



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

Website: www.sadag.org Email: zane1@medport.co.za SMS: 31393
f "The South African Depression and Anxiety Group" @TheSADAG

OCTOBER NEWSLETTER 2015



Moving for Mental Wellness with Aspen Pharmacare 10 October - Johannesburg

World Mental Health Day is around the corner and we need YOUR support! Support SADAG's fundraising event, Moving for Mental Wellness with Aspen Pharmacare, taking place on Saturday the 10th October at the beautiful Nirox Foundation situated in the Cradle of Humankind. There is something for the whole family to do including a Mountain Bike Race, Trail Run, Food Stalls, Music and Art. Online entries close today, so get your family and friends to join in supporting a good cause by sharing the poster on your Facebook page or Twitter. All money raised will go towards the Suicide Helpline! To register online today, go to www.mfmw.co.za, later entries for the Mountain Bike Race and Trail Run will take place on Saturday from 6am - 7:30am at the venue. The race starts at 8:15am.

This year we are very excited to welcome on board some sponsors who have come to enthusiastically support Mental Health. We are proud to announce that Aspen Pharmacare have once again demonstrated their proactive and caring approach to promoting health and wellness by showing its support as the title sponsor for the event. We are also grateful to partner sponsors including Hexor Research, Indivio, Lundbeck, Dr Reddys and Akeso Clinics.

For more info and to register, go to www.mfmw.co.za or [click here](#) for the poster with all the information.



The Power of Press for an NGO - SADAG hits 16 million Rand in August

When an NGO hits that kind of figure for free press in one month like we did, we believe we are changing South Africa for the better and really making Mental Health Matter!

We are doing hard hitting campaigns, developing stories, starting support groups, presenting workshops at schools, and fighting for patients rights to get treatment such as helping patients get treatment, getting admitted or getting medications.

We're making a difference, all the while by competing with Ford, with Nandos, and with FNB, for

column inches - and we're winning!

The signs are encouraging, more people are coming forward to us for help, referrals, guidance and support. How does an NGO achieve figures like that in ONE month? SADAG is always available for the press, we're constantly thinking of new stories, and always finding professionals to talk to journalists, as well as encouraging patients to tell their stories, and we're constantly looking at research that may impact on our work and our patients quality of life.

A huge thank you to all the Journalists that support us, to the Radio Stations that always think of us first, to the Pharma industry for supporting a journal which reaches GP's across the country, who are often the first to see patients; and to the TV who now work with us on a daily show, Channel ED 190 on topics that are easy to understand and can help people cope better. Our Facebook Friday online chats with professionals answering questions, the chats are popular not only in South Africa but are followed throughout Africa.

We are launching again this years Pfizer Mental Health Journalism Awards to all the media for 2015, with awards in categories such as Print Media, Broadcast, Electronic and Online Media. Please [click here](#) for details about the application criteria. A huge thank you to all the press for supporting our medium sized NGO with giant coverage and opening the opportunities for patients needing our help and support. Thank you for helping us make Mental Health Matter.



World Mental Health Day - support group talks, Facebook Friday chat & TV shows

The 10th of October 2015 marks World Mental Health Day. To commemorate this day, SADAG will be hosting FREE Mental health community talks in the Western Cape and Kwa-Zulu Natal areas. Presented by leading Akeso Clinic experts and SADAG Support Group Leaders, these talks will be taking place in Kenilworth, Cape Town Central, Umhlanga, Pietermaritzburg and Durban on the 17th of October from 9.30am till 12pm. If you would like to attend please contact Justine or Naazia on 0800 70 80 90 or email info@anxiety.org.za for further information.

On the 16th October, we will be hosting a live online Facebook Friday ASK THE DR• chat with experts answering all your questions on mental illness, treatment, medication, coping skills & helping a loved one. The chat is from 1pm - 2pm, and again at 7pm till 8pm. To join the chat, please visit the [SADAG Facebook page](#).

Don't miss this week's episodes on DSTV ED 190 on SADAG's dedicated TV show called Mental Health Matters, which airs everyday at 9:55am and again at 5:55pm. This week's topics include the importance of creating Mental Health Awareness, Disability and Depression, Mental Health challenges in the Blind community, Depression and Anxiety in the Elderly and Mental Health Literacy. For full schedule, please visit www.sadag.org.



Nationwide Support Groups giving Hope

We have over 220 support groups nationally with a diversity of help and interests for patients. They are all free and are scheduled both weekly or monthly. Some have been operating for over 16 years and are run by professionals, and a large number by recovered patients, or family members.

Please call 0800 21 22 23 for details for a group near you.

[Click here](#) to read more about what some Groups in the country have been doing in the last few months.



Local and International Press Stories on Mental Health

The last month has seen some great articles being published. Here is a very helpful article on Clicks website looking at how to help a loved one cope with OCD [here](#). City Vision newspaper discussed the topic of men, depression and suicide, to read more [click here](#). [Download](#) the article in Teen Zone magazine talking about Teenage drinking with helpful tips for parents and friends. The YOU magazine explained how you can get cover for depression, but that you need to choose your policy carefully, [click here](#) for the article on Insurance and Depression. Then lastly, [download](#) this interesting article on how some of SA's top health organizations are fighting for more affordable medications.

A variety of international stories to catch up with this month. Are you skeptical regarding psychotherapy and whether it can help you? [Click here](#) to see a professional view. Read insight into Borderline Personality Disorder and what it feels like to live with it every day by [clicking here](#). Please [click here](#) for patients varied experience with medication.

Please don't forget to visit SADAGs website, www.sadag.org, regularly as local and international articles are uploaded on a weekly basis.



Hope Hike in CT (11 Oct) and JHB (25 Oct)

The Metropolitan Hope Hike, held for World Mental Health Day, is an annual initiative by the Ithemba Foundation (Ithemba means hope) a non-profit organisation that aims to raise awareness around depression.

By taking part in the Metropolitan Hope Hike, you can help to raise funds for research into clinical depression, and also help break the silence.

[Click here](#) for information about the event.



Support Cyclists for Momentum Cycle Challenge

The Momentum Cycle challenge will be taking place in the middle of November. There is now a wonderful team of 20+ volunteers who have come together to Ride for the Purpose of raising funds for the SADAG Suicide Helpline. Now that the team is ready to go, they are looking for sponsors to support them through their journey to Making Mental Matter. If you would like to support or donate money to one of the riders who are part of our brave Momentum Cycle Challenge SADAG Team, please [click here](#) to make a donation. Or contact Naazia at info@anxiety.org.za or Jennifer on jenniferafrica@gmail.com.



Depression in the Workplace

The South African Board for People Practices (SABPP) have put out a very comprehensive newsletter for their members. It covers a lot of the research that SADAG completed in liaison with Hexor and Lundbeck earlier this year. It discusses the impact of Depression, Absenteeism, and the role of HR in assisting Employees, [click here](#) to read it.



Diepsloot Corner – a focus on Suicide Prevention

According to WHO, 1 million people commit suicide each year and in South Africa 11% of all non-natural deaths are due to suicide. These are alarming statistics and we need to empower individuals and communities to address this problem and take action. In Diepsloot, a semi-rural township of 200,000 people in the north of Johannesburg, the SADAG team undertook various activities and events to showcase suicide prevention.

[Read more](#) about how the counselling container is helping the community.



Upcoming Workshops

SADAG often receives calls from university students who are struggling to manage their Mental Health and are looking for ideas on how to cope better. With exams around the corner, SADAG will be participating in Mental Health Wellness Days at the Vaal University of Technology (VUT) on the 14th of October and the University of Pretoria on the 15th of October. If you are a student or staff member of these universities please visit the SADAG stand to speak to our SADAG counsellors and get some useful insight on Exam Stress and your Mental Health.

The South African Institute for Advanced Constitutional, Public, Human Rights and International Law (a Centre of the University of Johannesburg) invites you to an inter-disciplinary conference that will address the intersection between mental health and human rights in South Africa. It will take place on Thursday the 26 November 2015 in Johannesburg from 8:30 – 17:30, for more info on the free conference and how to register, [click here](#).



Heartfelt thanks to people involved with SADAG

As always we have many callers who thank us for our help, but we need to thank Donors who help us so we can help others – for our SMS's systems which are sponsored by Stouf and Starfish, the service is so valuable to so many people and are donated to us. Newscip who keep us updated every day with stories, Radio and TV Clippings, so that we know when we need to have extra staff on duty to help an influx of callers from press and media. To the committee at SASOP for inviting us to talk at their conference about the work that SADAG does and why we need their help for donated services.

Ms Beulah Bonugli from Rivonia Close property for donating our central space in Rivonia; and a special thanks to our over 100 volunteers, who generously give up their time for shifts during the week until 8pm and during the weekend. We also meet once a month with guest speakers to keep up to date with new help, therapy and referrals, all to ensure we give the best advice we possibly can to the estimated 400 calls we receive every day. They make the organization consistent and effective. Next month we will thank our Pharmaceutical companies and corporate sponsors for what

they are donating to us.

Warm Regards,

Zane Wilson (Ms)

Founder

South African Depression and Anxiety Group

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