

SADAG Office	011 234 4837
Suicide Crisis Helpline	0800 567 567
Dr Reddy's Mental Health Helpline	0800 21 22 23
Pharma Dynamics Trauma Helpline	0800 20 50 26
Adcock Ingram Depression and Anxiety Helpline	0800 70 80 90
ADHD Helpline	0800 55 44 33
Destiny Helpline	0800 41 42 43
HDI "You Decide" Youth Helpline	0800 33 33 77
24 Hour Substance Abuse Helpline	0800 12 13 14



WEBSITE: [www.sadag.org](http://www.sadag.org) EMAIL: [zane1@medport.co.za](mailto:zane1@medport.co.za) SMS: 31393



## ***February 2017 Newsletter***



### ***Thank you to our Donors, Funders, Friends, and Family Members***

SADAG has been for 24 years deeply committed to patients' rights, advocacy and Mental Health education as well as awareness – we could not have done it without you.

Every donation is greatly appreciated and so essential to the maintenance and functioning of SADAG. We would like to say a huge Thank You to every person who spared a thought for SADAG and Mental Health over the holidays. SADAG has received many family donations and even more anonymous donations over the festive season. We are so incredibly grateful for every gift received in lieu of Christmas gifts, celebratory birthday donations, staff Christmas parties or just when you had us in your thoughts.

To every individual who donated, to every doctor and mental health professional who renewed their membership for 2017, as well as to the organisations and companies who

have donated – Thank You. These funds will help us continue our work throughout the New Year.

Our corporate donors are: Anglo American, Discovery Health, Adcock Ingram, Janssen, Sizwe Medical Scheme, Pharma Dynamics, Dr Reddys, HDI/SAB, Akeso Clinics, Rotary International, Lundbeck, Netcare, Stouf Communications, Freemasons, Canal Walk Shopping Center, MSD Pharmaceuticals, Starfish Mobile, Trunuty Communications, Ndalo Media, STOUF, Newsclip Media Monitoring Agency, Hollard.

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## ***Teen Suicide Prevention Week***



It is Teen Suicide Prevention Week and this year SADAG is training Teachers and Parents on how to identify teens at risk and intervene to save lives. Suicide is the leading cause of death in youth aged 15 – 29. In South Africa, suicide accounts for 9.5% of all unnatural teen deaths. The National Youth Risk Behaviour Survey 2011 shows that 17.6% of teens have considered attempting suicide and that 31.5% of teen suicide attempts required medical treatment.

SADAG in partnership with AKESO are hosting a FREE Workshop on Saturday, 25 February 2017 from 09:00 – 11:00am, to raise awareness on Teen Suicide Prevention to help identify the symptoms of Depression, the warning signs of Suicide and how to get help. The workshop is open to parents, teachers, community leaders and those concerned about a loved one who is suicidal and would like to know more on Suicide Prevention. We are hosting this free workshop in Gauteng, Kwa-Zulu Natal and Western Cape.

Also, join our Free Online #FacebookFriday Q&A chat on Friday, 24 February 2017 at 1pm with Clinical Psychologist, Zamo Mbele and again at 7pm with Psychologist, Candice Cowen. Both experts will be available for an hour to answer questions on Teen Depression, Preventing Suicide, recognizing various warning signs and where to seek help to prevent suicide.

For more information on Teen Suicide Prevention Week 2017, as well as for information on the FREE Workshop we'll be hosting [click here](#).

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# ***Volunteers for our Rivonia Call Centre, Sandton***

## **Volunteer for us**



SADAG helps callers countrywide with mental health queries and is open 7 days a week from 8am to 8pm. The NGO is the largest mental health advocacy group in Africa and receives up to 400 calls per day. To help keep its 15 helplines running, SADAG is currently

looking for compassionate, mature counsellors with life experience who are able to volunteer just 4 hours per week in the Call Center in Rivonia. [Click here](#) to read more on how to become a counsellor. All new volunteers will receive training at the beginning of March including additional on-site training, which can be started when convenient and is done either during the day, evenings or weekends, for those who work full time.

For the SADAG volunteer application form, [click here](#), you can find it on the right hand side column, fill it in and follow the instructions. Alternatively, contact Tracy on 011 234 4837 or e-mail [press@anxiety.org.za](mailto:press@anxiety.org.za). Applications close on the 19th of February 2017

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## ***Esidimeni - 94 and Counting***



Minister Motsoaledi said: “I am distressed and very angry. This should have been avoided.” Avoiding this tragedy was exactly what SADAG and its partners, the SA Federation of Mental Health, SASOP, and the Esidimeni Family Committee, were aiming to do, through consultation with the Gauteng Department of

Health and subsequent legal action against the department brought by SADAG and its partners through legal NGO, Section 27. Since 2015, the Gauteng Department of Health consistently ignored concerns, warnings, and suggestions and transferred patients with severe mental illnesses in a haphazard and neglectful manner.

In 2016, the Life Esidimeni psychiatric facility (funded by the Gauteng Department of Health) was instructed to transfer patients to several NGOs and shut its doors as part of

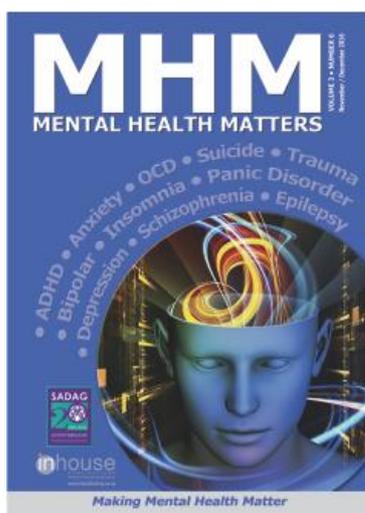
provincial cost-cutting measures. After months of public protest and legal action, National Health Minister, Aaron Motsoaledi, appointed Professor Malegapuru Makgoba as Health Ombudsman to investigate the issue.

The investigation found that at least 94 of the patients transferred from Life Esidimeni lost their lives as a direct result of the facility's closure. In addition, none of the 27 NGOs that patients were transferred to, have valid licenses. Psychiatric patients are society's most vulnerable citizens, and need the full protection of the law, Prof. Makgoba said.

SADAG has been lobbying for patients' rights since 1994 and Making Mental Health Matter regardless of whether the patient is on a private medical scheme or relies on government facilities. Help us establish and run a dedicated helpline to report inadequate access to care, unfair treatment or mental health concerns before tragedy strikes again. To assist with funding, please call Cassey Chambers or Tracy Feinstein at SADAG on 011 234 4837. To read an interesting article in the Sunday Independent [click here](#), for another excellent article in the Business Day, [click here](#) [Click here](#) to read more on the Health Ombudsman's Report [Click here](#) to donate to SADAG

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## ***Mental Health Matters Journal***



In case you missed it, SADAG's Mental Health Matters Journal, out in November 2016 featured an article by the Chairman of SABDA, Ronnie Creasy, on 'How to help the Family of your Patients with Schizophrenia' [click here](#); and an article about 'The Essentials of a Mood Chart' [click here](#), finally a very different article on 'Does Sleep Impact ADHD?' by Dr Micheal Lippert, [click here](#). If you are a GP and would like a copy of the Journal, please call Vanishaa on 011 234 4837.

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# **NETCARE Support Groups- New Year Update**



**You're in safe hands**

Support Groups can help to bridge the gap that exists between treatment of mental illnesses and counselling. In essence, Support Groups play an important role in assisting those living with Mental Health problems to manage their symptoms and understand what to expect from treatment. These benefits can be extended to their friends and family members by providing them with helpful tips on how to assist their loved ones and how to recognize the signs and symptoms of the various mental illnesses. Netcare partnered with SADAG last year to open over 20 new Support Groups which are spread across Urban and Rural communities. [Click here](#) for more information and all the areas that are operating. If you need any further information please contact Anne or Sam on 011 234 4837 or email [anne@anxiety.org.za](mailto:anne@anxiety.org.za)

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## **New Support Groups**

**Find a  
Support  
Group  
Near You**



[supportgroups@anxiety.org.za](mailto:supportgroups@anxiety.org.za)

A Support Group is a vital component in aid to the creation of a more supportive and interactive environment for an individual. If you are looking to start a Support Group in your area, please email

[Click here](#) to see a few New Support Groups that have opened in Benoni, Edenvale, Rivonia and even Sabie.

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# ***Janssen Counselling Container in Diepsloot***



## **A Focus on Gender Based Violence**

SADAG, in partnership with Janssen, runs a free Counselling Container in Diepsloot. This township of 200,000 people, is besieged by high rates of crime ranging from common assault to rape, high incidences of teenage pregnancy, substance abuse, unemployment, HIV/AIDS and other psychosocial problems. Resources are scarce and services are limited and unable to meet the needs of this growing township. [Click here](#) to read more about it.

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## ***Upcoming Facebook Friday Online Chats***



SADAG is committed to sharing news and information about mental illness with our communities. Facebook Friday is a online chat with experts offering free online help and answering all questions on various mental health issues.

### **Upcoming Chats-**

24 February 2017: Understanding Teen Depression and Preventing Suicide: with psychologists, Zamo Mbele and Candice Cowen who will be answering questions for Teen Suicide Prevention Week.

10 March 2017: Ask the Doctor: with Psychiatrists Dr Anthony Koller and Dr Aneshree Moodley, who will be answering questions on a variety of Mental Health subjects such as: Medication, Stress, Depression, Anxiety, Bipolar, Trauma, Substance Abuse, Suicide, amongst others .

[Click here to go to our Facebook page](#)

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## ***DSD Substance Abuse Project***



The Department of Social Development's Substance Abuse Helpline (0800 12 13 14) was busy during the festive season with calls coming in to the 24-hour helpline from across the country. South Africa's high rates of drug and alcohol abuse and lack of treatment and rehabilitation facilities, makes this line all-the-more important. SADAG has worked to develop over a 100 Substance Abuse Support Groups across the country as well. If you or a loved one needs advice, a referral or support for a substance abuse problem, please call 0800 12 13 14 or SMS 32312.

[Click here](#) to read about the variety of callers we help every day.

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## ***International Press and Local trends***



To start off the New Year, there has been many valuable international articles, based on a variety of topics, such as, 'How to know your therapy is working' [click here](#) , an interesting article on 'The heated battle over when to commit a patient involuntarily to psychiatric care' [click here](#) , and a vitally informative article on 'Recognising a Panic Attack' [click here](#)



Our Local press has started the New Year with a useful article on 'How to manage transitions in life and avoid depression and feelings of failure' [click here](#), also in addition, there is a motivating article for students of all ages on 'Suicide is not the answer for poor results' [click here](#) and finally an article based on

'The Emotional Downside of Diabetes' [click here](#).

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## ***Your Feedback means a lot to us***

Read Below for some of the positive messages we receive every month:

"If he counselled me on a daily basis I'm sure I could throw my meds out the window. He was lovely...You answered my email very quickly, I greatly appreciate your response. Thank you are not strong enough words, but I am very grateful..." SC

"One of your counselors phoned me, thank you so much for the help. She really helped me a lot." JS

"Yes, got help this evening and we are all set. Thanks so much! Excellent support" CC

"Yes I got help, thank you so very much. She was lovely and extremely helpful! You have a wonderful organization.Thank you!" SM

"Thank you so much for your prompt response much appreciated." JS

"You have been so great, thanks so much!" TS

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## ***SADAG Needs Your Help***



SADAG loves to help communities in rural and urban areas with handouts and vital information that can save lives and guide those that need aid, we currently desperately need a office printer and photocopy machine. SADAG also needs Laptops and Desktops for our office in order to efficiently

and effectively work and increase the impact we have made thus far.

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A happy and healthy 2017 to all,

Best wishes

Zane Wilson

Founder

South African Depression and anxiety Group

[zane1@medport.co.za](mailto:zane1@medport.co.za)

# **Making Mental Health Matter**

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