

	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
	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		



Bipolar Awareness Day 26th May. SADAG Offers Help to Patients & Family Members Through Their Support Groups, TV, Press & Facebook

SADAG kicks off its annual recognition of Bipolar Awareness Day, 26th May. This year's theme for the month calls attention to the importance of addressing Bipolar health symptoms early, identifying the best treatment options and planning an appropriate course of action on a path towards better health. When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. Like other diseases, Mental Health conditions should be treated long before they reach a critical point. We have a variety of articles and a diverse variety of information on our website under the section: Press- Local & International on Bipolar to increase your understanding. Go to our website to view some of these articles www.sadag.org.

To raise awareness and help the families affected by Bipolar, SADAG will be hosting 18 special talks at Bipolar Support Groups across SA. We will also be featuring magazine articles and Facebook Q and A on "Living With Bipolar". There are also helpful links, websites and apps to assist you and your loved ones who may have Bipolar. [Click here](#) to find out how you can attend one of the special talks or to find out more about Bipolar Disorder.

[Click here](#) to view our short Bipolar Video that is currently on our website.



Next 3 Upcoming Facebook Friday Chats

29th May we will be discussing "Living with Bipolar", then on the 12th June, we will have a panel of doctors answering all your questions during our "Ask the Dr" chat, then, on the 26th June, which is Substance Awareness Day, we will be having a live discussion on "Living with an alcoholic and/or drug user". [Click here](#) for more information on these chats and to find out how you can take part. If you wish to remain anonymous, info is there for you to ask questions in confidence.



Mental Health Matters TV Show Every Wednesday

SADAG's new weekly TV talk show, Mental Health Matters, is growing from strength to strength and is a great source of mental health information offered by some of the top experts in the field, such as, Psychiatrists, Psychologists, Social Workers and Counsellors, share their help and experience. The show airs every Wednesday at 5.30pm on ED TV, DSTV Channel 190. [Click here](#) for the upcoming schedule of shows.



Support Group Corner- New Groups Monthly

Did you know that attending a Support Group gives a place where your feelings, emotions and situation are understood by all attending. You will not be judged or discriminated against because you are suffering from a mental illness, and it provides you with a safe environment to share and learn from others. [Click here](#) for some of our groups and how you can contact them. Please note they are not counselors but a group for care and help. For counseling or to find out what groups are in your area, call 0800 20 50 26.

We are in urgent need of additional **Mental Health Support Groups** across the country. We are asking Psychologists, Social Workers, Counsellors or anyone who has recovered from a Mental Illness, or who has supported a loved one, to start their own Support Group. We need new groups in Mayfair, Richards Bay, Bloemfontein, Potchefstroom, Polokwane, George, Phoenix, Lenasia, Rustenburg, Nelspruit, Durban, Midrand and more.

GROUPON AND SA CELEBS TEAM UP
FOR TEEN SUICIDE PREVENTION

GROUPON

THE SOUTH AFRICAN
DEPRESSION AND ANXIETY GROUP

BUY A RAFFLE TICKET AND
STAND A CHANCE TO WIN
A MEET-AND-GREET WITH TOP SA CELEBS

SADAG & Groupon's "Teen Suicide Shouldn't Be a Secret" WINNERS Announced

In honour of Teen Suicide Prevention Week, SADAG, Groupon, and SA's top Celebrities teamed up to raise funds and create awareness around Teen Depression and Suicide Prevention in SA. [Click here](#) to find out who the winners were and what they got up to on their exclusive experiences with their chosen Celebrities.

Our sincere thanks to our Celebrities, DJ Fresh, Gareth Cliff, Seano, Siv Ngesi, Didi Moses and Roxy Burger for giving SADAG some of their time and for showing their support for Mental Health.



Upcoming Events, Workshops & Webinars

Are you looking to attend a professional workshop, an event or local talk, then [click here](#).

SADAG searches far and wide to help find extra resources to further educate and support your journey to wellness. Whether you are a professional or patient looking for information on Mental Health there is information here. This month we have: Bipolar CBT Group Therapy in JHB, Medicine and Psychiatry Professional Conference in Boksburg, Legal and Ethics Workshop for Akeso in Randburg, and a Webinar on ADHD USA. International Webinar for adults; and Child Trauma Workshop for Professionals in JHB, CT and Durban.



Vista Clinic & 94.7 Momentum Cycle Race Gives To SADAG

Vista Clinic sponsored one of their patients- Deon Labuschagne and his Psychiatrist Dr Jerrie Bezuidenhout to participate in the Momentum 94.7 Cycle Challenge in 2014. Vista Clinic's staff members and clinicians supported Deon's Dream Team by purchasing specially designed T-shirts with Deon's name on them and donated R5 for every T-Shirt Deon sold to his organization/charity of choice, which he chose to support SADAG. [Click here](#) to read up on his amazing triumph and his inspiring story.



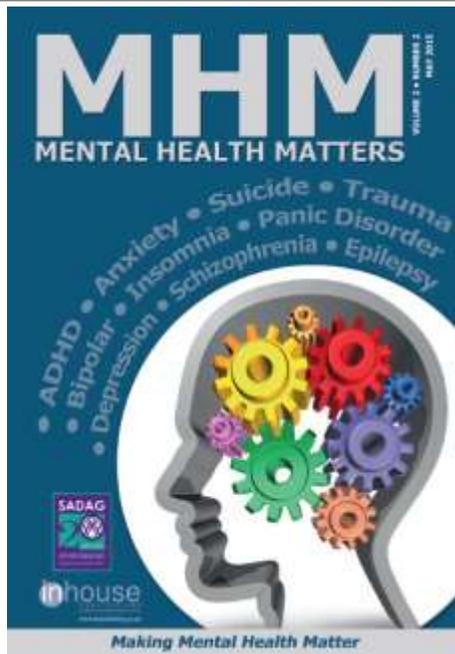
Local & International Articles available on Bipolar, ADHD, Myths about Therapy, Depression in Men, Seasonal Affective Disorder, and Stigma

SADAG works hard throughout the month looking for interesting articles from around the world and locally. Our own press support us by writing the latest and most informative info, research, studies, opinions and articles of help and interest. [Click here](#) to read them all.



SADAG Speaking Book "Making Memories Matter" & Dementia SA Help Patients with Dementia live better lives

The new Speaking Books were launched in Madwaleni in the Eastern Cape in both English and Xhosa to a large community. Dementia is a little known illness in rural communities but can have a life changing impact on all those in the family and caregivers. The books communicate the issues and the help needed in a simple direct and easy understandable format. Dementia SA are the creators and distributors of this innovative tool. Speaking Books are now used in over 30 countries. [Click here](#) to read more.



May Issue of Mental Health Matters Journal

SADAG's Mental Health Matters Journal has been published for your GP and Psychiatrist. In this edition, we have articles on Mindfulness by Dr Chiba, Bipolar by Dr Rodseth, ADHD & Psychiatric Co-Morbidities by Dr Schuler, Anxious Mothers by Dr Miric, Anger Management by Dr Eddy and so much more.

If you would like your own Dr to get their copy of Mental Health Matters, please ask them to email admin@anxiety.org.za or subscribe by [clicking here](#).

You can read the article "Managing Bipolar Disorder : A Practical Guide. How to become the Master - not the Slave" by Dr Rodseth now by [clicking here](#).



Entries Are Open for Momentum 94.7 Cycle Challenge November 2015!

If you are considering cycling for a charity, supporting a family member with a mental illness, or to raise funds for an organisation, you can make a difference. If you haven't found your cause yet, then please support SADAG. Please be in touch with our team Captain, Jennifer Wolter whose email is jenninafrica@gmail.com. Jenn is cycling in support of a best girlfriend who sadly committed suicide last year. We are aiming for 20 cyclists! If your company has a team and wants to know more about SADAG please let us know.

Please [click here](#) to find out more information on how you can support us.



Department of
Social Development



Department of Social Development – Cannabis Roundtable Discussion Meeting 9th April 2015

On the 9th April, SADAG along with other Government Officials, NGOs, religious groups, health professionals, advocates, press and stakeholders attended the Department of Social Development Cannabis Roundtable Discussion meeting at the Kopanong Hotel. The theme of the meeting was **“Cannabis for Medicinal Use, Yes or No?”**. With key speakers from around the world including speakers from the Deputy Minister of Social Development, Central Drug Authority, International Narcotics Control Board, UNODC and the SA National Working Group presenting talks on the medicinal purposes, regulations and legislative position on cannabis. [Click here](#) for more info.



Diabetes Clinical Trial

SADAG is doing pre-screening for a Diabetes Clinical Trial. To qualify for treatment & participation in the study, you have to be over 18 years of age and have any non – healing foot ulcers underneath your foot, please take the time out to take part in our clinical trial. [Click here](#) to find out more.

Sites are based in Port Elizabeth, Bloemfontein, Belville, Kwazulu-Natal and Gauteng or call 0800 23 25 26 for more info.



Diepsloot Corner- A Focus on Community Mental Health

Diepsloot is a semi-urban community that faces a multitude of challenges on a daily basis. The problems range from a scarcity of physical resources (such as food, running water and housing) to a lack of medical help and care for Mental Illnesses. [Click here](#) to find out what the Janssens Counselling Container is doing to help patients in Diepsloot who have been diagnosed with Mental Illnesses such as Depression, Anxiety, Schizophrenia or PTSD.



Section 27 & SADAG Partner on PMB Case at CT High Court

SADAG has partnered with Advocacy Group Section 27 regarding the important matter between Genesis Medical Scheme & the Minister of Health currently before the Western Cape Division of the High Court, which has implications for access to health care services in South Africa. [Click here](#) for more info.



SADAG's Office Needs- Chairs, Computers and Donations

We always love reading your letters of compliments and kindness to our Call Centre, here are a few we enjoyed this month:

"Yes, someone did contact me and we had a good chat which helped me a lot. Thank you so much".

"I had wanted to email you today to express my gratitude to your counselor Sumayya for her assistance. Not only was she helpful but she made a real effort to assist me with all my questions. Thank you for such a wonderful service".

"Dear All. I am writing this with deep gratitude for the awesome assistance & support from the consultants of SADAG during my depression & suicide attempt! I am not there yet but I have hope and taking it 1 day at a time! May God bless every single person @ SADAG".

"Richard was very helpful, like always, I know I can count on you and you're staff. Once again thank you for the help".

We often are reliant on donors for help. Currently we are asking for the following:

We need 4 office chairs: they are for the Counseling Centre: they should be desk chairs with wheels on.

We need 2 computer hard drives for our Call Centre: ideally 500GB and 4GB memory as we keep a lot of data on them. We often need to send out big mailings and advise people of new groups starting in their home towns.

A big thank you this month to Anita and Phil Savinson, who donated a KIA car to us. It will help us greatly to get to schools and talks for those not having their own car. We appreciate your generosity.

Finally we still need funding, donations from R20 to R8 000. We are known for the school talks we give to over 1000 youth in some schools class by class. Our costs are up to R8 000 per school, that covers a team of 12 trainers, materials needed, and travel costs as sometimes they are many hours away from our offices.

If you are prepared to help fund us, the donate button is on the front page of our website www.sadag.org or email us below at zane1@medport.co.za. Please support the work we do, we are still without any Department of Health funding and yet we provide services to patients country wide. We wish you good Mental Health.

Zane Wilson (Ms)
Founder
SADAG

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www.sadag.org

The South African Depression and Anxiety Group

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