

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



The South African Depression and Anxiety Group



TheSADAG

World Mental Health Day 10 October 2019

Every 40 seconds someone in the world loses their life to suicide. Every 40 seconds, a family is devastated by the loss of their loved one to suicide

The theme for this year's World Mental Health Day is "Preventing Suicide", and SADAG along with many organisations in the country and across the globe, hope to create more awareness about suicide prevention, as well as urge government to invest more in mental health, especially suicide prevention in our schools, on our campuses, in our workplaces, and in our communities.

Since January, SADAG has received over 179 000 calls to the Call Center, and of those calls, over 46 500 were suicide calls. Our team of volunteers help people every single day who feel like suicide is their only option.

SADAG in partnership with WHO and the Global Mental Health Campaign urge you to take 40 seconds of action:

- Create awareness that suicide is a real issue that affects real people every day in SA
- Learn more about the suicide warning signs and what can be done to prevent suicide
- Help reduce the stigma associated with suicide
- Let people dealing with thoughts of suicide know that they are not alone
- Support someone who has lost someone to suicide

Share with us what you do as your #40secondsofaction, or how you have encouraged others at your school, or your workplace, or your community or even

your home – send us your pictures, messages, updates or events to office@anxiety.org.za or follow us on @TheSADAG for more info.



World Mental Health Day Workshop

Being #WOKE for Suicide in SA

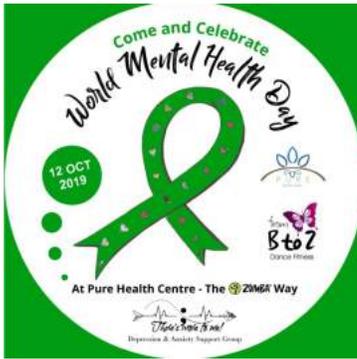
SADAG in partnership with Cipla, are hosting a World Mental Health Day Press Workshop today the 9th October in Sandton with over 55 journalists from across the country. Experts will be tackling issues of stigma, suicide, mental illness and the link to violence and trauma, social media and mental health, african perspectives of treating mental health in SA, as well as the important topic of responsible reporting. Follow #WokeforSuicidePrevention today via our social media pages for live updates from the workshop. Follow us on Twitter @TheSADAG.



The Tara Hospital Mental Health fun walk

Join the Tara Hospital Mental Health fun walk. The walk will be on the 11th of October at 8:00am. Entry is free. Bring along your friends family and loved one's to join in on the photo booths, banner painting and many many activities. After the walk,

there will be stalls at Tara where mental health organisations will be providing information on mental health and their services to the people. Don't miss out on a great event to help create awareness and get the community involved in breaking the stigma. Click [here](#) to download the poster with the info or to RSVP call 071 611 6734.



Krugersdorp Support Group

Event for World Mental Health Day - 12 October

In support of World Mental Health day, Krugersdorp Support Group Leader, Heiby Warren is hosting a mental wellness day on Saturday the 12th of October from 7am. The event promises to be a fun filled day, with awesome activities like Zumba Classes, painting and meditation as a way to bring the local community together and create awareness and support.

Click [here](#) to download the poster with all the event details, programme and contact details. Or contact Heiby on

Help us #Breakthestigma and join us for a day of healing and laughter!

Join us on the

Hope Hike
& the *Hope Bike*

The Hope Hike & the Hope Bike

13 Oct (CT) & 27 Oct (JHB)

"Fight Depression! Break the Silence!" is the theme for this years annual Hope Hike & Hope Bike taking place this Sunday the 13th of October in Stellenbosch, and then the

27th October in Johannesburg at Skeerpoort. It is a great event for the whole family to get involved, whether it was the hike/trail run or mountain bike fun ride. All funds raised would go to the Ithemba Foundation towards Depression Research.

Click [here](#) for more information.



UP Peer Support Group

SADAG and the University of Pretoria (UP) has collaborated on a UP Peer Support Group Project #UPliftUP at the start of this year. We have trained students from all 5 campuses to start Peer Support Groups which are FOR students, BY students, WITH students. So far, we have already launched Peer Support Groups on the Hatfield campus, on the 8th of

October, we are launching a Support Group on the Prinshof campus and 2 more Peer Support Groups at the Hatfield campus on the 9th of October.

If you are a UP student and want to join or start a Peer Support Group, please call Heidi on 0800 747 747 or email press@anxiety.org.za.

Vista Clinic Mental Health Awareness Campaign – 10 Oct



Are you ready for the 12 hour Crazy walk challenges on Thursday 10 October?

- Bloemfontein, Cape Town and Pretoria events happening from 06:00 - 18:00. Free of charge to join the walks
- Bloemfontein: Free State Athletics Stadium contact Nicola Visser nicola@crazyforwalking.co.za
- Cape Town: Sea Point Promenade contact Marlene vd Berg marlene@crazyforwalking.co.za
- Pretoria: National Botanical gardens contact Hanneltjie Buitendag hanneltjie@crazyforwalking.co.za

Visit www.crazyforwalking.co.za for more information

Lets walk for 12 hours to break the stigma of mental illness



Mental Health on Campus

For Mental Health Day, SADAG is partaking in various Mental Health Wellness Stands at the University of Pretoria's 5 campuses as well as the University of Witwatersrand.

We have also been invited to various Panel Discussions as well as Talks discussing Depression and Anxiety and giving out information at the different Universities to create awareness about Mental Health and the services SADAG has available.

If you are a student or faculty member and you would like SADAG to be involved in your universities Mental Health, please contact Vanishaa via email



Online Toolkit for Suicide Prevention

Please make use of this important online Suicide Prevention Tool Kit below to access helpful self-tips, how to identify warning signs, posters and ways to get help.

- [Teen Suicide Prevention Brochure](#).
- Always be prepared, [here](#) are Three ways to assess for suicide risk.
- [Suicide Safety Plan](#) - Learn how to create a Suicide Safety Plan and how to manage your mental health.
- [Read more](#) about common Myths of Suicide and how to debunk them.
- [How to talk](#) to someone that might be Suicidal.
- [Signs](#) of a troubled Teen
- [Here](#) is a useful poster to use for your class room, notice board or office.
- [Watch](#) some educating online video's on Suicide Prevention.
- [See](#) the WHO global toolkits, statistics and articles on mental health and suicide prevention.

Please share this toolkit with friends, family, your community and even via social media - help us reach more people and prevent suicides.



Diepsloot Corner

The Diepsloot Counselling Container which is funded by Janssen offers free face to face counselling services to members of the Diepsloot Community. The operating hours for the Counselling Container are from 8am – 3pm, Monday – Friday.

Upcoming Support Groups

- The new Sexual Assault #Rape Support Group Launches on Saturday the 19th of October at 10:00. If you have been affected by Sexual Assault or have a family member who has, please join the group to share and connect with others.
- The next General Mental Health Support Group Meeting will be held on the 15th of October at 10:00am. Everyone is welcome.

If you would like to attend a Support Group in the community, please join us. Contact Nono on nonnie@anxiety.org.za

#Speak Your Mind

Global Mental Health Campaign



#SpeakYourMind

People we will be uniting their voices in support of the Speak Your Mind campaign to call for greater action on mental health across the globe. Together we want our leaders to invest, empower, and educate, so that everyone, everywhere has someone to turn to.

We believe in a world where everyone, everywhere, has someone to turn to when their #mentalhealth needs support.

Follow @gospeakyourmind to join a globally united campaign giving mental health a voice for action ahead of #WorldMentalHealthDay. #SpeakYourMind

www.gospeakyourmind.org

Just last week, the Global Mental Health Campaign team hosted a Mental Health reception at the United Nations in New York, and then last Wednesday launched the "Mental Health for All" Accelerator to the Gates Foundation at their #Goalkeepers19 event.

SADAG is proud to be part of the global team and really proud of the team bringing mental health to the global stage!



Support Group Corner

SADAG has Support Groups in areas such as Diepsloot, Thabazimbi, Benoni, George, Newcastle, Durbanville, Mahikeng, Kenton on Sea and Malelane. 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.

NEW Depression and Anxiety Support Group launched in these areas:

- Benoni, Gauteng
- Bonaero Park, Kempton Park
- Atteridgeville, Pretoria
- Kenton-on-Sea, Eastern Cape
- Florida North, Gauteng (Open for loved one's too)

- Kroonstad, Free State
- Vanderbijlpark, Gauteng (Open for loved one's too)
- Port Elizabeth, Eastern Cape
- Newcastle, KZN for women living with Depression and Anxiety
- Waverly, Pretoria

If you would like to join a Support Group on your area, please call SADAG on 0800 70 80 90 and a counsellor will help you further.

We would like to say a big thank you to all of the wonderful speakers and professionals that have taken time out of their busy schedules to assist us by talking at Connect Sessions, Support Groups and Wellness Days. to Peter Strasheim, Tyrone Edgar, Daryl Brown, Cassandra Govender, Tracy Feinstein, Nicolette Carboni and Nthabiseng Madikgetla your guidance, expertise and eagerness to assist knows no bounds, and we are exceptionally grateful. Thank you.

If you are keen to start a support group in your area, please contact Krystle on supportgroups@anxiety.org.za.

The Mental Health Advocacy Walk and Wellness Fair

The SADAG KZN Team hosted an amazing Mental Health Walk in Durban this past weekend. Almost 1000 activists showed up to take part in the walk.

Ahead of #WorldMentalHealthDay they wanted to bring this topic out in the open, under the sun and in public view to give everyone a chance to #SpeakYourMind.

Thanks The SADAG KZN team, you did a fantastic



job!





Reporting Medication Stock Outs for Mental Illness

The National Department of Health recently released a statement regarding the shortage of anti-psychotic and anti-depressant medicines affecting state hospitals and clinics in SA. The DoH is facing a severe shortage of medication for depression, anxiety, bipolar and schizophrenia due to supplier problems. Read the full statement here. Xxxxxxx. This is very concerning for SADAG as so many patients rely on their chronic medications, we urge patients who get their medications from their local hospital and clinic to call and find out if they have their meds in stock, and if not, where else can they go to get them. We want to ensure that patients who rely on these medications continue to receive their meds regularly, so they don't experience any gap in treatment which may lead to risks of episodes, relapse or hospitalisations.

We need your help to ensure that more people know where they can and can't access healthcare medication. To help with monitoring the stock out issue, we are urging patients, family members or mental health professionals who are faced with a stock out issue at their hospital or clinic to please report it through the STOP THE STOCKOUTS Campaign. The Stop Stockouts Project (SSP) was established in 2013, and is dedicated to assisting people who are affected by essential medicines and childrens vaccines in SA.

It is really easy to report a stock out – to report online go to www.stockouts.org , or you can call/please call me/sms to 084 855 7867 or email report@stockouts.org.

If you have any queries or concerns about how to report any stockout issue, please contact SADAG 011 234 4837 or email office@anxiety.org.za



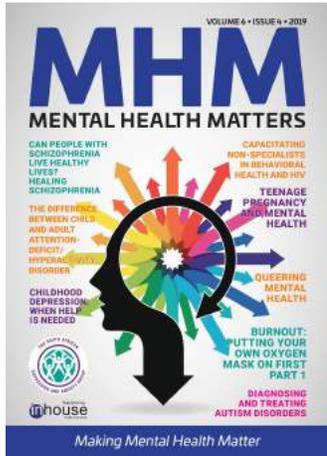
SADAG Online platforms

SADAG have various ways to assist you online. You can make use of The Cipla Whatsapp Chat (076 882 2775) Monday to Sunday from 9am to 3pm and The Ke Moja Substance Abuse Online Counselling at www.sadag.org, Monday to Sunday from 10am till 2pm daily. The Online Counselling

offers connections to SADAG's 24hr Helplines and provides daily resources, information, counselling and referrals. There is always!

- **Whatsapp** 076 882 2775 to speak to a counsellor 7 days a week 9am - 3pm.

- **Website** Check out the SADAG website for more information and resources on Mental Health.
- **SMS** sms 31393 and a counsellor will call you back. We are available 24 hours a day.
- **Online Contact form.** Go to www.sadag.org to fill out a online contact form and a counsellor will call you back.



Mental Health Matters Journal

One of SADAG's projects includes the Mental Health Matters Journal that is distributed to GP's and Psychiatrists all over the country. This journal includes educative articles written by expert Psychiatrists and Psychologists, amongst others, to help Doctors better understand Mental Health and what they may be able to do to support their patients. If you are a Mental Health Professional, subscribe to the Journal, via the website, please click [here](#). If you already receive the Journal and would like to recommend topics or you would like to write for the Journal, please email Tracy at research@anxiety.org.za.

Have you seen our recent journal? [Read more about](#) "The difference between child and adult attention-deficit/ Hyperactivity disorder" by Clinical Psychologist Sybrand Hagan and [explore the latest](#) article on Burnout by Professor Stoffel Grobler and Psychiatrist Dr Tejil Morar. [Read powerful](#) article on Queering Mental Health by Counselling intern Psychologist Nicolette Carboni. Read more about Diagnosing and Treating Autism Disorders by Marion Scher. Click [here](#) to read the Mental Health Matters Journal.

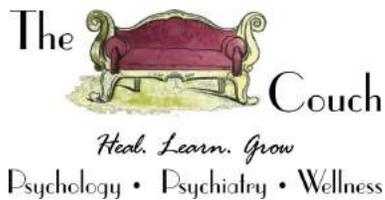


National Substance Abuse Conference in SA 31 Oct – 2 Nov in JHB

The National Department of Social Development will be hosting a National Substance Abuse and Family Related Interventions Conference at the end of October focusing on the Impact of Substance Abuse on families. SADAG is proud to be presenting on the 24 Hour Substance Abuse Helpline and the Mental Health Challenges caused by substance abuse and its effects on families. WE look forward to manning a stand at the event with delegates from across the world including Mauritius, Seychelles, Lesotho,

Canada, Angola, Botswana and Tanzania to name a few.

If you are interested in more information, please email info@anxiety.org.za.



The Couch climbs Mt. Kilimanjaro for Mental Health Awareness and Suicide Prevention

Clinical Psychologist Yumna Zubi, Psychiatrist Dr. Alicia Porter alongside a group of health care practitioners are taking on Mt. Kilimanjaro to raise awareness around mental health and suicide prevention.

The Couch, a psychology and psychiatry practice in Gauteng aims to create an awareness about the importance of mental health and in doing so hopes to break the stigma around mental illness.

The Couch would like to lend a helping hand toward this SADAG and you can too, simply click [here](#) and make a donation towards continuing keeping SADAG services available.



Soweto Support Group Leader Training

SADAG recently hosted a Support Group Leader Training for people living in Soweto as there was a big need for a Support Group in their community.

There is such a need for more support for people living with mental health issues throughout our country, but especially in Soweto where currently there is no Support Group for depression or anxiety.

The event was very successful with over 65 attendees. We cant wait to see Support Groups starting where people can share and connect with others to learn how to cope with living with someone who has a mental illness.



How To Help Suicide Attempt Survivors, From Someone Who Has Been There

1. Start by telling your friend or loved one you care and remind them you are there.
2. Listen—without judgement, guilt, or shame.
3. Create a “safe space.”
4. Don't be afraid to use the word “suicide.”
5. Offer to assist with basic tasks like meals, childcare, or rides.
6. Be available.

“I wish the people in my life were willing to be uncomfortable and ask about the warning signs.”

Read more in the article By Kimberly Zapata in The Oprah Magazine. Click [here](#).

SADAG Shout Out – Thank You



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.

We would like to thank Trunuty Communications who are technical support for the call centre phones, Their technical consultant are available at all times for support that is necessary.

A sincere thanks to Stouf, for continuing to provide SADAG with the sms platform that is used by thousands of patients who need to be urgently in touch with us.

Thank you hugely to Noreen Greaves for assisting us with locating additional parking bays as SADAG were running out of parking space.

Thank you to our amazing counsellors for their continuous hard work and dedication. You are all greatly appreciated.

Feedback from Callers

- Thank you and your team for the assistance! After



- chatting to your counselor I feel like the is some room to move again! Your help is greatly appreciated - T
- I am so impressed with your organization. Thanks again. - B
 - Just wanted to let you know that I have been assisted by a counsellor. Thank you very much. - L
 - Today am writing this to thank the team for holding my hands when I was vulnerable and down. Thanks for the counselling, coping techniques and providing me with information regarding place's where I can get help. I have been able to sleep for the past four days, last week I went to my nearest clinic and I was booked for psychological assessment, today. I attended an interview am hoping for the best and never had panic attacks in the past four days. I believe am making progress and there is hope. Thanks you all for the good work. - T

Suicide is a serious issue in the country, and we urge you to help us by creating awareness and educating others by talking about suicide prevention, learning the warning signs and encouraging more people to get help.

Suicide Prevention should be made a priority everyday – every day should be World Mental Health Day.

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

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