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Astra Zeneca Bipolar Helpline
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World Mental Health Day - Final Update



GunRun on 11th October: You can run but you can't hide!



On October 11th, Outsurance is hosting its annual GunRun in Cape Town to Hamiltons Rugby Club in Green Point. With World Mental Health Day on October 10th, Katherine Sorsdahl is reaching out to all mental health supporters in Cape Town to help SADAG keep the suicide lines up and RUNNING by participating in this fun run/walk with her. So if you would like to participate or sponsor Katherine's run, anything from R50, R100, or even more then please contact her on kattsorsdahl@gmail.com. We'd love to see lots of SADAG supporters out there so please beg and bribe your family and friends to sponsor Katherine for Mental health

Get Laughing for Mental Health: With top comedians at the Market Theatre



On Saturday the **10th October**, World Mental Health Day, 6 of South Africa's top comedians will go head-to-head for mental health. This night of laughs, which will certainly raise your spirits and get you feeling 'mentally healthy', will be raising funds for SADAG. MC Rabin Harduth, the Christian Indian with a Jewish name, will have everyone laughing before the 'acts' hit the stage. The line-up includes Joey Rasdien, who will entertain as only Joey can; Kedibone Mulaudzi who will tear the roof off the Market Theatre; Magic Man (Andrew Eland), Vittorio Leonardi; and Tshepo Mogale will leave you rolling in the aisles. So if a night of hilarity and fun is just what the doctor ordered, get to the Market Theatre in Newtown on Saturday the 10th October at 8:00pm. Tickets are R150 and are available from Fatima at SADAG on 011 262 6396 or 072 089 4346.



Psychologies magazine – 'Breathe for Wellbeing' Campaign

FOR A RICHER LIFE
PSYCHOLOGIES
MAGAZINE

Psychologies magazine is launching the 'Breathe for Wellbeing' campaign in its October/November issue to get South Africans to get readers thinking, talking and coping better with their day-to-day lives through the simple act of conscious breathing. The campaign, which coincides with World Mental health Day on the 10th October, emphasizes the benefits of conscious breathing for emotional and mental health.

A 'breathing 'kit', consisting of two red balloons and an instruction card, will be bagged with the October/November 2009 issue of the magazine, to invite Psychologies readers to start the process. Readers are encouraged to use one of the balloons for themselves and then pass one on to a friend, colleague or loved one. The campaign is fun, playful and interactive, while carrying a vital message about physical and mental health.

The October/November issue of PSYCHOLOGIES will be on shelf 30 September – please also look out for our advert which Psychologies very kindly donated free space for!

Dr Colinda Linde's Panic Prevention Workshop – 10th October



Dr Colinda Linde's panic workshop was incredibly successful and as we were over-subscribed, Dr Linde has very kindly agreed to hold another workshop on World Mental Health Day, the 10th October in Sandton at 2pm. We have space for only 40 participants so anyone wishing to attend, please contact Chevonne on 011 262 6396. The workshop is a must for anyone who suffers from Panic Disorder, or has a loved one who does. At a cost of only R100, this is an invaluable opportunity.

" Dr Linde has totally changed my attitude. I can cope so much better now after 5 years of not knowing where to turn" (K MD)

"My wife and I attended the workshop as I couldn't really understand panic. The workshop gave me an understanding and insight into how frightening this illness is. The exercises and tips will help us both so

Panic Workshop in Cape Town - 10th October

Diane Mallaby, Cape Town based Psychologist, will be running a workshop on Panic Disorder to help patients learn how they can cope better and understand the reasons behind these debilitating attacks. She will teach coping skills and how these attacks can become much less fearful once they are understood. This is a great opportunity for friends and family members also to attend to understand the illness better and to help their loved ones cope. It is priced at R100 per person to enable those who are not on medical aids to participate. If you are interested in attending this workshop, please phone Diane Mallaby on 082 343 1603 or dmallaby@vodamail.co.za to book your place.



Teen Suicide Prevention Workshop in Durban - 10th October



Due to the high number of teen suicide attempts in Kwa-Zulu Natal, a Teen Suicide Prevention Workshop will be hosted by Joy Chiang, SADAG Support Group leader. It will be presented by Suicidologist Prof Schelbusch and Professor Lasich expert Psychiatrist in conjunction with SADAG at the University of Kwa Zulu Natal (Main Function Room, Howard College Campus, George V Avenue). The workshop will be held on the 10th of October in line with World Mental Health Day, starting at 9am.

The following topics will be covered:

- What is depression, and how it can be recognized in the youth.
- Identifying suicidal behaviour.
- Skills for interventions by teachers, parents, NGO's and counselors.
- Panel Discussion and Question and answers.

The workshop will run for 3 hours, at a cost of R100. Please contact Joy on 083 256 5993 or joy@crisisteam.co.za or Chevonne on 0800 70 80 90 to book your spot! Workbooks, manuals and materials will be supplied.



All these celebrities will be appearing in Rosebank, Sandton, Diepsloot, Soweto and Newtown on World Mental Health Day on October 10th

Art Exhibition in Pietermaritzburg – 17 October



Established artist, Nicky Leigh, will be presenting over 20 paintings and drawings on the theme of Depression from October 6th - 22nd October at the Jack Heath Gallery at UKZN. This coincides with World Mental Health Day in South Africa, and having depression herself she hopes to offers inspirations and encouragement to both sufferers and to others through her work. Her work aims to encourage creative perseverance in the face of overwhelming hopelessness. A series of **FREE** lectures by professionals on all Mood Disorders will accompany the exhibition on Saturday the 17th October. These presentations are aimed at informing the public about depression, anxiety and bipolar disorder and to offer help to sufferers as well as to family members.

Mbabane Counselors and free information at Mbabane Mall

Denise Mortlock and her team will be at the Mbabane Mall on Saturday morning 10th October from 9:30 am onwards, giving information to the public on their very active support group and what help is available in Swaziland for people with mental health problems.



Get educated and aware this World Mental Health Day! There's lots to do around the country. The eight activities above are some of the bigger ones but there are many and to make it easy we have listed the areas below and on our website <http://www.sadag.co.za/>. We would like to give a special thanks to the sponsors below who have enabled us to put on this enormous promotional day.

We have put contacts and topics for **all 45** activities that are open to the public on the website's homepage.

Sincerely,

Zane Wilson
SADAG Founder
zane1@hargray.com





For more information regarding any events happening on World Mental Health Day, please contact Fatima, Chevonne, Nosipho or Cassey on 0800 70 80 90 or 0800 567 567 or sms 31393 or visit our website for full details on www.sadag.co.za

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