



## Making Mental Health Matter this Mandela Day

This Mandela Day, SADAG is asking you to help make Mental Health Matter during these very difficult times. The number of calls to SADAG's Helplines during lockdown has doubled, with more and more people every day reaching out for help. We need your help to keep our lines open so we can continue helping people in crisis.



### Donate to the Suicide Crisis Helpline

SADAG's counsellors are inundated as helpline calls double due to many South African's struggling to cope with the negative impact COVID-19 has had on their Mental Health. We need your help so we can continue to save lives and give callers the support they need during these difficult times.

With our call volumes doubling, so have our telephone costs!

### Please help by donating R10 or R50 or R100 towards our Suicide Crisis Helpline

Pay it Forward - encourage your friends, family, loved ones, colleagues and next door neighbours to support SADAG for Mandela Day. Ask them to pledge their #MandelaDay to SADAG's Suicide Crisis Helpline by making any donation - big or small - to help us continue helping people across the country.

**Click the button below to donate online - it takes less than 67 seconds to help save a life!**

[Donate](#)

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**Care Packs for Mental Health Facilities**



Everyone can share the love and bring a little joy in someone else's life - put together a care package for patients living in a nearby mental health NGO or facility, or even an old age home near to you. Many of these people have not been able to see loved ones during COVID19 lockdown, and there are even more that have no family at all. A little care package can go a long way to bring a smile to someones face.

Get the family and children involved - you can include in the care package a special note or picture, biscuits, toiletries, warm socks, beanies, blanket, etc. You can drop the packages off at a nearby mental health home or facility – patients living with mental illness are not often included in the distribution of care packages or food parcels as other organisations – lets prioritize mental health facilities for #MandelaDay.

If you want a list of organisations or homes that you could support for #MandelaDay, call 0800 21 22 23 and a counsellor will help you.



### Just be Kind - Wear a Mask

As confirmed cases of COVID-19 continue to rise, the government is recommending that everyone wear a cloth mask when they go out in public. We want all our SADAG community to remain safe.

Keep yourself safe and others around you safe too. Wear a mask - and encourage others to wear a mask too!

**Every person has the ability and the responsibility to change the world for the better. It is in our hands to make difference, no matter how big or small the contribution. If you or a loved one has suffered with any mental illness, you know how frightening it can be.**



