



<b>SADAG Helpline</b>	<b>011 262 6396</b>
<b>Website</b>	<b><a href="http://www.sadag.co.z">www.sadag.co.z</a></b>
<b>Suicide Crisis Line</b>	<b>0800 567 567</b>
<b>Pharmadynamics Trauma Line</b>	<b>0800 20 50 26</b>
<b>AstraZeneca Bipolar Helpline</b>	<b>0800 70 80 90</b>
<b>SanofiAventis Sleeping Disorders Helpline</b>	<b>0800 753 379</b>
<b>Substance Abuse Helpline</b>	<b>0800 12 13 14</b>
<b>Dr Reddy's Mental Health Helpline</b>	<b>0800 21 22 23</b>
<b>Support Group Helpline</b>	<b>0800 20 50 21</b>
<b>SMS</b>	<b>31393</b>
<b>Email</b>	<b><a href="mailto:zane1@hargray.com">zane1@hargray.com</a></b>

## **Bipolar Mini Newsletter 2011**

Dear Members,

Bipolar Awareness Day will take place on Thursday the 26th May 2011. SADAG, with the support of Medihelp, will be offering a series of free workshops at 15 venues around South Africa. At the events there will be a presentation of the Medihelp "Living with Bipolar" DVD which will be followed by a talk from a psychiatrist or psychologist to assist in answering questions from patients, family and friends. Please note the date and times, as there are 3 events that are on a different day than the 26th May.

We appreciate the kindness of so many speakers in making themselves available to assist in further clarifying questions on this illness. Brochures and pamphlets are available at the venues courtesy of AstraZeneca. All of our brochures and handouts on Bipolar are available online, please visit our website <http://www.sadaq.org/> and click on the top button titled "Bipolar" and you will find all the information you need, or you can call a counsellor on 0800 70 80 90 and we will post you a brochure.

There will also be many stories on Bipolar Disorder in various newspapers and magazines throughout South Africa. The YOU/Huisgenoot are publishing a story on bipolar which will be in news stands this week, our thanks to Pieter van Zyl who is a Carter Journalist Fellow.

Support Group Leaders, Jay and Michelle, would like you to know about their new website <http://www.bipolarsa.org.za/> and that is an open site for people wishing to chat to others in South Africa with a similar problem, it is a great site to look at.

On the evening of the 26th May, for those of you not able to attend any of the workshops, Dr Frans Korb, will be talking on Bipolar Disorder on Radio 702 and Cape Talk from 8pm to answer any questions on medication.

You can also visit our website <http://www.sadaq.org/> and view the online video by Dr Leigh Janet discussing some of the frequently asked questions about Bipolar Disorder. The video is helpful if you are patient diagnosed with bipolar, or if you are family member or loved one looking to learn more information about the illness.

Listed below are the venues for the 15 workshops taking place next week, please call tollfree 0800 70 80 90 or 011 262 6396 for any queries regarding times and venues.

AREA	DATE & TIME	VENUE	SPEAKER	SUPPORT GROUP
<b>WESTERN CAPE</b>				
Cape Town	26 May 6 – 8pm	Hertzillia Middle School Old Kendal Rd Cape Town	Esje du Toit (Author & SG Leader) David Rosenstein (Psychologist)	Caitlin (SG Leader)
Mitchells Plain	26 May 11am	Lentegeur Hospital Auditorium Highlands Drive, Mitchells Plain	Prof John Parker (Psychiatrist)	Jay and Michelle (SG Leader)
Stellenbosch	26 May	Stellenbosch University	Mumtaz Parker	Magdalien

	1 – 2pm	Development Office 39 Victoria Str, Stellenbosch	(Psychologist)	(SG Leader)
Observatory	30 May	Valkenberg Hospital	Dr Neil Horn	Suzanne
	10am	Main Hall Observatory Rd, Observatory	(Psychiatrist) Suzanne Leighton (Health Practitioner)	(SG Leader) Nina (SG Leader)
<b>FREE STATE</b>				
Bloemfontein	26 May	University of Free State	Dr Edwan du Plessis	Naledi
	7pm	Centenary Complex Reitz Hall 205 Nelson Mandela Dr Park West, Bloemfontein	(Psychiatrist)	(SG Leader)
<b>NORTH WEST</b>				
Potchefstroom	26 May	North-West University	Dr Conradie	Lourens
	7pm	Potchefstroom Campus J Chris Coetzee Building 11 Hoffman Street	(Psychiatrist)	(SG Leader)
Vanderbijlpark	26 May	North-West University	Medihelp TBA	Marica
	7pm	Samancor Auditorium Vaal Triangle Campus Van Eck Boulevard Vanderbijlpark		(SG Leader)
<b>EASTERN CAPE</b>				
Grahamstown	24 May	Rhodes University	Catherine Villiers	Nikita
	1 – 2pm	Healthcare Center Lucas Street Grahamstown	(Psychologist)	(SG Leader)
Port Elizabeth	28 May	Methodist Church Westering	Dr Peter Crafford	Simon
	10 - 12	Cnr Papenkuils Str & Clarence Rd Westering, PE	(Psychiatrist)	(SG Leader)
<b>KWAZULU NATAL</b>				
Westville	26 May 6:30pm	Westville Boys High	Prof Angelo Lasich (Psychiatrist)	Lori (SG Leader)

		TSA Auditorium 28 Wandsbeck Road		
<b>GAUTENG</b>				
Johannesburg	26 May 1 – 2pm	University of Johannesburg Building 5, PsyCad Kingsway Campus	Chantelle Waldeck (Psychologist)	Naazia SADAG
Benoni	28 May 2pm	Life Glynnwood Hospital Board Room (Ground Floor) Harris Street, Benoni	William M Gomezulu (Psychologist)	Carlo (SG Leader)
Sandton	31 May 6:30pm	Morningside MediClinic Penthouse (above 2 <sup>nd</sup> Floor) Cnr Hill and Rivonia Rd	TBA	Jane (SG Leader)
Pretoria	26 May 7pm	University of Pretoria Graduate Centre 1-56 Lynnwood Rd Hillcrest, Pretoria	Dr Estie J van Rensburg (Psychiatrist)	Suzette (SG Leader)
Soweto	27 May 10am	Lesedi Private Hospital 23967 Chris Hani Road Diepkloof, Zone 6	Ntombi Morudu SADAG Speaker	Mollita (Head Nurse)



### **OCD - and no where to turn?**

#### **New South African OCD Online Support Group**

If you are struggling with Obsessive Compulsive Disorder (OCD), or know of someone struggling with OCD, have successfully got your OCD under control, live with someone who has OCD, or just want to find out more information on OCD and then you can join the website [ownocd.ning.com](http://ownocd.ning.com).

This website is an online OCD support group, and is free for anyone to join. [Click here](#) for information about the new website.



### **Medihelp DSTV Series**

Medihelp "Lewe Met..." series of Mental Health Programs with guests on a variety of subjects. Presented in both English and Afrikaans.

See below for May & June Topics presented by Ruda Landman on DSTV channel 111 at 22.30.

<b>DATE</b>	<b>TOPIC</b>
21 May	Drug Abuse
28 May	Schizophrenia
4 June	Alcohol Abuse
11 June	Social Phobia
18 June	Tik Abuse
25 June	Panic Disorder



### **Weskoppies Hospital - Pretoria**

One of the Academic Hospitals of the University of Pretoria, with 14 psychiatrists and about 20 registrars specializing in Psychiatry. There are psychologists, occupational therapists and social workers who complete the team. There is also a child and adolescent unit. For more information on admittance and facilities, [click here](#).



### **Depression Trial**

If you or a loved one have been diagnosed with depression but do not have either a medical aid or funds for assessment and/or treatment then you may be eligible to participate in a clinical trial for Major Depressive Disorder. **Read more** about a depression trial.



### **Afrikaans Book on Bipolar Disorder by Esje Du Toit Skoppelmaaijare (Naledi Publishers)**

Esje's latest book on Bipolar describes the swing her life has been since her diagnosis with Bipolar Disorder. Despite many difficulties and problems on the way, she manages to find the "Light at the End of the Tunnel". [Click here](#) for more information about her new book.



### **SADAG seeks Office Space in Sandton**

- Our offices in Sandton, through the kindness and generosity of Liberty Life are getting too small for us. We are busier than ever with many call from schools, Universities, and communities for help. We are growing out of our space and although we don't need a huge amount, we do store lots of brochures, pamphlets, books and materials. If you know of a company that has space empty due to the economy we have a letter attached ([click here](#)) which you could consider sending to them on our behalf. We will be very grateful for any help or ideas you have so that we can approach potential offices.



**Please support your local support groups, we continually aim to demystify Bipolar Disorder and get understanding from companies and families for our members.**

**Our next major activity is during World Mental Health Month in July where we will be hosting talks and films on Anxiety and Panic Disorder. If you or your group, or even your company, would like to hold a presentation for colleagues or communities, please be in touch with Clare on [admin@anxiety.org.za](mailto:admin@anxiety.org.za) so that we can help you with DVDs and speakers.**

**Our thanks to all helping this week! Please remember we are open 8am - 8pm to help 7 days a week.**

**Regards,**

**Zane Wilson (Ms)  
Founder  
SADAG  
[Zane1@hargray.com](mailto:Zane1@hargray.com)**