



SADAG Reflecting on 2022

2022 marks 28 years since SADAG first started. It has been a busy year filled with growth, obstacles, and opportunities. We have been overwhelmed with over 3 000 calls for help daily, a massive increase from the 600 we were receiving pre-Covid.

However, even in the face of adversity, our SADAG family continues to adjust to meet the increasing demand of those in need, with over 250 counsellors, 160 Support Groups, and over 30 helplines.

The end of the year is often a time for reflection, and we wanted to take this opportunity to take stock of the year that was. A massive thank you to all our Readers, Donors, Volunteers, Supporters, Followers, Staff, and Support Group Leaders, we wouldn't be who we are today without you and we can't wait to continue learning, supporting, and helping those in need. It is because of you that we are able to **'Make Mental Health Matter!'**

From the Call Center



The end of the year is always a time for reflection, and as we look back at 2022 we are both amazed, and proud of all we have accomplished this year. We have trained and welcomed new volunteers and we have embraced the opportunity to get out to Wellness day activities, attend conferences again, and

connect with teachers and school children at our 'School talks'. We have visited clinics and hospitals too. We are also incredibly proud of the many Counsellors who applied and were accepted into a Master's program for 2023 – good luck!

We would like to share a special appreciation to the team of counsellors who work their shifts day and night to ensure that the SADAG Helplines are answered at all times. We have had an incredible time getting to know each and every one of our counsellors, and watching their development into phenomenal counsellors has been truly uplifting. We appreciate you and value your time – thank you!

Thank You to all our Private Donors, Partners and Funders



We appreciate each and every donation - no matter how big or how small. Your kindness enables us to help people throughout the country and provide them with Mental Health support, education, resources and referrals.

For our wonderful office space, we thank Noreen and Beulah who have given SADAG a home for over 8 years, what an incredibly kind donation.

A big thank you to Trunuty, especially Henk, Nico and the team for our telephone systems and technical support - without you, our Call Centre wouldn't be what it is today. Also, a very kind thank you to Gavin and the amazing people at Technology Partners for all their help with our IT challenges. We greatly appreciate Sarah and the team at SimChat for the SMS system, it is a priceless platform that helps us communicate important information with ease and speed. A special thank you to Stefan, for his vision and work behind our very own DAISY System. To our talented webmaster, Jacs, for helping to keep our website up-to-date and informative.

A big thank you to MTN SA, Investec, Discovery Health, Nedbank, Standard Bank, Akeso, Imvelo Riverine, Maxine Forbes Charitable Trust, Publicis Groupe South Africa, and many more companies who have generously contributed over the year to help cover our Helpline costs.

We would also like to take this opportunity to thank some of our Partners -

Tshikululu Social Movement, Unilever Fair Kitchen, Advtech, The Netcare Healthy Lifestyle Trust, Maybelline, Discovery Fund, University of Pretoria, Tshwane University of Technology, University of Western Cape, University of Cape Town, University of the Free State, Higher Health, Discovery Vitality, as well as some of the Pharmaceutical companies such as Cipla, Dr Reddy's, Adcock Ingram, Janssens, Pharma Dynamics, amongst others.

A special thank you to Bongani (160-in-160 campaign) and Bridget (Pieta - Darkness into Light campaign) for the special initiatives you created this year to help raise funds for SADAG.

Finally, to our Board Members who have helped develop and grow SADAG during this last year - we deeply appreciate your time, dedication and advice. Our thanks to Dr Colinda Linde, Zamo Mbele, Nkini Phasha, Shai Friedland, Dr Mashadi Motlana, Dr Frans Korb, Dr Laila Paruk and Dave Swart for their support and guidance.

Thank you to everyone who has played a role in helping us to fulfil our vision and passion, to show kindness and support those in need.

SADAG Launches over 50 new Support Groups in 2022



2022 hasn't been the easiest of years. With all the ups and downs, people have found themselves in need of compassion, care and support more than ever.

Never in our wildest dreams could have imagined that so many incredible people would step up to the challenge of creating more spaces to help those in need. We can't say thank you enough to all of our phenomenal Support Group Leaders. Your gift of giving to others is an important reminder, that even when things are tough, there are still amazing individuals out there who volunteer to make a difference. Our Support Groups have not only made a massive impact in their communities but they have also helped to break much of the stigma surrounding Mental Health.

In 2022 our SADAG Support Group Family:

- Launched over 50 new free Mental Health Support Groups around the

country

- Hosted our first online Peer Support Group Leader Training
- Opened more than 8 Peer Support Groups
- Hosted our Second Annual Support Group Leader Awareness Week
- Helped break the stigma with our Support Group #MindfulMonday Edition in support of World Mental Health Month - [Click Here](#)
- Provided FREE Support Group Leader Training in the Free State, KwaZulu-Natal, Potchefstroom, Cape Town and Joburg as well as online nationwide

...and we've only just started!

Our sincere Thanks so SADAG Support Group Coordinator, Krystle Kemp for motivating all Support Group Leaders. To our guests, venue sponsors, Members, and Support Group Leaders, THANK YOU.

[Click here to learn more about the SADAG Support Groups](#)

Join us at a FREE Mental Health Support Group for

Parents & Caregivers of Children with Mental Illness or Disabilities

When: Sunday, 15 January 2023
Where: Online using Google Meet
Time: 6:30 pm



THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP

For more information contact Nelly on 072 348 1903

Join us at a FREE Online - Confidential -

Women's Support Group
DEALING WITH GENDER BASED VIOLENCE & THE EFFECTS THEREOF

When: 1 February 2023
Where: Online
Time: 6pm



THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP

For more information contact Pulane on 076 879 0046

Join us at a FREE Support Group

Mental Health Support Group for professional Mamas

When: Monday, 9 January 2022
Where: Online
Time: 6:30pm – 7:30pm



For more information contact Nala on 072 441 9870

Join us at a FREE

Men's Mental Health Support Group

When: Thursday, 19 January 2023
Where: Apostolic Faith Mission Church, 9191 Mbalo Drive, Dobsonville, Soweto (Next to Hector Pieterse Primary School)
Time: 10 am – 11am



For more information contact Tintswalo Zwane 063 208 0811

SADAG KZN - Tis the Season to be Jolly



At SADAG KZN, we have a lot to be cheerful and grateful about as we look back on 2022.

SADAG KZN was opened as a satellite branch of SADAG in 2018 under the leadership of specialist Psychiatrist, Prof Suvira Ramlall, and psychologist, Suntosh Pillay, together with the support of the

Johannesburg office. Today, the branch is an evolving body, growing to meet the needs of a province with very few mental health resources and a treatment gap that mirrors the large rural-urban.

Click the button below to continue reading.

SADAG KZN Update

How to Contact SADAG over the Holidays



We know that the festive season can be very difficult for many, with people calling in for help due to loneliness, grief, loss, stress, depression, and trauma. It is critical that SADAG is open and providing free telephone counselling throughout the holiday season – 24 hours a day, 7 days a week, including Christmas Day and New Year – for anyone who is in need of help, crisis

intervention, and support.

Even with load shedding and the impact on networks and signal, anyone who wants to reach out to a counsellor can SMS (31393), Whatsapp (087 163 2030) or fill in a contact form on the SADAG website (www.sadag.org), and a counsellor will call you back

We are also available on social media, [Facebook](#), [Twitter](#), and [Instagram](#). Please get in touch with us.

How to contact
SADAG

PHONE 24 / 7
Suicide Crisis Helpline
0800 567 567
CIPLA Mental Health Helpline
0800 456 789
Substance Abuse Helpline
0800 12 13 14

WHATSAPP 8AM - 5PM
Cipla Chat Line
076 882 2775
Maybelline BraveTogether
087 163 2030

SMS - 31393 24 / 7

It's OKAY not to be OKAY this Festive Season
You Are Not Alone

THE SOUTH AFRICAN
DEPRESSION AND ANXIETY GROUP

New Festive Season Online Toolkit



Make use of SADAG's Festive Season Online Toolkit on SADAG's website. Gain access to helpful articles, online videos, download Mental Health Safety Plans, and more to help you cope through the holidays.

Click the button below to access the information.

[Festive Season Toolkit](#)

Community Counselling Containers Helping Over 600 000 People



The Counselling Container programme is an initiative SADAG introduced over 10 years ago as a pilot project aiming to bridge the gap in the lack of Mental Health support and services in informal and township settlements.

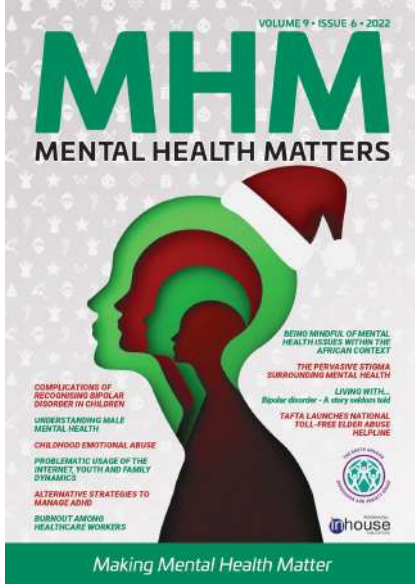
Through the success of the first project based in Diepsloot, we opened our second Counselling Container in Ivory

Park. The Counselling Container offers free face-to-face counselling, referrals, support, and psychoeducation to all the community members living in and around both areas.

[Click Here To Read More](#)

Mental Health Matters Journal

It's been a successful year for the Mental Health Matters Journal. We have had many Journals published this year which have each been distributed to over 2500 GPs & 450 Psychiatrists nationwide.



Take a look at some of the fantastic articles in the latest and biggest Mental Health Matters Journal of 2022:

- Being Mindful of Mental Health Issues within the African Context: A vital editorial by Dr Mirriam Kganya
- Complications of Recognising Bipolar Disorder in Children: An informative piece by Dr Alicia Porter
- Problematic Usage of the Internet, Youth and Family Dynamic: Another engrossing piece by Professor Christine Lochner & Gizela van der Berg
- Living With Bipolar Disorder: A visceral account of living with several mental health disorders

Latest Mental Health Matters Journal

Donate to SADAG



SADAG runs its toll-free helplines 24 hours a day, 7 days a week throughout December, including Christmas Day and New Year.

Your donation is critical to helping pay for the telephone bill which SADAG covers for every call that comes through to our tollfree Suicide Helpline. Our service is a critical

intervention that is constantly needed due to the shortage of Mental Health resources in the country, and with over 3 000 calls per day, the demand for our services is growing each month.

To donate to SADAG, please click on the button below

Click Here

From SADAG's Founder



People facing Mental Health challenges are rarely offered a totally integrative approach to improving their mental well-being. Something we at SADAG, along with our dedicated counsellors, both recognize and seek to overcome by focusing on how a combination of exercise, nutrition, and mind-body practices can be used along with professional Mental Health care.

We want to thank you all for supporting our vital support services and programs, which include everything from One-on-One talks, Support Groups, and our many online talks via Facebook and Zoom by professionals from around the country. Together, we are trying to help people and save lives during these critical times.

We know now that the holidays can be an extremely difficult period for many individuals and families. Families in need of help can receive expert guidance, tools, and lifesaving personalized resources from our Toll-free helplines, all free of charge.

I want to take a moment to wish you a healthy and happy holiday season. On behalf of the families we serve, and the Volunteers, Board, and Staff we have, thank you for being a part of our community and sharing our lifesaving mission.

Regards,

Zane Wilson

Founder

Zane@sadag.org



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