



**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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SEPTEMBER NEWSLETTER



19 years this September - 1994 - 2013

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 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 work.



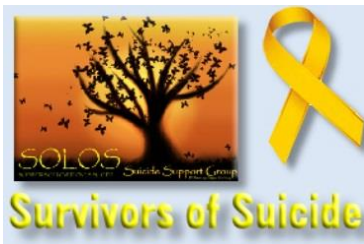
World Mental Health Day – 10 October

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 5 km or a 10 km route. **Click here** for all the event details.

Watch out for Facebook talk on 27th September on Depression in 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 and 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.



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, 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.



SADAG Free Community Training Workshop in Lenasia

SADAG will be holding a free community workshop in Lenasia on Tuesday the 10th September to create awareness about the serious issues of substance abuse, bullying and teen suicide that affect the youth in the community. The workshop will be at the Lenasia Civic Centre in Extension 1 (cnr Rose and Elands Road) at 6:30pm. For more information or to RSVP, please [contact Anne or Naazia on 011 262 6396 or info@anxiety.org.za](mailto:info@anxiety.org.za).



Support SADAG on Casual Day - Friday, 6 September 2013

Let your imagination run wild. Get a big wig, wear a big tie, big teeth, big glasses, wear a big coat, a big dress, big pants. Or just wear a big smile. Make this year the biggest Casual Day ever by going BIG for Mental Health. Encourage as many neighbours, friends, colleagues and total strangers to get their stickers. Wear one, wear many. Remember, you are only big on Casual Day if you are wearing the official Casual Day sticker.

Order your Casual Day Sticker for only R10, all proceeds assist in funding SADAG's Suicide Crisis Helpline. For more information call SADAG on 011 262 6396 or email info@anxiety.org.za



Speaking Books: Runners-up at the ALL AFRICA PUBLIC SECTOR INNOVATION AWARDS 2013

SADAG, represented by its CEO Elizabeth Matare, attended the All Africa Public Sector Innovation Awards 2013 (AAPSIA) in Congo Brazzaville from 22 to 27 July 2013. SADAG were invited very kindly by the Department of Public Services and Administration to accompany them, and to be part of their stand.

The Speaking Books were runners-up in the category of Innovative Service Delivery, which are our interactive audio educational tool for communities with low level literacy or limited reading abilities. The Speaking Book talks to the user in their own language about critical health or social issues. They have revolutionised the way health care information is delivered to low level literacy communities. [Click Here](#) to read more about AAPSIA.

Thrive Magazine

The 3rd issue of Thrive Magazine – Your Guide to Mental Wellness – will hit shelves on Tuesday 10 September. Cover price R23.95. Available at CNA, Exclusive Books, Pick n Pay Pharmacies and Medicross Pharmacies in Gauteng, Cape Town, Durban and PE. Read about clinical psychologist, Zahava Aaron's struggle with postnatal depression; adult & child ADHD, how to understand and work with your emotions. For more info, email hello@thrivemag.co.za



Pharma Dynamics: Let's Talk - Student Films

Pharma Dynamics, one of SA's leading pharmaceutical suppliers and a generous sponsor of SADAG's Police and Trauma Line (0800 20 50 26) has joined forces with the Film Industry Learner Mentorship (FILM) to get the country talking about mental health. This year, interns at FILM have made remarkable short films for the "Let's Talk about Mental Health" campaign about issues such as Depression and Unemployment, Post Traumatic Stress Disorder and Youth Suicide.

All the films have been posted on YouTube (search for Let's Talk Mental) and viewers are welcome to discuss the issues they contain and vote on the ones they find most useful or relevant. For more information, please visit <http://www.letstalkmental.co.za/>. [Click Here](#) to read more.

School Talks, Wellness Days and Corporate Talks

Suicide Prevention Talk at Tipfuxeni Secondary School in Hammanskraal – 31st July 2013



On the 31st July, a SADAG team, joined by Television Personality Sade Giliberti, and former Tipfuxeni Secondary School student Mmabatho Molefe, spoke to over 500 students at the school on Suicide Prevention. The teachers were also given a presentation on the signs and symptoms of suicide and what to do to help a child at risk. [Click Here](#) to read more.

Bankserv Wellness Day – 11th July 2013



On Thursday the 11th July, Bankserv hosted their first wellness day for their staff, which was coordinated by Cheryl Moodley. They also hosted SANBS, Rand Aid Rehab, a reflexologist (who offered free foot massages to employees), City Lodge, a dietary consultant and SADAG. Cheryl, mentioned the possibility of another event in September and SADAG looks forward to joining their next endeavour. [Click Here](#) to read more.

UNISA, Daveyton: Depression and Bipolar Talk – 30th July 2013



SADAG was invited by UNISA, along with the campus educational psychologists and trauma counsellors, to be part of a skills workshop for students on the 30th of July at the Daveyton campus. Students from all faculties attended the workshop and SADAG's Mpumi spoke about depression and bipolar disorder. The event was organised to inform students about the counselling service centre and the importance of mental health awareness. [Click Here](#) to read more.

Mental Health Talk at POWA

On Friday, 26th July, SADAG hosted a workshop on Mental Health for POWA (People Opposing Women Abuse) members in Berea (JHB). POWA is a national NGO that promotes the rights of

women, and provides shelters for abused women, counselling, support groups, legal advice, court preparation and support and referral to other professionals and practitioners. [**Click Here**](#) to read more.



SCRA Conference in Miami, USA

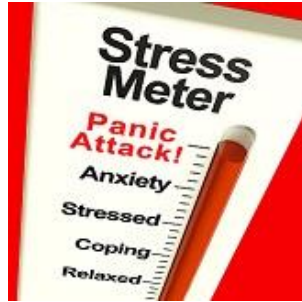
The Society for Community Research and Action (SCRA) serves many different disciplines that focus on community research and action, and is committed to promoting health and empowerment and to preventing problems in communities, groups, and individuals. The 2013 SCRA biennial conference took place on Thursday, June 27th at the University of Miami in Coral Gables, Florida USA, with our Researcher Lian Taljaard attending on our behalf to present SADAG's Suicide Shouldn't be a Secret programme . [**Click Here**](#) to read more and see the abstract that was presented at this international conference.



What You Need to Know About Accessing Additional Funds from Discovery Health

“More than 80% of your annual family limit for allied, therapeutic and psychology services has been reached.” What do you do if you are a Discovery Health member and you reach your limit but still need psychological treatment? The good news is that Discovery Health has become more proactive about informing members that their Allied Healthcare Benefit is reaching its cap. You may have the opportunity to apply for additional funding for allied, therapeutic and psychology healthcare services from certain healthcare professionals. This review process is for members who have unique clinical circumstances that may need additional funding support and there is an application form to fill in.

[**Click Here**](#) for more info. You can discuss a similar process with other Medical Schemes.



Mental Health Awareness Month – July 2013

Every year, July is marked on the National Health Calendar as Mental Health Month with the 10th of July being Panic Disorder Awareness Day. This year, our support groups marked the month with talks and workshops, and SADAG did a lot of press and media to create awareness about this illness that is so common but so misunderstood. [Click Here](#) to read feedback from the Sandton Support Group (run by Jane Khedheyer) on their meeting with Dr Colinda Linde; the Durban Group (run by Lori Barausse) with Dr Francois de Marigny . Thank you for your dedication and hard work.



Making Mental Health Matter - Advocacy in South Africa

SADAG keeps advocating for Mental Health, as we strive to improve the availability of Mental Health Services nationally. Founder Zane Wilson and CEO Elizabeth Matare shared their insight on Mental Health in articles that were featured in the past month. Zane and Prof Freeman, the Department of Health's Chief Director of non-communicable diseases, discussed the state of mental health treatment in South Africa. [Click Here](#) to read the full shocking story that featured in The Times. Elizabeth addressed the topic of Mental Health Statistics in South Africa, which are indeed depressing. [Click Here](#) to read more about this issue which appeared in The Star with Elizabeth Matare's comments. .



Support Group Corner

SADAG is very honoured to have incredibly dedicated Support Group leaders in all 9 provinces. We could not achieve our goals without their dedication and help. We are very excited to announce that we have an incredible number of new support groups starting. A very big thanks to our outreach team and to Justine and Naazia in our offices who liaises with all our facilitators and advises them, supports them, and sends them materials.

[Click here](#) to read about new Support Groups in 8 provinces.

Support groups provide essential education for their members. [Click Here](#) to read more.



Diepsloot Counselling Container Centre

Diepsloot is a sprawling township between Johannesburg and Pretoria that is desperately under-resourced. SADAG has been running a free counselling container open to the community offering free face-to-face counselling from Monday to Friday. As well as coordinating 2 weekly support groups.

The Diepsloot team does an amazing job – as one grateful person wrote to us: “I would like to compliment Thandisa at your Diepsloot branch. She has been incredible with our gardener and his family after their attack in Diepsloot. She is so dedicated, kind and caring! An amazing lady who has helped them so much to get through this terrible ordeal. Thank goodness this country has people like her to make a difference, thank you from the bottom of my heart!”

[Click Here](#) to read more about SADAG’s incredible efforts in Diepsloot, coordinator Anne Rajcoomar, has given us a review of recent activity in the community.



SADAG Monthly Counsellor Meeting 27th July 2013

Every month SADAG's counsellors get together for extra training and discussion. This month our guest speaker was Journalist Llewellyn Kriel. He was diagnosed with Depression many years ago and was happy to share his personal experience of suffering with depression and his difficulties with facing the working world and stigma. He is a dynamic, interesting man and we thank him very much for his time, support and knowledge. [Click Here](#) to read more about his insightful presentation.



New Clinical Trial: Are You Feeling Moody and Disinterested?

If you are suffering from persistent symptoms of depression while taking a SSRI or a SNRI (selective serotonin reuptake inhibitor/selective norepinephrine reuptake inhibitor), it may be time to consider other possibilities. This clinical study in depression will measure the effects and safety of an investigational drug when it is added to current antidepressant medication. [Click here](#) for more info or please call us today to learn more about the ARTDeCo study on 0800 000 401.



Akeso Clinic Talk – 24th August 2013

Akeso Clinic will be hosting a free talk geared towards parents, teachers, youth leaders, students as well as professionals, conducted by psychologist Michael Benn - "Factors affecting Teenagers - Depression, Bullying & Cutting" on Saturday the 24th August 2013. [Click Here](#) for more information.



Save Seven Lives - The Organ Donor Foundation

SADAG, being an NGO, is very reliant on fundraising and the generosity of private individuals. We now ask you to each consider the Organ Donor Foundation. They would like to reach a target of 50 000 new donors for 2013, and with August as Organ Donor Month, this is the perfect time to create awareness and involvement in this life-saving programme. [Click Here](#) to read more.



Pfizer Supports SA Mental Health Journalism Awards Again

Stigma in mental health issues remain a major problem in South Africa, and to help combat this and further understanding of this rapidly growing illness, Pfizer together with the South African Depression and Anxiety Group (SADAG) are thrilled to be offering South African media the Pfizer Mental Health Journalism Awards for 2013/14. Entries must be in by 5th October 2013. For more information please call Meryl da Costa on 011 262 6396 or Marion Scher 082 467 6046. [Click Here](#) for more information about the application.

Brian Daniel, CEO and Country Manager of Pfizer South Africa's Biopharmaceutical Division says: "This is our third year in partnering with SADAG in this initiative which assists them in increasing the awareness of Mental Illness, which can be a terrible and debilitating disease. At Pfizer we feel proud to be associated with such a passionate and dedicated group".

Press and Media



Local Press Stories

Postnatal depression is more than experiencing the 'Baby Blues' after pregnancy. Lynne Giddish tells us about the warning signs and where to get help if you feel you are not coping after the birth of your child. Read further in the July issue of **Child Magazine**. [Click Here](#) if you are interested to read more.

Did you know that it costs South Africa more due to **loss of income** when people don't receive **mental health treatment**, than if they do? Read this recent article in the Times Newspaper. [Click Here](#) to get all the figures.

Losing your child can be one of the most devastating things a person can go through. In the August issue of **Bona Magazine**, they take you through how to cope if you have to deal with this tragedy. [Click Here](#) to read more.

Dealing with cancer can be hard, and having to deal with depression at the same time is, for many, inevitable. [Click Here](#) to read this inspiration article about a survivor who overcame both, which was featured in the June issue of **Buddies for Life Magazine**.

Women's Health Magazine has some great tips on ways of **beating stress** in their article 'Lightening up' in this month's issue. [Click Here](#) to read what they are.

Read an article in **The Post Newspaper**, to find out more on some common and not so common symptoms of **OCD** in their article "It's just a feeling that I have". [Click Here](#) to continue with the article.

Many of us have **medical aid schemes** but aren't really sure what they cover or how to access help. [Click Here](#) to read the article "7 things you should know about your medical scheme"

International Press

By reading a wide range of international media we stay fully up to date with new research, ideas and self help. There is a wide assortment this month.

Anxiety: Fighting for my Life. Read this amazing story of the fight with mental illness for a man's life. [Click Here](#) to read on.

Can your **depression** problems improve when you interact with a pet? [Click Here](#) to read more.

Anaesthetics may be a Better Alternative to ECT in Resistant Depression? New research is showing that patients with difficult-to-treat depression might one day have an effective alternative. [Click Here](#) to read more

As South Africans we are very conscious of malaria and taking **anti-malaria medication** but some drugs like Lariam come with strong warnings. Read more [Click Here](#)



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With the number of people suffering **trauma, stress and absenteeism** increasing, it is essential that management gets mental health training. [Click Here](#) to read more.

Support groups provide a vital tool and source of education for patients. Read more [Click Here](#) .

We know that there is a **link between depression and mania** in bipolar disorder but what role does anger and aggression play? Read more [Here](#).

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Post-Partum depression is a very real, and potentially terminal illness that is severely misunderstood and under-diagnosed. [Click Here](#) to read more.

Do doctors show disrespect to their patients? Or are we living in a world of disrespect? **Read more [Here](#).**



Thank You SADAG

SADAG continually receives beautiful thank you emails, SMSes and letters from people who we have helped and we share them with you because they touch us so deeply.

Hi Zane,

Your counsellors are very helpful. I feel better already. Thank you so much for all that you do. God Bless you and SADAG. Regards N from Port Elizabeth.

Hi Zane,

Our group is going great guns. At our last meeting we had an informal discussion-evening and despite a cold and wet evening, 32 people showed up. Just shows you that it is not always necessary to have a speaker or subject. Sometimes people just want to communicate and share with other people "on their own level". We asked two people beforehand to share their experience with depression with the group and that really "opened up" the evening. Keep well and be kind to yourselves at SADAG. Wynand, CT Support Group Leader.

Letter of the Month in September's issue of O Magazine:

"Healthy Decisions" - I live in Cofimvaba, in the Eastern Cape. In April this year, I was diagnosed with depression and spent a month in a psychiatric hospital, coming to terms with my disorder. Then I read the May 2013 issue (Beautiful at Every Age), and found the article "The Disclosure Decision" where I learnt about The South African Depression and Anxiety Group (SADAG). I called, and got sound and compassionate advice. Thank you for your informative article - I have learnt so much about mental illness, and, with the help of SADAG, I hope to attend awareness training courses.

- AK

On September 10th every year is dedicated to those who have lost a loved one to suicide. A Remembrance Event was first started in Durban by Support Group Leader, Joy Chaing, and still continues every year to remember those that have lost a loved one. This year we are also working with those left on their own in Lenasia and Eldorado Park. This day is commemorated around the world, by family and friends letting a balloon float to the sky in memory of their loved ones. Wherever you are in the country, you are welcome to participate if you have experienced loss due to suicide.

Remember SADAG is here to support you on this sad day.

Sincerely,

Zane
Founder
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