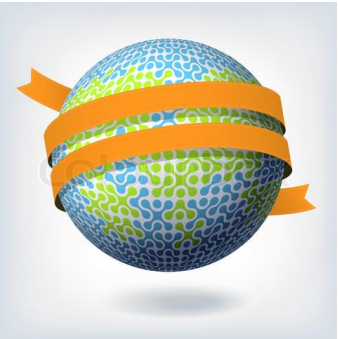


SADAG - 19 years

September 1994 was the year we founded SADAG to listen, to help, to refer and to destigmatise mental health care for all South Africans. Our thanks to the over 3000 volunteers, who have during our 19 years trained with us and then chosen to dedicate their time to counsel the many thousands of callers we get each month. No one is ever turned away for a service which we provide free of charge. Our challenge remains the same, to help those that need our help and support, and to continue to raise funds for SADAG to continue to do its valuable work.

World Mental Health Day – 10 October

This year on the 10th October it is World Mental Health Day and the theme is helping the elderly with their problems of Depression and Loneliness. Sadly this is a common occurrence. In some communities children and grandchildren have left for overseas and parents are now in retirement homes. In rural communities, the grannys (Gogo's) often are left bringing up grandchildren, and coping with limited grant money and huge responsibilities.



We are going to be presenting talks in retirement homes, in the main towns and suburbs, not only to the residents, but also to the staff on how to identify depression and how to help the elderly. If you would like to nominate a retirement or old age home for a SADAG talk, or would like to get your company to sponsor a talk, please contact Dessy on 011 262 6396 or press@anxiety.org.za.

If you live in Cape Town, please diarise the Hope Hike on the 13th October 2013. The hike is aimed at raising awareness of, and funds for, research into clinical depression by getting the public involved in fighting the stigma that so often accompanies depression. It's a family-friendly hike and you can choose between a 5 km or a 10 km route. **Click here** for all the event details.

Support Group Leader, Suzanne Leighton, with psychiatrist Dr Neil Horn, will be hosting an Anxiety Workshop on Monday the 7th October at Valkenberg Hospital. [Click here](#) for the workshop details.

Watch out for the Facebook Friday chat on 11th October on "Ask the Dr" discussing mental health, depression and the elderly.



World Suicide Prevention Day

SADAG hosted various events around World Suicide Prevention Day on the 10th September. This year we focused on helping families and friends cope after the tragedy of a suicide.

The 6th Annual Durban SOLOS (Survivors of Loved Ones Suicide) Remembrance Walk held on the 8th September was to create awareness in memory of those lost to suicide. We had many “survivors” and their families from our support groups who attended as well as members of the DNUCT (Durban North Umhlanga Crisis Team) who handed out information on mental health along the way. **Click here** to see pictures of the walk, balloon release and info about the event.

The Community Workshop in Lenasia was a great success with over 40 people in attendance. The guest speakers discussed teen suicide, substance abuse and bullying. **Click here** for more info about the workshop and how the community is now working closer together to help at-risk youth.

SADAG was able to create increased awareness about suicide prevention nationwide, through various radio interviews such as Bush Radio, Radio 702, Rainbow FM, K FM, Eldos FM, RSG and Lotus FM to name a few. For the great article on suicide in The Citizen newspaper **click here**, or for the article titled “Suicide is not the answer” in the Eldorado Urban News, [click here](#).



Draft FCB – Print Advert kindly donated to SADAG

The new depression advert, completed by advertising agency Draft FCB, is now finished and will be placed in magazines and newspapers. The advert has a girl who is not coping and falling down into water and she needs SADAG's help to cope. Our sincere thanks to the dynamic team at Draft FCB including James Cloete, Neelesh Vallabh, Malisa Green, Linda Shaw, Wendy Pringle, Thomas Lefine and Lee Goodall. This advert has had a lot of thought and time go into it, and is going to attract everyone's attention. **Click here** to see the print advert.



Casual Day Feedback

We are happy to report that our great response from various companies around South Africa, Johannesburg, Durban, Cape Town and Steelpoort. With their support, SADAG was able to sell nearly 2000 Casual Day stickers raising an amount of over R17 000! SADAG would like to take this opportunity of thanking Growthpoint, Lundbeck, HDI, Nedbank, Draft FCB, Akeso Clinic Group, Two Rivers Platinum and Travel with Flair for supporting SADAG and going BIG for Mental Health for Casual Day 2013. **Click here** for the full report of the fundraising campaign.



SADAG works closely with Facebook

Zane Wilson went to meet one of our biggest promotional companies in Silicone valley in September. Facebook situated in 18 huge buildings is a hive of energy, youth, coffee bars, free lunches and Red Bull! She was hosted by the division that has been helping people who talk about ending their lives in various countries around the world. From helping them over the last two years SADAG has developed their Facebook Fridays and discussions as to what the next developments can be with South Africa were also facilitated. **Click here** for a shot of their unusual reception - one of 18!

Facebook Friday is becoming even more popular with now over 1000 people watching the live chats every 2nd Friday. **Click here** to learn how to access previous chats.

Please diarise the upcoming Facebook Friday Chat for World Mental Health Day on the 11th October on "Ask the Dr" on Mental Health Issues, Depression & the Elderly.



Akeso Clinic Workshops

Akeso Crescent Clinic in Randburg invites you to join them for a free community talk on Saturday the 12th October at 10am. Guest psychologist Dr Melanie Krasin will be talking on "Living with and loving someone with a Mental Illness". This is a great talk for people living with a mental illness and their loved ones. For the invite, please [click here](#).

Free Medical Scheme Workshop in October



What mental health benefit does your medical aid cover? What are your medical aid rights as a patient? What are prescribed minimum benefits and how will they help you? Many patients get overwhelmed with fine print and paperwork and don't fully understand what their patient rights are when dealing with their mental illness benefits. We will be hosting a FREE workshop for patients, family members, mental health professionals and support group leaders on Saturday the 26th October from 9:00 – 12:00 in Sandton. [Click here](#) for the invite. To book your seat, please call Dessy on 011 262 6396 or press@anxiety.org.za.



Outreach Work for Substance Abuse & Mental Health

SADAG has started further support group training on behalf of the Department of Social Development's Substance Abuse Directorate, and is training nearly 100 extra groups in all 9 provinces. We have already started in Daveyton, Eldorado Park, Brits, Rustenburg, Prieska and Maryvale areas. To see where we are going to be in October and November, [click here](#).

Upcoming Workshops in September and October

We have a selection of workshops and support group courses running throughout South Africa in the next few months.

Reflexologist, Jackie Lagus, is conducting research on the **efficacy of reflexology** to treat symptoms of depression and is looking for 10 volunteers in Cape Town. If you are interested, please [click here](#) for more details.



Clinical Psychologist Yumna Zobi is running a series of **workshops for couples** on Relationships during October, taking place in Rivonia. The workshop

offers a unique experience exploring the fundamental principals of relationships and communication. For more details, please contact Yumna on 072 097 887.

Dementia SA is hosting their annual Dementia Conference in Cape Town at the end of October. The conference has always been incredibly well supported with a programme of great speakers, and is aimed at care givers, professionals, loved ones and people in retirement homes. [Click here](#) for the invite with all the details.

Gauteng Association for Infant Mental Health (GAIMH) will be hosting a special

meeting on 31st October 2013 in JHB. Guest speaker, Prof. Astrid Berg, will be discussing “18 years of parent-infant psychotherapy in South Africa. What is the way forward?” [Click here](#) for more details

Feeling stressed at work? There is a workshop on “Stress in the Workplace” happening in Durban discussing stress management, coping skills, assertiveness and self help tools. The workshop will be on the 12th October, for more details [click here](#) for the invite.



Online Mental Health Videos addressing stigma - VOTE NOW

Getting sufferers, friends, families and communities to talk about their perceptions of issues like depression and youth suicide is the best way to start addressing stereotypes, encouraging treatment and getting all those affected on the road to recovery. Pharma Dynamics has again joined forces with SADAG and the Film Industry Learner Mentorship (FILM) to get the country talking about mental health conditions, which affect millions of South Africans, many of whom go through life undiagnosed and untreated. Visit www.letstalkmental.co.za to vote for your favourite short mental health film. Winners will be announced on the 10th October 2013.



Ted Talks, an online series of hundreds of fascinating talks on the environment, business, medical and finance issues and trends, have recently added several more on mental health. We have listed five that may be of interest. Each is between 20 and 40 minutes long, [click here](#) for the full list.



New Support Groups

SADAG boasts over 250 support groups nationwide that deal with various mental health and substance abuse issues. Support Groups can offer an additional resource and support system for patients and loved ones. Here is a list of new support groups that have recently started in Nelspruit, Empangeni, Klersdorp, Brits, Witbank, Kimberley, Marydale, Kroonstad, East London and more. **Click here** for the full list of new groups.

Cathy, Support Group Leader in Strandfontein, recently celebrated her groups 1 year birthday. They celebrated the occasion with a special guest speaker and live podcast to help raise further awareness about their group and mental health. [Click here](#) to read more on her website.

A new Anxiety Group with coping skills taught via CBT and Mindfulness will start running in Cape Town by psychologist David Rosenstein. This is a paid group therapy session at a price of R350 a session, for a period of 12 weeks. It has been approved by Medical Aid Schemes, depending on what plan you are

on. For more information, please [click here](#).



Local Press

SADAG, has once again, been incredibly busy with raising awareness in local press and media. It is very important to us to ensure that we inform as many people as possible about mental illness, its symptoms, treatment options and support.

In the September issue of the **Childs Mag**, there is an interesting article on 'Moms popping Pills', discussing how moms who abuse prescription drugs and how some parents rely on pills in order to cope. [Click here](#) to read more on this troubling story.

If you are suffering with a mental illness and are pregnant, **is it safe to stay on your medication?** Read more in **Mamma's and Pappa's Magazine**, on what the experts say. **Click here** to read more.

Read the latest edition of the **YOU Magazine** for an inside story on the day and life of someone who suffers from **OCD**. **Read more** by clicking here for the link.

Are you **feeling stressed or burnt out**, towards the end of the year? Read Your **Wealth Magazine** for an article by Lynne Giddish titled "Feel the Burn" to help identify the symptoms of burnout and how to cope with stress. **Click here** for the article.

Is Anxiety a painful reality for you? Read "**Kalmeer...laat angs vir jou werk**" in **Sarie Magazine**, on how to identify the signs and symptoms and ways to cope and deal with your anxiety. **Click here** to view those tips.



International Press

A new leaflet from the UK Royal College of Psychiatrists is specifically aimed to guide young people towards help, and treatment, if they have been prescribed meds or believe they may have **OCD**. **Click here** for the online brochure.

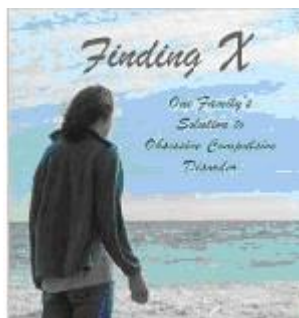
There is a great new website for those who have an interest in **Complementary and Alternative Medicine** with responsible assessments on Yoga, Sam-e, Fish oil, ginkgo, etc. **Click here** to see it.

As part of our concern for the **elderly**, there has been much consideration this month as to whether an overdose is an accident. Centre for the Elderly in San Francisco, believes **suicide is still very high amongst males**, **click here** to read their overview.

The **impact that Debt** has on the mental health of people aged between 24 to 32 years was researched in America recently at the Northwestern Feinberg School and Faculty. Want to read more about these significant issues, **click here** to find out.

New research suggests the Internet may be good for more than just online shopping. **Click here** for the article “**Is Online Therapy Legit**” discussing that therapy you receive online can be as effective as the kind you get face-to-face.

Pysch Central had a recent story on **Tough Love** and how to cope with children’s problems, especially with drug and alcohol abuse. **Click here** for the article.



New OCD Book

In Finding X: One Family’s Solution to Obsessive Compulsive Disorder, the authors describe how their family has dealt with obsessive compulsive disorder (OCD). Many books that have been written by sufferers of OCD focus on the symptoms of OCD and how those symptoms have affected their lives, this book looks at OCD from a family’s perspective. The book is available via Amazon and Kindle, for full details **click here**.

SADAG Talks & Activities

SADAG offers various talks, wellness days and workshops for corporates and organisations. During the last 2 months, our team of presenters have been busy with various outreach programmes.

Lenasia Secondary School - SADAG sent a team of 9 counsellors to speak to the 500+ students about teen suicide prevention and depression. [Click here](#) for the full report.



City Power Corporate Wellness Day on 3 September - 2 SADAG counsellors manned a stand with brochures, handouts and information to the staff at City Power, [click here](#) for feedback about how the event was such a success

Bosmont Talk on Depression - SADAG senior trainers spoke to an enthusiastic group of 40 people about depression, the signs and symptoms, how to help someone with depression, treatment options, etc. [Click here](#) for a report back of their interactive discussion.

One of the many talks this month was at **Con Amore School** which includes a special needs section. There were 100 educators present and aspects of Depression and Suicide were discussed. [Click here](#) to read more.

On Friday, 13 September 2013, a team of seven SADAG members went to **Diepsloot West Secondary School**, in Diepsloot, to present the Suicide Prevention talk, to all the learners as well as the educators. [Click here](#) for the report.

St Anthony's Church in Coronationville, had recently noticed a high rate of women who were depressed and therefore requested a talk from SADAG to explain Depression and about looking after your Mental Health. [Click here](#) for the information.

SADAG was invited by **EAPA (Employee Assistance Professionals Association)** to present a 2 hour talk to 30 professionals, mainly social workers and counsellors, who are involved in employee assistance programmes. [Click here](#) for the full details of the workshop and the topics discussed.



Diepsloot Corner

SADAG plays an invaluable role in creating awareness of mental health issues in the Diepsloot community. There has been a concerted effort to partner with the relevant stakeholders in Diepsloot to ensure a holistic approach to handling mental health issues such as depression, trauma, domestic violence and substance abuse. The Janssen Counselling Container in Diepsloot has been busy with school talks, workshops, clinic and mall days. **Click here** to see pictures and a feedback about the recent activities.

New Rehabs for Substance Abuse

SADAG is often asked for details regarding rehab clinics, here are 3 private rehabs that have been brought to our attention recently:



1. Elim Clinic in Kempton Park, **click here** for their full brochure
2. Haven Clinic just outside Plettenburg Bay, **click here** for a link to their website which lists their treatment programmes, facilities, etc.
3. SANCA Phoenix House in Soweto, **click here** for programme options

If you are looking for any rehabs or resources for substance abuse, you can call the 24 hour Substance Abuse Helpline 0800 12 13 14 or sms 32312 for referrals to support groups, rehabs, clinics around the country, as well as information on alcohol, drugs, nyaope, FAS and more..



Thank You

Hi Zane,

This is well over due. Thank you, your guys helped and really meant something. I am thankful that there are guardian angels like you and your team. If I can assist in any way, please let me know.

Mxxxx

Morning

I would like to thank you for having your lovely lady call me on Thursday. She did help. And had me assessing myself again which helped a lot.

Dear Sir/Madam

Your newsletters are so educative and are so helpful in information sharing. Continue doing the good work that you're doing. Lets continue sharing.

Regards Xxxx

“Before this chat season closes, i would like to say how impressed i have been with all the work and effort that has been done by the Durban branch. Having these chat lines open as a forum for people to ask questions and get immediate feedback is a wonderful platform for people to air their views. I went to their Suicide and Remembrance Walk held on Saturday last week. It was well organized and supported. I think bringing greater public awareness is a huge step in the direction to hopefully reducing the number of suicides we have in our communities.”

Thank you for rendering such a wonderful service. Kxxx

Thank you Irene bless you 4 yr help i got Simons e-mail & will mail him now. U do wonderful work may the Angels be with u always fondest.
From N----- X

I've just spoken to you on the phone to compliment my guardian angel Tatiana. Tatiana I have never spoken to a councillor that was a God given gift to me in my time of need as you are. All I can say is "Thank You from the bottom of my very grateful heart", you kept telling me I can't stop you from taking the tablets, believe me you did just that. You are a very rare gem and I hope one day to meet you.

SADAG needs money desperately to meet the increasing demands placed on us from so many who suffer from mental health and social issues - for postage, and our toll free phone lines to transport costs and visiting difficult to access communities. We still urgently need to move into larger offices in the Sandton area to accommodate our counselors and 15 line call centre. We are fully tax deductible, please spread the word. We only need 150 square metres.

Whilst we continue to grow, with no Department of Health support or funding, the pharmaceutical industry also continue to consolidate and cut back on its donor support. Therefore we rely more and more on people like you who through your generosity to make it possible for us to provide these services. No family whether rich or poor is ever immune from the effects of mental health.

Please continue donating to us R10, R50 to R500 or beyond - In memory of a loved one or as a tax deduction (SADAG is a registered NGO). Monthly donations are so appreciated. Working with your company to have a matching donation is a wonderful way to share the support and engage more people to help support mental health. **Click here** for the donate button.

We look forward to an exciting 20th year ahead and reaffirm our commitment to improve Mental Health care, both privately and in government facilities.

Sincerely,

Zane Wilson
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