



#LetsTalkBipolar

BIPOLAR AWARENESS DAY 26 MAY 2019

Beating Bipolar Stigma Together

#LetsTalkBipolar – Bipolar Awareness Day 26 May 2019

On Sunday the 26 May, SADAG commemorates Bipolar Awareness Day to help create awareness, break the stigma and provide support. In South Africa it is estimated that Bipolar Disorder affects up to 1% of the population in South Africa - which sounds like a low number but when you take in consideration that there are over 56 million people in SA, 1% is a large number.

SADAG launched #LetsTalkBipolar campaign to debunk the myths around Bipolar Disorder, encourage people to seek help and join FREE Support Groups in their area. SADAG will be creating awareness, sharing tips, tools and free resources for people living with Bipolar Disorder, as well as loved ones and family members.

See below for some press awareness, support tools, online help, a new survey and support groups.



Facebook Friday Online Q&A tomorrow, 25 May

Have questions about Bipolar Disorder that you need answers to? Our FREE Facebook Friday Online Chat is the perfect place to get information for you or your loved one. Wherever you are in the country - with no consultation fee!!

Psychiatrists, Dr Lavinia Lumu and Dr Antoinette Miric will be sharing useful advice, guidance on how to help a friend or family member, managing side effects and

medication FAQ's.

To join the chats, LIKE SADAG's Facebook Page: The South African Depression and Anxiety Group or go to www.sadag.org. Facebook Users that would like to remain anonymous can send a private message to media@anxiety.org.za and SADAG will ask on their behalf.

SADAG's #FacebookFriday
Online Q&A
24 May 2019

#LetsTalkBipolar
Learn more about signs and symptoms, treatments available, support groups, possible relapse triggers, and self-help tips

1PM: Dr Lavinia Lumu - Psychiatrist
7PM: Dr Antoinette Miric- Psychiatrist

Proudly sponsored by **Dr.Reddy's**

Facebook Page: The South African Depression and Anxiety Group
Log in via: www.sadag.org

TV Interviews on #LetsTalkBipolar



Tune in to Morning Live on Sabc2 tomorrow with author of "Life Interrupted", SADAG Counsellor and Support Group Leader – Samantha Smirin's deeply compelling memoir of living with Bipolar is shared at 8:20am.



Don't miss an interview with Psychiatrist, Dr Kerry Armstrong on Friday 24 May at 7:45am on SABC 3 as she talks about Bipolar Disorder and breaking the stigma.



This weeks Online and Newspaper Articles

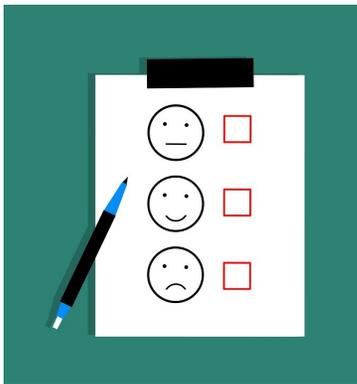
If you would like to learn more about what has been discussed throughout this week leading up to Bipolar Awareness day, take a look at a few of the articles below discussing Bipolar.

- Click [here](#) to read about the campaign to dispel myths concerning Bipolar Disorder by Bambongile Mbane in Independent Online (IOL).
- The Herald Live discuss Bipolar Awareness Day approaching on Sunday May 26, and how it is important to talk about Bipolar. Click [here](#) for more.
- With bipolar disorder, life can get turned around. Click [here](#) to read more about Samantha Smirin, author, coach and mental health advocate, as she addresses the difficulties of living with bipolar disorder in her book, Life Interrupted. Article by Business Day.

Upcoming Radio Interviews on Bipolar



Listen to Side Bar with Sindi on Kaya fm (95.9) tonight at 7pm with Presenter and SADAG Board Member Dr Sindi Van Zyl. Tune into Valley Fm (88.8) at 10am tomorrow to learn more about what Bipolar Disorder is and how to identify the symptoms. Don't forget that Vukani fm (90.06) will also be discussing Bipolar Awareness Day and where you can go to get help on Friday the 24th of May at 9:20am.



Bipolar Online Survey

We need your help - SADAG would like to improve our knowledge and understanding of how people living with Bipolar Disorder deal with challenges, treatment and support. This will help us to identify ways that we could provide better support and information, as well as to better advocate for more patient treatment and support.

There is very little recent information available about the experience of South Africans living with Bipolar Disorder. In particular, we would like to know about the types of treatment available to you; how you access treatment; how effective that treatment is; and whether you experience stigma related to your disorder.

If you have been diagnosed with Bipolar Disorder, please click on the anonymous survey below which takes 4- 6 minutes to fill in. Click the button below.

SURVEY



Looking to start a Bipolar Support Group in your Community?

SADAG has only 14 Bipolar Support Groups in South Africa, and only two of those groups specifically for loved ones of Bipolar. These groups run once or twice a month and SADAG is looking for people with Bipolar who are keen to start a Support Group or perhaps, family members, psychologists, health professionals or teachers to run a Support Group in their community. There is a urgent need for more Support Groups all over the country, we are desperate for more groups in Durban, Hartebeespoort, Benoni, Soweto, East London, Nelspruit, George, Port Shepstone, Kimberley and Bloemfontain .

If you would like to start a support group in your community or would like to know more about the steps and how SADAG can help you, contact Michelle at supportgroups@anxiety.org.za or 011 234 4837.

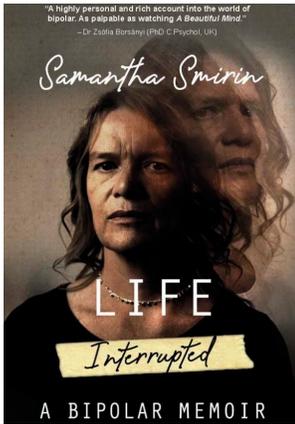


Online Support for Bipolar

The symptoms of Bipolar Disorder can disrupt relationships, work, studying and other areas of a person's life. To learn what Bipolar Disorder is, how it is diagnosed, ways it is treated, what you can do to support a loved one, and how to manage medication make use of the Toolkit below:

- Brochure explaining signs, symptoms, treatment and support - [Click here](#)
- Online Videos with Dr Leigh Jeanet about what Bipolar is and how to identify the warning signs- [Click here](#)
- Everything you need to know about Bipolar - [Click here](#)
- The Best Bipolar Disorder Apps for 2019 - [Click here](#)
- Self-help tips - [Click here](#)
- Learn how to use a mood Diary - [Click here](#)
- What can family and friends do to help - [Click here](#)
- Local Articles on Bipolar Disorder - [Click here](#)

New Book - Life Interrupted



A compelling memoir about living with bipolar disorder. 'Life Interrupted' is groundbreaking in the way the author shares the horrors of psychosis and unbounded mania, the fears of depression and the emergence of recovery written by Samantha Smirin.

Click [here](#) to read more about her book.

To order a book email: orders@booksite.co.za

SADAG are available 7 days a week on 0800 456 789, and can provide information on Bipolar Disorder, referral to treatment, guidance on the recovery process, self help and Support Groups.

Together we can debunk myths around Bipolar Disorder.

Regards,
Zane Wilson
Founder and Director
zane@sadag.org



©2019 SADAG | P.O. Box 652548 Benmore • Johannesburg, 2010 • South Africa

[Web Version](#) [Preferences](#) [Forward](#) [Unsubscribe](#)

Powered by
GoDaddy Email Marketing®