

SADAG Office	011 234 4837
Suicide Crisis Helpline	0800 567 567
Dr Reddy's Mental Health Helpline	0800 21 22 23
24 hr Cipla Mental Health Helpline	0800 456 789
Pharma Dynamics Trauma Helpline	0800 20 50 26
24 hr Discovery Medical Student Helpline	0800 323 323
Adcock Ingram Depression and Anxiety Helpline	0800 70 80 90
24 hr DSD Substance Abuse Helpline	0800 12 13 14
24 hr University of Cape Town Helpline	0800 24 25 26
24 hr University of Pretoria Careline	0800 747 747
University of the Western Cape Student Helpline	0800 222 333
Cipla Whatsapp Counselling 9am - 3pm	076 882 2775



Website: www.sadag.org.za

April Newsletter 2019

Special Announcement

SADAG have appointed two new Board Members

We are very excited to announce two new Board Members to our SADAG Board. We welcome Dr Sindisiwe Van Zyl and Shai Friendland.

Dr Sindisiwe van Zyl was born in Harare, Zimbabwe. She moved to South Africa in 1996 to study and completed a BSc in Human Physiology and Psychology in 1999. She then went on to study medicine until 2005. Dr Sindi Van Zyl is currently a practicing General Practitioner.

She is passionate about patients' rights, mental health and HIV - especially the Prevention-of-Mother-To-Child-Transmission. She has found a niche on social media and uses this platform to share important health information on topics such as HIV, mental illness and stigma. She is often featured in articles, radio and tv interviews which focus on mental health awareness and destigmatization.

Shai Friedland is a clinical psychologist working from a cognitive behavioural perspective. He graduated (cum laude) from the University of South Africa (UNISA) and completed both his internship and community service at Sterkfontein Hospital. He now works full-time in private practice alongside other CBT therapists in Blairgowrie, Johannesburg.

Shai has been a member of the South African Depression and Anxiety Group (SADAG) for over 10 years now. He started out as a telephone counsellor and has progressed to giving mental health talks for SADAG on various topics and then to running the Department of Social Development Substance Abuse talks and

workshops for SADAG to schools across the country. Shai continues to attend and give mental health talks for SADAG. Over the years, Shai has done many talks for SADAG and often helps train new counsellors.

We are very happy to have them both on the Board and look forward to working with them more in the future.

Substance Abuse Facebook Friday Online expert Q&A

26th April at 1pm & 7pm

Join the FREE #FacebookFriday Online Q & A this Friday the 26th of April, to learn more about Drug Abuse, Binge Drinking, Gambling Addiction, Substance Abuse in the Workplace, Treatments & how to help a loved one. Addressed by expert Psychiatrist Dr Lize Weich at 1pm and Psychologist Fehmeeda Akoob at 7pm. These experts will provide practical tips and guidance for patients, family members, loved ones and colleagues.

To join the free online chats, LIKE SADAG's Facebook Page: The South African Depression and Anxiety Group or go to www.sadag.org. Facebook users who would like to remain anonymous can send an email with their question to media@anxiety.org.za and SADAG will ask on their behalf.

New Support Groups and Special Events

Support Groups provide a safe space for people living with mental health issues, for their loved ones, to connect, learn and share from others who have been through similar experiences. Mental Health can make someone feel very misunderstood, lonely and isolated – Support Groups help break the stigma and shame associated to mental health, and helps people cope better every day.

SADAG has over 150 Support Groups throughout the country – groups for Depression, Anxiety, Substance Abuse, Trauma, Bereavement, Chronic Illness, Students, and Bipolar Disorder. The Support Groups are for free and some groups meet weekly, biweekly or monthly.

We are excited to launch some NEW Support Groups in:

- Bellville, CT – Depression & Anxiety Group run by Francois is launching on Tuesday the 7th May in Kenridge, Bellville.

- Soweto, JHB – Depression Group is launching at the end of the month at Tshiawelo Clinic run by Takuwani
- Vanderbijlpark, JHB – Bereavement Support Group run by Zandile and is having their next meeting on the 11th May.
- Eldorado Park, JHB – Depression & Anxiety Group run by Lorna is launching their first free meeting on the 11th May
- Free Depression and Anxiety Group for UKZN Howard College students meets on the first Friday of every month. The next meeting will be Friday, 3 May at 1pm.
- Free Mental Health Support Group for Care Givers (family members or loved ones that support someone with a mental illness, neurocognitive disorders and substance use problems) launches on Monday, 29 April 2019 at 5pm in Berea, Durban
- Four Free New Depression and Anxiety Support Groups run by UKZN University students in Berea, Durban meet on a weekly basis at the following times: Monday 11am – 12:30, Friday 9am – 10:30am, Saturday 2pm – 3:30pm & Saturday 4:30pm – 6pm

SADAG Needs more Support Groups

SADAG Counsellors have received a number of calls over the past month from individuals enquiring whether we have Support Groups for them to join in a number of areas across South Africa. We have identified a high demand for different types of Support Groups in the following areas: Bipolar Support Group in Durban (Central and surrounding areas); Depression and Anxiety Support Groups in Port Elizabeth, Universitas (Bloemfontein), Polokwane, Menlyn (Pretoria).

Please, If you are interested or know of anyone who would be interested in starting a Support Group in the listed areas or any other areas across the country, please email Michelle at supportgroups@anxiety.org.za for more information on how to get started.

We also have special talks or meetings taking place at the following groups:

- New OCD Support Group in N1 City, Cape Town meets on a Wednesday evening, once a month at 7:30pm
- Morningside Manor, Sandton Depression and Anxiety Group run by Support Group Leader, Maryam, meets every Saturday morning at 10am
- Parkmore, Sandton Depression and Anxiety Group for Young Adults run by Support Group Leader, Paige, meets every second Wednesday of the month from 6:30 to 8:30pm
- Airfield, Benoni Support Group for family members or loved ones supporting someone with a Mental Illness, run by Karen, meets every Thursday evening at 7pm
- Free Depression and Anxiety Support Group in Monument, Krugersdorp meets on the third Thursday of the month. The next meeting will be on Thursday, 16 May at 6:30pm
- Woodmead, Depression and Anxiety Group run by Pearline, meets on a monthly basis on the first Wednesday of the month. The next meeting will be on Wednesday, 1 May at 6pm
- Free Depression and Anxiety Support Group for Nurses and Health Care Providers in Mmabatho, Mahikeng, meets every second Wednesday of the

- month. The next meeting will be Wednesday, 8 May at 5pm
- Men's Stress Group for the refugee community and open to all men based in Central Durban and run by Peter, meets on a weekly basis.

SADAG KZN Branch turns 1 year

During the Month of April we celebrated the 1st birthday of the SADAG KZN office... What a year! Growing each day & making mental health matter in Kwa Zulu Natal. Read more about what they do via www.sadag.org. Wonderful team!

Take a look into what happened in the SADAG KZN branch during the month of March, learn more about what events took place in April and stay intouch with what support groups and workshops are to come in the next month. Click [here](#).

Join the workshop for Child and Adolescence Mental Health.

The event will take place on Saturday 8 May from 8:30 - 12:30pm at Entabeni Hospital Boardroom, Glenwood, Durban.

Dr Saeeda Paruk, specialist Child Psychiatrist will be discussing research to optimize assessment and treatment plans for ADHD. Specialist Psychiatrist, Dr Kasturi Pillay will be presenting on Emotional Behavioral problems in children living with HIV.

Cost: R850. 4CPD points open to Psychologists, Psychiatrist and other HPCSA register professionals.

RSVP by 1 May to kznprojects@sadag.org

Printer needed

The SADAG KZN branch are in need of a printer for their offices in order to assist with the printing of mental health materials and additional handouts.

If you or a loved one are willing to donate a printer please email media@anxiety.org.za.

**SACAP Festival of Learning in
Cape Town and Johannesburg May 2019.**

The 8th annual Festival of Learning will be held in Cape Town on the 23rd and 24th of May and in Johannesburg on the 30th and 31st May 2019.

A celebration of ongoing adult education, an inspiring programme which includes, one hour interactive sessions and 15 minute, short, sharp talks, bringing together a spectrum of researchers, academics and experts; thought leaders, practitioners and authors to showcase a broad range of leading edge ideas, stories and initiatives; models, projects and programmes that are empowering individuals, families, schools, organisations and communities, to ignite social change.

For 2 days, researchers, academics, experts, thought leaders, practitioners and authors will explore the topic of Education for Social Change in an interactive forum. And, for the first time, selected presentations at the Festival of Learning will be accredited with Continuing Professional Development (CPD) points.

The full day programme costs R250, however if you are a student you will pay a student price of R80.

Click [here](#) for the programme and more details.

Follow the hashtag #Education4Change or visit the Facebook page [here](#).

Janssens Diepsloot Counselling Container

The Month of April has been a very busy time for the Diepsloot Counselling Container as they took part in various activities and events throughout the month.

We hosted a Mall Day at Diepsloot Mall where we created Mental Health Awareness and shared information on Trauma and PTSD. 9 people had booked a session with the counselling container to get the necessary help they needed.

On the 15th of April, we visited the Diepsloot Secondary School to speak to learners on how and where to get Mental Health Support and identify warning signs of Suicide.

The Monthly Support Group Meeting which took place on the 16th of April had 47 members and is growing bigger every month. The focus of the meeting was on exercise, mental health and practical self help tips.

In the next month, we will be hosting a Bipolar Awareness Talk, Support Groups and stakeholder forum meeting.

To book a counselling session between Mon - Fri, 8am - 3pm call 083 649 8639.

Email: nonnie@anxiety.org.za to find out more about how you can get involved at the Janssen Diepsloot Counselling Container

New SA Film "Skemerson" highlights Mental Health

A new SA Feature shines light on Depression.

Depression is an illness like any other; there's no shame in seeking help. That's the message of a new film that treats mental illness with warmth, respect & integrity. To see the Official Skemerson Movie trailer, click [here](#).

Skemerson had a successful premier last week, to see some of the reviews and more information about the upcoming film, Skemerson click [here](#).

The new Skemerson film directed by Phillip Rademeyer and written by Pietie Beyers, which opens nationwide on Friday 3 May 2019 in selected Nu Metro's and Ster-Kinekor .

Bipolar Awareness Day

Bipolar Awareness Day is coming up on the 26th of May and we want to share stories written by people with personal experience of Bipolar Disorder. By talking openly, we hope to increase understanding around mental health, break stereotypes and take the taboo out of something that – like physical health – affects us all. Email media@anxiety.org.za to get involved in Bipolar Awareness Day by sharing your Bipolar Disorder story.

SADAG are taking part in radio interviews, TV segments and many articles to raise awareness. There are a range of talks that take place on Bipolar Awareness Day where many brochures are distributed.

The Rural Health Conference 2019

The Rural Health Conference will provide a vibrant space for a wide range of health care professionals, students, activists and community health workers to stimulate debate, explore innovative solutions and raise our voices!

The Conference aims to be a space where the voice around rural health can be raised and amplified. Rural health – and rural people more generally – are

underrepresented in the discourses and policy debates around how to achieve the goal of a long and healthy life for all.

Join the Rural Health Conference 2019 from the 5th to the 7th of September at Kapenta Bay Resort and Conference Hotel in Port Shepstone.

Click [here](#) to view the fees and registration.

Upcoming Workshops

- The Stabilis Centre in Pretoria will be hosting a Substance Abuse Workshop on 24 May 8:30 - 12:30. The cost is R425 p.p & includes refreshments and manual. Great workshop for any mental health professional, stakeholder or psychology student wanting to learn more about the ethics surrounding identifying and treating substance abuse issues.
- We have seen first-hand how animals connect, comfort, challenge and help clients and we want you to experience this straight from the animals themselves. Animal Assisted Therapy is so much more than just having a pet for comfort. Speakers from a range of professional backgrounds will provide insight of their experiences and knowledge of animal-assisted therapy. This conference aims to create a space for people to network, grow and expand their knowledge of this exciting and expanding field of healing – Howl about you sign up and see what all the fuss is about, maybe even participate in a bit of horsing around while you experience the magic of therapets and their paws of healing. Join the workshop on the 30-31 May 2019: Durbanville Conference Centre: Cape Town and the 6-7 June 2019: Union Caterers : Pretoria. Click [here](#) for more details.
- More and more people are diagnosed with depression daily. More people consider suicide. These are people we know. I am not a psychologist or a depression expert, but I have been fighting depression for the past 35 years. Join the real life performance, depression101 by Johan Laten. In his book he shares his experiences as a depression fighter with teenagers, parents and teachers to understand the illness better and to support others suffering from depression. Book a performance or order the book at johan@depressie101.co.za or 084 850 1140.

SADAG Online Platforms

Cipla Whatsapp Counselling

Join our online counselling which is available daily. Add 076 882 2775 to your Whatsapp contacts to message us and a counsellor will assist you promptly. The Cipla Whatsapp Chat offers FREE telephonic counselling, information, & referrals 7 days a week to help support those in need of Mental Health Support. Call 0800 456 789, to speak to a counsellor.

Ke Moja Substance Abuse Online Counselling

The Ke Moja Substance Abuse Online Counselling platform encourages those struggling with Substance Abuse to come forward and get the help they need. The Ke Moja Substance Abuse Online Counselling offers connections to SADAG's 24hr Substance Abuse Helpline which provides daily resources, information, counselling and referrals. Join the Ke Moja Substance Abuse Online Counselling at www.sadag.org, Monday to Sunday from 10am till 2pm daily.

Mental Health Matters Journal

The SADAG Mental Health Matters Journal has been running for a few years now. This journal includes educative articles written by Psychiatrists and Psychologists to help Doctors better understand Mental Health and what extra ideas there are to support their patients. The Mental Health Matters Journal is published five times a year

Here are some recent articles:

- Depression can be caused by different factors as per a persons age. [Read](#) the article by Clinical Psychologist, Hopolang Matee as she discuss the causes of depression as you age.
- Do you know what Schizophrenia is? Do you know how to identify the warning signs? Psychiatrist, Dr Galvin [discusses Schizophrenia Myths and Facts](#).
- Substance Abuse can have an impact on our communities and families. It has many negative effects on the youth themselves. [Read](#) this article about living with Substance Abuse.

Campaigns raising awareness for Mental Health

- Avid rower, John Dempster has set out to help raise awareness for mental health issues in South Africa. At the end of this year, John will be doing 6 two hour workout sessions each day for up to 60 days to keep active! He is 8 months away from taking part in the 2019 Talisker Whiskey Atlantic Challenge and is doing all he can to prepare. Please support him with any donation by going to www.wateringthemind.org to read more about his amazing cause.
- Claire and Cheyenne Nel are teaming up to summit Africa's magnificent Mount Kilimanjaro to raise funds for SADAG. So far they have started share their story through media and slowly starting to collect their gear and plan ahead. Click [here](#) to learn more about their Journey, campaign and how you can support them or donate towards their campaign.

New Book Launch 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 join the book launch of Samantha Smirin's 'Life Interrupted' on the 2nd of May at 18:00 at Love Books in Melville Johannesburg click [here](#).

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

Local Articles on Mental Health

- There's a silent stalker in our midst that is claiming precious young lives. We need to take urgent action, writes Professor, Lizette Rabe. Read [more](#) in her article **Stop the silent stalker of Suicide** on News24.
- She is an incredible talent, having just released her debut EP 'Little Glass Girl'. Singer, **Lily Hollows opens up about having OCD**, how her OCD trickles into her music and how she deals with it. Read [more](#) in an online article by Danny Painter at Jacaranda fm.
- Making a living has its upside. It can be rewarding in that it builds assertiveness and confidence and helps employees build new skills. Read [more](#) about **Being mindful of mindfulness in the workplace** in a article by The Mindspa Institute.
- A widespread and lucrative local heroin market has expanded across South Africa, facilitated by gangs, organised crime and incompetent or corrupt police, according to a report by ENACT. Read [more](#) about how **Heroin use is booming rapidly in SA** in a article by News24.

International Articles

- From the moment we begin medical school, we strive to achieve the best we can. That ranges from getting good grades to filling our CV with community work and research experience. Read [more](#) about **A medical student's reflection on burnout** in a article by Medical Student - Sarah B. El Iskandarani
- People who are successfully treating and living with their bipolar realize there's no one-size-fits-all plan when it comes to behavioral, emotional, and psychological protocols. [Here](#) are ten habits of what has worked for them in a article by bp Magazine.
- It is difficult to avoid burnout because it's difficult to know if our stress levels are typical or problematic. Read [more](#) about **Avoiding Burnout with Good Self-Care** in an article by International Clinical Psychologist, Heidi Green. '
- A growing number of games are taking on mental health issues like depression, anger, and post-traumatic stress disorder. **Read more in a article about Depression and Anxiety and how these video games might help.** Click [here](#) to read the article in New York Times.

Feedback from Callers

Thanks yous

A big Thank you to Johan and Gavin from Ultimate Data Sciences They always assist us in emergencies and provide technical support to our call center computers. Their time in an emergency is incredibly helpful. We are extremely grateful. Thank you to our amazing counsellors for working over the long weekend. Your hard work and dedication is greatly appreciated.

Yours Sincerely,
Zane Wilson
Founder and Director
zane@sadag.org

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