



SADAG Helpline	011 262 6396
Website	<a href="http://www.sadag.co.za">www.sadag.co.za</a>
Suicide Crisis Line	0800 567 567
Pharmadynamics Trauma Line	0800 20 50 26
AstraZeneca Bipolar Helpline	0800 70 80 90
SanofiAventis Sleeping Disorders 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 50 21
SMS	31393
Email	<a href="mailto:zane1@hargray.com">zane1@hargray.com</a>

## Mini Panic Newsletter 2011



Dear Friend,

We hope you don't have to try out the brown bag on Panic Awareness day this July. There are a series of Workshops, Talks, and DVD showings during July, please look at the list below taking note of time and dates, we invite you to join one and learn more about Panic and Anxiety. There are also stories on the Fear of Flying, Bipolar on-line support, and Substance Abuse.

Many of you will not have access to an area you can attend, if not please click on the three stories listed here:

- First Aid for Panic [click here](#)
- What to do if a Family member has an anxiety disorder [click here](#)
- Controlled Breathing for techniques [click here](#)

AREA	DATE & TIME	VENUE	SPEAKER	SUPPORT GROUP
WESTERN CAPE				
Belhar	9 July 10:30am	Belhar Church, Gene Simmons Street, Unit B8/B9, Parow	Christene Lochner (Psychiatrist) & DVD	Una 078 243 6646
Cape Town	7 July 6pm	Herzlia Middle School, MH	Bradley Drake	Caitlin 084 320 8350

		Goldschmidt Ave, (off Deepark Drive), Highlands Estate, Gardens	(Psychologist) & DVD	Chris 082 444 1952
<b>EASTERN CAPE</b>				
East London	14 July 6pm	ITEC, 8 Park Avenue, East London	Lorraine Holmberg (Psych Nurse & CBT Specialist) & DVD	Caryn 084 748 7484
<b>NORTH WEST</b>				
Potchefstroom	9 July 10am	Potchefstroom Library, Church Street, (Next to Municipality), Potchefstroom	Patient Experience and DVD	Jerry 071 560 2826
<b>KWAZULU NATAL</b>				
Kloof/Westville	3 Aug 6:30	Westville Boys High School, TSA Auditorium, 28 Wandsbeck Rd, Westville	Cheryl Sol (Psychologist) & DVD	Lori 083 652 0117
<b>MPUMALANGA</b>				
Witbank	14 July 6pm	Methodist Church, Off Oliver Tambo, (Opp Police Station), Witbank	DVD & Patient Experience	Gwen 013 692 5388 or 072 240 0827
<b>GAUTENG</b>				
Alberton	11 July 7pm	NG Church, Cnr Phantom & Canadian, Raceview, Alberton	Debbie Howes (Psychologist) & DVD	Driekie 072 876 9430
Benoni	9 July 2pm	Lakeview Hospital, Room 101, Cnr Mowbray & Tom Jone, Benoni	Guest Speaker & DVD	Ramona 082 659 0454
Diepsloot	9 July 9am, 10am, 11am, 12pm, 1pm, 2pm	Diepsloot Mall	Lefate Makunyane (SADAG)	SADAG 0800 12 13 14
Springs	14 July 6:30pm	18 Addie Ave, Selection Park, Springs, 155	DVD and Group Discussion	Kerry 084 984 6814
Rosebank	27 June 5:30pm	St Martins Church, Parish Room, Cnr Craddock Ave & Eastwood Avenue, Rosebank	Nicolette Jordan (Psychologist) & DVD	Sally 072 523 4480
Randburg	4 July 7pm	St Johns Catholic Church (Cnr Northumberland & Olievenhout) Northriding	Tertia Myers (Psychologist) & DVD	Lesley 073 588 5724
Soweto	7 July 10am	Luthando Clinic, Baragwanath Hospital, Soweto	Lungelo Mavuso (SADAG)	Muzi 079 124 6123
Vereeniging	7 July 6:30pm	NG Church, Lawn Street, Acorn Park, Vereeniging	Dr Jordaan (Psychiatrist) & DVD	Marica 082 059 3078
Pretoria	13 July 6:30pm	568 Edgar Street, Garsfontein, Pretoria	Suzette Heath (Psychologist) & DVD	Suzette 072 277 7114
<b>LIMPOPO</b>				
Thabazimbi	14 July 6:30pm	NG Church Hall, Thabazimbi	DVD & Patient Experience	Rita 082 550 9435



### **Radio Programmes on Radio 702 and Cape Talk**

For Mental Health Month, Leigh Bennie will be doing a program on Panic Attacks with Dr Linde on 7 July at 8pm, and following it the next week with PTSD and Robin Rosen, expert in all types of Trauma. On the 21 with psychiatrist Dr Dora Wynchank who will discuss how to identify depression in yourself and family members. To end the month, psychologist Leeann Hartman, will have an open line for any topics that callers have queries on.



### **Medihelp's "Living with Panic Disorder" DVD and information guide**

Fear, nausea, heart palpitations, terror, a sense of impending doom, dizziness, fear of fear – these are the words commonly used to describe panic disorder. But there is hope: treatment can benefit virtually everyone. In the DVD "Living with Panic Disorder", Peter Matlaela shares how he at first didn't realize what was happening to him, but how the correct treatment and support helped him on the difficult road of living with this disorder.

The series forms part of a 13 part series commissioned by Medihelp and produced by filmmaker Katinka Heyns. You can order the "Living With Panic Disorder" DVD with the information guide at the special price of R130 for Medihelp members and R189 for non-members.

#### **Order your copy by doing the following:**

- Visit [www.medihelplivingwith.co.za](http://www.medihelplivingwith.co.za) & complete the online order form
- E-mail your details to [livingwith@medihelp.co.za](mailto:livingwith@medihelp.co.za)
- Phone 0800 203 048

- SMS "panic" to 32545
- Visit [www.kalahari.net](http://www.kalahari.net) or any Look & Listen or Exclusive Books store (the discount for Medihelp members is not applicable at these retailers)



### **Media Stories on a Diversity of Topics**

We have chosen three to highlight this newsletter. The first one by local writer Llewelyn Kriel who takes a hard stance on Substance abuse and the treatment and care needed [click here](#) for full story.

For those of you anxious about Flying this story will give you confidence [click here](#). If you want to attend your own South African course, please email psychologist Kevin Bolon on [kevbo@iafrica.com](mailto:kevbo@iafrica.com) for details of his next Johannesburg course.

Talk in south Africa this week has been of to what extent financial stress or job loss can cause depression [click here](#) to read the Citizen and the Star stories.

Finally there was a very moving story of a American Dr of Psychology who talked publicly about her fight with mental health problems which started as a teen and some that still concern her today. Dr. Linehams story makes powerful reading [http://www.nytimes.com/2011/06/23/health/23lives.html?pagewanted=1&\\_r=1&ref=todayspaper](http://www.nytimes.com/2011/06/23/health/23lives.html?pagewanted=1&_r=1&ref=todayspaper)



### **New Bipolar Website - Bipolar Caregivers Support Site**

Close family and friends of a loved one with bipolar disorder seldom have much information about ways to deal with bipolar and how it affects them and the person with the illness. [www.bipolarcaregivers.org](http://www.bipolarcaregivers.org) is a new information resource especially for close family and friends of people with bipolar disorder. The information on this website was developed in a study involving 143 international clinicians, people with bipolar disorder and family and friends (caregivers) with expertise in dealing with bipolar disorder. It is an Australian site initiated by the ex-Chairman of SADAG and has a wealth of useful information.



### **Shared story on Panic Attacks**

To close our newsletter this month we are sharing a story with you from one of our callers called N. She is very busy in a demanding job, holds a good position and wants to tell you how severe her panic became before she got help and how now she is expecting a baby. [Click here](#) for her story.



We hope all this information above is helpful to you, please call us if you need more information 0800 21 22 23. Severe Panic Attacks, which I suffered from myself for many years, encouraged me to start this group, I believe now 16 years later that there is much more help, awareness and knowledge about Panic Attacks. Let us continue to break down the stigma.

Regards,  
**Zane Wilson**  
 Founder  
 SADAG

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