

JULY 2021

MENTAL HEALTH AWARENESS MONTH

#MentalHealthMatters

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Mental Health Awareness Month July 2021

Mental Health gets Attention this year

Depression, Anxiety, Grief and Trauma have been increased on a daily basis in South Africa. In most countries across the globe, mental health is not only not a priority, but is inaccessible to the country's poorest and most vulnerable. South Africa is no different. Our country urgently needs greater investment in Mental Healthcare, not just for the wealthy who live in big cities, but to those who live in rural areas as well. Mental Healthcare needs to be prioritised – there really is no health without mental health.

This Mental Health Awareness Month we are dedicated to providing you with Mental Health information, free resources, expert podcast, live online expert sessions and more. It is important for South Africa to stay educated on the importance of Mental Healthcare, since 1 in 3 South Africans will or do suffer from a mental illness at some point in their lifetime. The harsh reality is that fewer than 1 in 10 people with a mental illness in South Africa have access to mental health care. Let's work together and make mental health matter this month, by starting Mental Health Conversations.

702

The Mental Health Check-in podcast with 702

SADAG and Azania Mosaka on Radio 702 have launched a daily segment called "The Mental Health Check in" which focuses on short podcasts of advice, tips, tools, and info around positive psychology to help build resilience. Wherever a listener may be - driving in traffic, sitting at their desk, working from home or driving around,

they are able to plug in and get helpful information within a few minutes. Throughout the Month of July, SADAG will be sharing a Mental Health Check-in Moment via all our social media platforms every single day this month. [Click here to listen now.](#)



Don't miss the upcoming #FacebookFriday Online Q&A

SADAG host's a weekly #FacebookFriday Online Q&A on various Mental Health Topics. Numerous expert Psychologist's and Psychiatrist's join the chats to share their knowledge on topics like Depression, Anxiety, Covid & Mental Health, Panic, Bipolar

Disorder and more. In order to join the weekly 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 an email to research@anxiety.org.za and SADAG will ask the question on their behalf. There are different topics coming up as well as our first Facebook Friday LIVE. A few of the upcoming topics include:

- Panic Awareness Day - 9 July 2021
- Marion Scher's Surfacing Book, Lived Experience Q&A - 16 July 2021
- Ask the Dr: Focusing on Mental Illness, diagnosis, Medicationn FAQ's and more - 23 July 2021



The poster features a purple background with a white Facebook logo and the text 'SADAG'S FACEBOOK FRIDAYS ONLINE Q&A'. Below this, there are five colorful emojis representing different emotions: a smile, a sad face, a shocked face, a purple face with a wide-open mouth, and a purple face with a neutral expression. The main title 'How to deal with Panic Attacks' is in a white speech bubble, with the date '9 July 2021' in a purple speech bubble below it. The schedule lists two sessions: '1pm - 2pm' with 'Shai Friedland, Clinical Psychologist' and '7pm - 8pm' with 'Dr Colinda Linde, Clinical Psychologist'. At the bottom, there are logos for 'Dr.Reddy's', 'WWW.SADAG.ORG', and 'The South African Depression and Anxiety Group'.

Running for Rands



The Mentally Aweh Challenge is more than just an effort to break the World Record, it is about showing support to the many people that live with mental health issues and about encouraging people to share more kindness.

On the 8th of July Henry Cock, a restaurateur, will be undertaking a journey across the coastline of South Africa. **He is not only aiming to break a Guinness World Record of running 133 consecutive marathons. Henry has set a goal to use this challenge to raise mental health awareness and to additionally raise 4 million rand for SADAG.**

Henry will start his run at the eastern coastal town, Manguzi, and end at the western coastal town of Alexander Bay on the 17th of November 2021.

“I started speaking to my psychologist about mental health, the stigma attached to it and how people suffer with it and those who do not have no access Healthcare. For some getting out of bed is their marathon, and they go through this every day of their lives. This run is four and a half months, I think I can suck it up and do this for them”, Henry mentions.

It was a proud day on June the 31st when Pirates Road Running Chair Natalie Mills and Mentally Aweh brainchild Henry Cock handed over a cheque for R200 000 to The South African Depression and Anxiety Group. The money raised by their recent Circle Run which will go towards a satellite office to assist the people of Ivory Park. A huge thank you to all the runners, donors and organizers.

Henry will be sharing his journey on his social media accounts, please follow him and keep updated on Henry’s great journey. Help motivate him through this challenge.

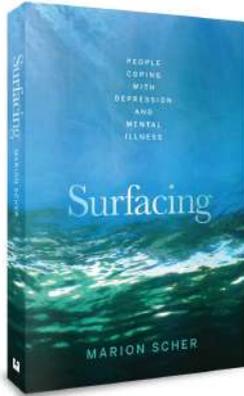
If you would like to donate on his Back-a-Buddy page please click on the link <https://www.backabuddy.co.za/champion/project/mentally-aweh> .



Ivory Park Counselling Container

The South African Depression and Anxiety Group (SADAG) together with the Netcare Lifestyle Trust is making a difference – by launching the Ivory Park Counselling Container providing help and guidance to people who, before the centre, had nowhere to turn. Many of the residents are in need of mental health care and are continual victims of crime, poverty and an often uncaring, inaccessible system. Whether it’s depression, rape, domestic

violence, substance abuse or problems at school, the people of Ivory Park have someone to talk to now. SADAG works closely with social workers, school, churches, youth groups, clinics and police in the area to ensure that those who need assistance are referred to the centre.



Surfacing Book - Sharing Stories of Hope and Lived Experience

SADAG in partnership with Cipla, have brought to you, Marion Scher's book Surfacing. Surfacing shares the powerful interviews with individuals who have lived experience with mental health issues including Depression, Anxiety, Suicide and Bipolar.

Surfacing brings to life real stories, told by those who have lived these journeys. From a top businessman who attempted to take his life three times in one day, to a former Springbok rugby player who felt helpless and hopeless, and a new mother whose post-natal depression saw her dream of motherhood, become a nightmare.

Above all, the book shows how remarkable people have learnt to overcome their personal mountains and go on to lead healthy, fulfilled lives, with each chapter ending in practical tips on how to manage these illnesses.

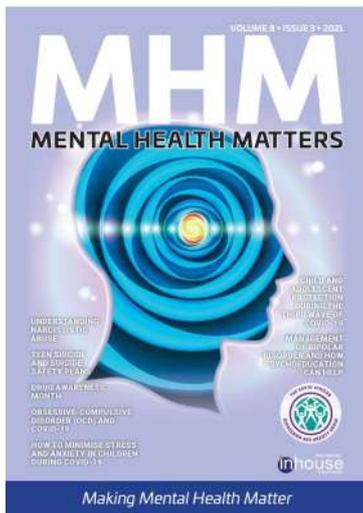
If you have been diagnosed with a Mental Illness, and need tools to better navigate daily life, Surfacing is a great source of information. Alternatively, if you have a loved one who has been diagnosed, this Mental Health Awareness Month, gifting Surfacing is a great resource to help you or others better understand the journey of someone who has struggled with Mental Illness.

Purchase your very own copy of Surfacing for only R230 (including shipping) now by [clicking here](#), or you can purchase the book on Amazon [here](#) or visit an Exclusive Book store near you.

Mental Health Matters Journal

SADAG and Inhouse Publications are proud to share the July issue of the Mental Health Matters Journal for all Psychiatrists, Doctors and Mental Health Professionals. This month's issue covers various mental health issues such as:

- Teen Suicide and Suicide Safety Plans by Clinical Psychologist Alexa Scher.
- How to minimise Stress and Anxiety in



Children during Covid19 by Clinical Psychologist Candice Cowen.

- "A Quiet Implosion" is Happening to our Healthcare Workers by Dr Cyan Brown.
- Understanding Narcissistic Abuse by Clinical Psychologist Lana Levin.
- Living with - Death of Brother my Psychiatrist Dr Frans Korb.
- Memory lapse, MCI and Cognitive Enhancers in the Elderly by Psychiatrist Dr Felix CV Potocnik

[Click Here](#) to read the latest issue.



Bringing Mental Health Awareness to the Deaf community

As the 1st of July marks the beginning of Mental Health Awareness Month in South Africa, SADAG has launched, in collaboration with Yellow Owl, a new inclusive initiative. We are excited to collaborate with Yellow Owl, a company that interprets digital content into South African Sign Language (SASL) with captioning. SADAG and Yellow Owl will be releasing a first of its kind initiative that is aimed at removing the barriers to information access within the Deaf community, while highlighting the importance of using professional SASL interpreters to make digital content accessible. SADAG is confident that this partnership will reach more audiences suffering from mental illnesses and find the help they need. People can look forward to videos ranging from depression, suicide, and bipolar being interpreted into SASL. These resources will be made available on both SADAG's and Yellow Owl's website including social media platforms.



SANEF and SADAG launch partnership to help journalists

The South African National Editors' Forum (SANEF) is thrilled to announce a key partnership with SADAG as it strives to prioritise journalism wellness in all newsrooms across the country.

As Covid-19 continues to sweep through South Africa, there is no doubt that many journalists are directly feeling the impact and the trauma of what is unfolding in the country. Journalists are on the front lines of this pandemic -

reporting on every aspect from the sick and the dying to job losses, the economic impact and corruption around PPEs and communication contracts.

Over and above this, like so many South Africans, they too have also experienced much personal loss. This, coupled with other stories dominating the news cycle, has resulted in growing numbers of journalist experiencing PTSD, burnout, anxiety and depression. Prioritising the mental and psychological support of journalists is a critical part of SANEF's work and we look forward to the full roll-out of the partnership with SADAG. [Click here](#) to read more.



Panic Awareness Day

10th of July 2021 is Panic Awareness Day.

SADAG was started due to the misunderstanding around Panic Attacks and Panic Disorder, especially the stigma and shame that is linked to it, that SADAG has a dedicated day on the national health calendar

committed to raising awareness and providing support for this treatable condition that affects so many South Africans. Panic Disorder can be a terrifying illness that can cause great distress, isolation, and limits your life. Don't suffer in silence and feel alone. **There is help. There is treatment. And there are people who understand. Remember that panic attacks always end. Always. Panic is not dangerous. Don't let panic win, "You can take control back of your life again," says Zane Wilson.** Stay tuned to SADAG's social media platforms for more information on upcoming Panic Awareness Day Online activation's such as Online Expert Q&A's, Free resources and have full access to various expert Panic video's on the SADAG website by Dr Colinda Linde, and SADAG Founder Zane Wilson.



Mental Health Awareness Month Toolkit

SADAG will be providing an Online Toolkit on the SADAG website (www.sadag.org) with free resources, online videos, reliable resources, coping skills, online tools and info on social distancing, self-isolation, covid and mental health and more.

Click the icons below to access the Toolkit now:

- [CLICK HERE](#) Full Mental Health during COVID19 Lockdown Survey Findings Infographic
- [CLICK HERE](#) Helpful Tips To Manage Your Stress And Anxiety During This Time & in the Workplace
- [CLICK HERE](#) Help on Living With A Mental Illness And Coping During

COVID19

- [CLICK HERE](#) COVID-19 Webinars & Podcasts
- [CLICK HERE](#) National and International Articles on COVID19 and Mental Health
- [CLICK HERE](#) Resources for Parents & Teachers for Back-to-School
- [CLICK HERE](#) Marion Scher's book Surfacing. Surfacing delves into Mental Health Issues by interviewing individuals who have lived experience with mental health issues including Depression, Anxiety and Bipolar.
- [CLICK HERE](#) to access the Radio daily segment podcast's called "The Mental Health Check in" for all you daily Mental Healthcare tips and tools.
- [CLICK HERE](#) to find out more about How to join a SADAG Support Group and learn more about which groups are running and where.



SADAG Support Group Corner

SADAG has over 160 Support Groups around the country that deal with depression, anxiety, trauma, chronic illness, bipolar disorder, as well as Support Groups specifically for family members and loved

ones.

SADAG guides and trains new Support Group Leaders on running a group step-by-step. We help with training webinars, materials, handouts , information and more.

Mental illness affects many South Africans, so many people don't know where to go for help or how to manage their Mental Health. Support Groups are a great resource reminding us that there is always hope and that you are not alone.

- [CLICK HERE](#) to find out more about How to join a SADAG Support Group and learn more about which groups are running during Level4 Lockdown and where.

DID YOU KNOW SADAG HAS OVER 160 FREE SUPPORT GROUPS NATIONWIDE?

& THAT WE OFFER FREE MENTAL HEALTH SUPPORT GROUP LEADER TRAINING

for anyone interested in starting a Support Group in their community?
WELL, NOW YOU DO!

For information & more:
supportgroups@anxiety.org.za
or SADAG 0800 70 80 90

*PLEASE NOTE THAT RUNNING A SUPPORT GROUP IS ON A VOLUNTARY BASIS.

DID YOU KNOW THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP HAS OVER 160 FREE SUPPORT GROUPS NATIONWIDE?

What's A Support Group? It is a group of people with common experiences and concerns who meet regularly to provide emotional and moral support for one another.

SUPPORT GROUPS ENCOURAGE A SENSE OF COMMUNITY AND A SOURCE OF EMPATHETIC UNDERSTANDING IN A NON-JUDGMENTAL ENVIRONMENT

If you are interested in joining a Support Group or finding out more visit
www.sadag.org
or call 0800 21 22 23

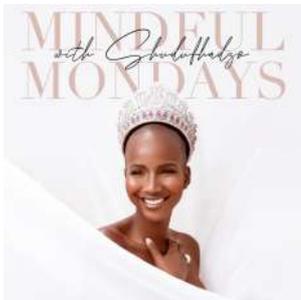


Support the Suicide Helpline this Mandela Day

This Mandela Day, SADAG is asking you to help make Mental Health Matter during these very difficult times. The SADAG Call Centre Helplines have been inundated during the third wave, 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.

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.**

[Donate Here](#)



Mindful Monday with Miss South Africa

Mindful Mondays on Instagram with Miss SA's Shudufhadzo Musida has been extremely popular as many people continue to tune in to the live sessions each Monday evening. Experts and lived experience guests have tackled important topics such as Depression, Mental Health Rights, Healthcare workers on the Frontlines, Trauma and stigma. These weekly conversations have given so many individuals the opportunity to feel a part of mental health advocacy and help destigmatise mental health.

If you would like to watch the previous episodes, please click here. **You can join the next #MindfulMonday discussion and get practical self-help tips by following @shudufhadzomusida or SADAG @sadag_official.**

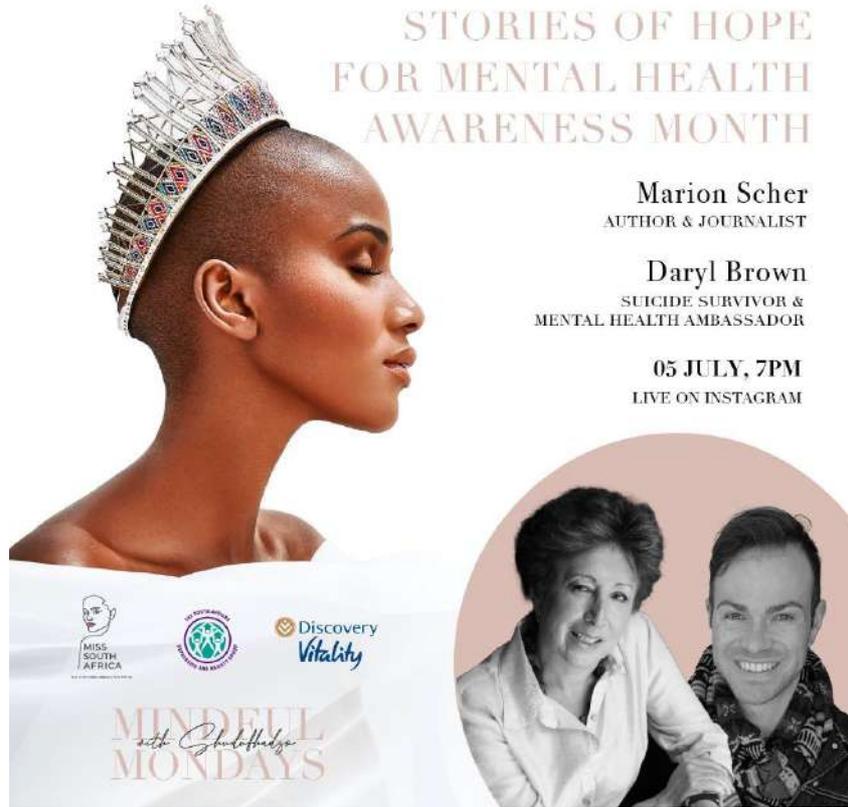
Stay tuned to #MindfulMonday as we tackle future mental health topics including Lived Experience, Life Esidimeni and debunking myths around treatment and medication.

STORIES OF HOPE FOR MENTAL HEALTH AWARENESS MONTH

Marion Scher
AUTHOR & JOURNALIST

Daryl Brown
SUICIDE SURVIVOR &
MENTAL HEALTH AMBASSADOR

05 JULY, 7PM
LIVE ON INSTAGRAM



Life
Esidimeni
Never Again

Life Esidimeni – Online Memorial & Advocacy Page

In memory of the 144 people who died in the Life Esidimeni tragedy, Section27 and the SADAG have launched a memorial and advocacy website. In 2016, 144 people with mental illness, lost their lives. They died in the care of the public health system, from neglect & starvation. Their lives & stories matter. Read more about the stories behind the people & families by clicking here.

Do you have a loved one in a mental health care facility; a hospital, clinic or NGO? Are you worried about the care and support they are receiving? It is your right to get quality health care for all patients who are mentally ill.

Click the button below to find out more about different ways you can make a complaint or report an issue.

Report Now

NPOwer Webinar for NGOs and NPOs on 22 July



As part of NPOwer's efforts to provide continuous support to NPO/NGO volunteers, leaders and staff, **NPOwer are hosting another online webinar on Thursday, 22 July 2021 from 12pm - 1:30pm dealing with Secondary Trauma.** Guest speakers

discuss Secondary Trauma and how it can affect NPO's. Attendees are also given practical tips and tools on how to manage staff/volunteers who are dealing with Secondary trauma. We also hear from NPO's that have dealt with this kind of trauma and how they have managed it.

Expert guest, registered Clinical and Counselling Psychologist, Penny Mathumba, unpacks Secondary Trauma for us and discusses how vicarious trauma can affect us, the signs and symptoms and practical tips and tools on how to manage the effects of trauma. We also hear from Laura Bergh from The Greenlight Movement - This initiative is a collaborative group of about 80+ non-profits and businesses who use the Stoplight tool to measure, understand and evidence their social impact. Laura gives us insight into how NPO's have been impacted by Covid-19 and trauma.



WEBINAR

Vicarious and Secondary Trauma
Thursday, 22 July 2021
12:00pm - 1:30pm

Join us for an online webinar where we discuss Vicarious & Secondary Trauma and how to manage it.

Guest speakers give practical tips and tools on how to manage staff/volunteers who are dealing with vicarious trauma.

[Click the link to RSVP](#)

For any queries, email info@npowersa.org

Thank you for the AMAZING Donation

Dragonfly Direct Marketing have been donating R5,000 every month this year to



South African charities who are doing so many good things. SADAG were the lucky sixth charity to be picked out of the draw and the recipients of a R5000 donation! We are so thankful for the generous donation.



The Protection of Personal Information Act (POPIA) is upon us!

As you are undoubtedly aware from the news and social media, the POPI Act (Protection Of Personal Information Act, 4 of 2013) came into effect on the 1st July 2021. The POPIA regulates how we use, store, and destroy the personal information of individuals and juristic persons. We as SADAG hereby wish to communicate our commitment to full compliance with all the regulations of this Act.

You are receiving this newsletter as a subscriber to our SADAG database. If you wish to remain part of our database then no further action is required on your part and you will continue to receive important mental health news and content from us. However, if you do NOT want to receive emails from us please feel free to unsubscribe by clicking unsubscribe in the footer below.

Chat online with a counsellor 7 days a week from 9am - 4pm via the Cipla Whatsapp Chat Line 076 882 2775. SMS 31393 or 32312 and a counsellor will call you back – available 7 days a week, 24 hours a day.

SADAG Helplines providing free telephonic counselling, information, referrals and resources **7 days a week, 24 hours a day – call 0800 21 22 23, 0800 70 80 90 or 0800 456 789 or the Suicide Helpline 0800 567 567.**

Best wishes for a vital Mental Health Health Month and we hope you will join us at our talks and activities.

Sincerely,

Zane Wilson
Founder
zane@sadag.org

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