



October is Mental Health Awareness Month and with World Mental Health Day approaching on the 10th of October, we all need to focus on Mental Health Care. The past few months have brought many challenges for all of us and taking care of our Mental Health is crucial during a time when our daily lives have changed considerably as a result of the COVID-19 pandemic.

Mental health is a human right – it's time that mental health is prioritized and made available for all. Quality, accessible primary health care is the foundation for universal health coverage and is urgently required as the world grapples with the current health emergency. This is why the goal of this year's World Mental Health Day campaign is Increased Investment – Increased Access. #MoveforMentalHealth #MentalHealthforAll

We therefore need to make mental health a reality for all – for everyone, everywhere. We believe this call to action will be strengthened through our alliances, collaborations and partnerships to ensure that investment in mental health is prioritized, particularly during this time.

SADAG are hosting various events throughout the Month of October to commemorate the importance of Mental Health. Keep up to date with everything SADAG are doing this Mental Health Awareness Month by following our [Facebook](#) and [Twitter](#) pages for new events, webinars and online chats. Check out the SADAG Website for other helpful resources and more – [www.sadag.org](http://www.sadag.org) . Don't forget to register for the events listed below. Help us Make World Mental Health Day, EVERYDAY.



## Cipla and SADAG Press Online Briefing for World Mental Health Day – 7 October, 10am.

SADAG in partnership with Cipla, will be hosting an online Press Briefing tomorrow on the 7th October 2020 from 10:00 - 11:30am. A line-up of experts will discuss what the investment into Mental Health in South Africa should look like and what some of the issues with access

to mental healthcare are. We also take a look and the mental health of journalists and are also excited to announce the 3 winners for the Cipla Mental Health Journalism Awards 2020.

Any journalists, press or media houses who are interested in attending the briefing, [please register in advance for this meeting here](#).

For any queries, please email Kayla on [media@anxiety.org.za](mailto:media@anxiety.org.za) or Tracy on [research@anxiety.org.za](mailto:research@anxiety.org.za)



## SADAG and Alan J Flisher Centre for Public Health Webinar – 9 October, 12:30

With World Mental Health Day on the 10th of October, the impact of COVID-19 on mental health issues cannot be underestimated. Guest speakers explore ways of approaching **Mental Health in South Africa and What Mental Healthcare should look like in South Africa**. Prof Crick Lund (Alan J Flisher Centre for Public Mental Health, University of Cape Town), Cassey

Chambers (SADAG), Dr Sindi Van Zyl (GP, Radio Presenter, Twitter celebrity & SADAG Board Member) and Thabo Xaba (Student and Mental Health Activist) help us navigate Investment and going Digital in Mental Health. Join us on Friday - Click [here](#) to register.



## Facebook Friday – 9 October, 1pm-2pm and 7pm- 8pm.

Many individuals have been struggling to cope with the break in normality and have been negatively affected mentally and physically. In support of World Mental Health Day, SADAG will be hosting a **FREE LIVE #Facebook Friday Q&A on the 9th of October**.

Expert Psychiatrist, Dr Alicia Porter and Clinical Psychologist, Charity Mkone, will be unpacking Mental Health by discussing signs, symptoms, diagnosis, treatment, support and challenges of accessing treatment. The chat will be LIVE between 1pm-2pm and again between 7pm and 8pm – Anyone across South Africa is welcome to join the chat and ask any questions related to Mental Health. [Click here](#) to access the chat via the SADAG Facebook page.



## United for Global Mental Health and WHO #MoveforMentalHealth virtual walk – 9 October

### We're going to #MoveForMentalHealth

The world is talking about mental health - but talking is not enough. This World Mental Health Day we want everyone to join us in the world's first virtual March for Mental Health because now is the moment for our voices to come together and call on the world to move on and invest in mental health for all.

On 9 October, people from around the world will be encouraged to participate in a virtual march. **A 24-hour livestream will feature people with lived experience, mental health leaders and influencers from the civil society groups already active in 19 countries through the Speak Your Mind campaign.** In addition, global partner organizations that are leading and coordinating work on mental health are organizing hour-long sessions on specific themes, including mental health and young people, mental health and older people, and mental health and the LGBTQ+ community.

Click [here](#) to register now.



## UKZN Virtual Walk – 10 October

We are moving for World Mental Health Day! KZN Mental Health Advocacy Group and KZN SADAG are hosting their 5th annual walk on Saturday, the 10th of October 9am. This year, the walk goes virtual where you can complete your active 1km virtual walk! Click [here](#) to find out more or join the walk. For anyone around the country who can participate.

**Healthcare Workers Care Network, SAMA, Discovery and JUDASA are hosting Webinar – 14 October, 6:30pm**



Although the South African rate of COVID-19 infections have decreased, the mental health of healthcare workers remains to be an important issue to focus on. The Healthcare Workers Care Network, SAMA and JUDASA are hosting a webinar, 14 October from 6:30pm, specially geared at Junior Doctors and Medical students across South Africa, where they will

discuss burnout and other difficult experiences which many doctors have been experiencing in a post-covid world. Click [here](https://tinyurl.com/yttgzw15) to register.

If you are in need of any information on the Mental Health of Healthcare workers visit [www.healthcareworkerscarenetwork.org.za](http://www.healthcareworkerscarenetwork.org.za)



## SADAG Support Group Corner

If anything can be said of 2020, it's that it's most certainly kept us on our toes. While change and disruption can be difficult and anxiety provoking, it is also often essential for survival. As always, SADAG is incredibly proud of each and every one of our Support Groups who have acclimatised to this new way of life; passionately and with total dedication.

With the announcement of level 1, we are again faced with new challenges, but we are excited to see what the future holds for our Support Group Family. Several face-to-face Support Groups are starting to re-open, while other originally face-to-face groups have decided to continue online! We have new groups now opening constantly, both online and face-to-face, while other groups are now offering support on both platforms.

For us, one of the greatest gifts we received this year was the push to start a WhatsApp group for Support Group Leaders – it has connected us as a community, and our weekly Connect Sessions are often the highlight of our work week. **We have also created a Support Group focused tab on the SADAG website with tons of great information and resources – you can locate it under “Finding Help” on the SADAG website.**

SADAG's Support Groups play an important role in the further assistance we provide callers. We always encourage members of the community who are interested in making a difference, to consider starting a Support Group, with our help, please contact Krystle [supportgroups@anxiety.org.za](mailto:supportgroups@anxiety.org.za).

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## Fairkitchens Mental Wellness Month with Chef Craig Cormack

Fairkitchens are highlighting the mental health of chefs and others who work in the hospitality industry during this Mental Health Month. Since the hospitality industry has gone through an especially difficult time lately, SADAG and Fairkitchens launched a dedicated helpline for hospitality workers

where any person who works in the industry can call for free help, support and resources.

To better understand the basics of mental well-being in the industry, FairKitchens will be running a Mental Wellness Month campaign in the month of October to help chefs and their teams better equip themselves to deal with mental health issues in their fast-paced industry. With many long and unusual hours at work, dealing with difficult clients and sometimes tense working environments, food service workers are at higher risk for mental health issues such as Depression, Anxiety and Substance abuse.

As part of their Mental Wellness Month, fairkitchens are releasing FREE mental health content every week to help everyone in the industry consider the role they play in creating a happy and supportive work environment for everyone, including those who suffer from mental illnesses.

To get access to the free content and the "How do you encourage people to speak up in a busy, high pressure kitchen?" webinar, [click here](#). Learn more about FairKitchens Mental Health Support for chefs in the hospitality industry - [click here](#).



## Mental Health in the Press

SADAG is dedicated to creating awareness around mental health through various press and media to reach more people throughout South Africa - via newspaper, online, radio, magazine and TV. Read some of the recent articles on mental health in SA and across the globe.

- There is still a taboo surrounding mental health and how we discuss it in public but the 'I Feel Project' is changing that for Mental Health Awareness Month. [Read more](#) in an article by Tyler Vivier in GoodThingsGuy.
- Mental Health Awareness Month: Bipolar disorder is manageable. Read more about this topic in an article by Viwe Ndongeni-Ntlebi in IOL.
- World Mental Health Day on 10 October to highlight urgent need to increase investment in chronically underfunded sector. [Read more](#) in the Press Release by Alison Brunier on the WHO.
- Tips for maintaining mental health after a COVID-19 diagnosis. Read more in an article by [Discovery](#).

- Many mental health medicines out of stock and possibly fuelling a shadow epidemic. [Read more by Laura Lopez Gonzalez in Daily Maverick.](#)
- People living with Schizophrenia deserve to live a happy, fulfilled life. To do so, they often need assistance from caregivers. Read more about caring for someone with Schizophrenia in an article by [Spice4Life.](#)



## The Global Mental Health Fest'20

We are thrilled beyond measure to announce the first-ever Global Mental

Health Fest'20, as the World Federation for Mental Health in collaboration with the Mental Illness Awareness and Support Association (MIASA) in collaboration with SADAG, brings to you the grand celebration of World Mental Health Day 2020.

The WFMH Global Fest'20, a 3-Day Virtual Festival, will feature renowned speakers and artists from different countries who will come together to make the field of mental health more integrative, innovative, and interactive.

Registrations are now open! Use the link in bio to register for the events and see the line-up of amazing speakers and performers. Visit [www.wmhd2020.com](http://www.wmhd2020.com) for more details.

Stay tuned for more updates on our Global Mental Health Fest'20, Presented By the World Federation for Mental Health [@wfmhofficial](#) and Powered By [@trijog](#) and [@youthformentalhealth](#) with the Official Partner TheSADAG.



## Give the Gift of Hope

For over 6 months SADAG has been working with greater numbers of people who have needed help and care from our helplines. Not being able to work in our call Centre our volunteers have taken over 30 phones home and answered all hours to be there for callers. We are hoping to move back during October and have everyone working together again by the end of the month.

We have been hearing Mental stories from across the country on Depression, Loneliness, Trauma and Employment problems and have been trying to give good advice and help.

We now need your help, if you would consider donating to SADAG any amount to help us meet our rising costs, we would be most grateful.

## Donate

We are still open seven days a week, 24 hours a day on our lines,  
It doesn't matter where you live, how old you are, we are here for you,

**Your sincerely,**

**Zane Wilson.**

**[www.sadag.org](http://www.sadag.org)**

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