



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
 Facebook: "The South African Depression and Anxiety Group" Twitter: @TheSADAG

July is Mental Health Awareness Month



I am...

a father, friend, bipolar, business man, aviator, coach and career mentor.

I am more than just my illness

#BreaktheStigma



I am...

a sister, aunt, TV Presenter and friend with depression.

I am more than just my illness

#BreaktheStigma

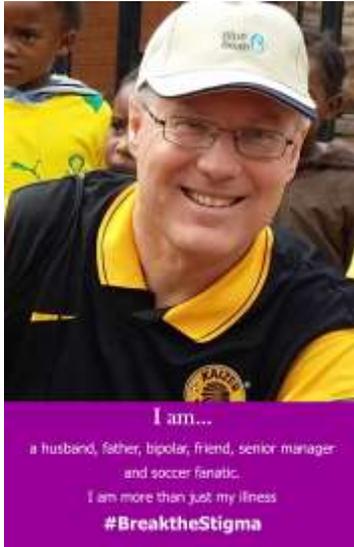


I am...

a daughter, sister, creative aspiring songstress, an architect and a child of God with depression.

I am more than just my illness

#BreaktheStigma



July is Mental Health Awareness Month and perfect timing to show how SADAG continues to fight for patients mental health rights. Mental health is still very much the stepchild of the health system and still very stigmatised and misunderstood. Three-quarters of people in need of mental health treatment do not get it. Resources in rural and disadvantaged areas are scarce, if they exist at all, and even for patients on medical aids, access to required treatments and benefits are limited.

For **Mental Health Awareness Month from the 1st – 31st July**, SADAG, the country's leading mental health advocacy group, is creating as much awareness as possible to encourage more people to seek help, treatment and support. Many people don't know where to go or who to speak to for help - people fear that they will be judged or discriminated against, or that others will think that they are weak. Throughout Mental Health Awareness Month, SADAG will be creating awareness and **#BreakingtheStigma** through our **"I AM" Campaign**. It incorporates real people sharing real stories of their mental illness. The campaign seeks to **#BreaktheStigma** and encourages people to talk about their experience and remind them that they are people, not their illness. Send us your profile pic and motivational message to admin@anxiety.org.za and it will be updated onto our Website, Newsletter, Facebook and Twitter throughout the balance of the month.

[Click here](#) for more information on what SADAG has presented this Mental Health Awareness Month.



SADAG has helped people with Panic and Anxiety since 1994

As always 2015 has been an active year helping patients with Panic and anxiety attacks. South Africans have as much panic as others in the world, but virtually no research has been completed on panic and its impact on patients. This year we have a really important research document for you to fill in for SADAG. It is easy to access , anonymous and will only take 8 minutes . We have a researcher who will give us an overview of the results that we find from our members in South Africa. If you are still fighting your own Panic and have not been able to go to a CBT expert please take a few minutes to look at the Videos on our website, with Dr Colinda Linde, who goes through breathing skills and other techniques that will help you. [Click here](#) for the questionnaire. 10 questions only . Please support us in this initiative. [Click here](#) for an interview with Zane Wilson Founder of the South African Depression and Anxiety Group (SADAG) who started the group initially for Panic Sufferers.



Medical Schemes Proposing PMB Changes

SADAG is currently working closely with Section 27, as well as the Treatment Action Campaign (TAC) and People Living with Cancer (PLWC) in a court case at the Western Cape High Court against Genesis Medical Scheme who is proposing to change how Prescribed Minimum Benefits are to be paid by medical schemes. If Genesis is successful, people living with chronic illnesses would have to pay the full amount for all medication and treatment, and access treatment from a government hospital or clinic, therefore patients would suffer and their rights would potentially be violated.

Currently, the Medical Schemes Act ensures that prescribed minimum benefits cover 26 chronic diseases (which included Bipolar Disorder and Schizophrenia), 270 other conditions and life-threatening emergencies, and have to be paid for “in full” by medical schemes. Should the law change it will result in less benefits for medical aid subscribers and potentially pose a burden on the public health sector. TAC, SADAG and PLWC believe that the Minister does have the power to regulate the medical

schemes by requiring the payment of PMB conditions in full and without co-payments or deductions. They argue that patients' right to have access to health care services is key to determining this challenge.

If you are part of the 6 million people currently on a private Medical Aid, then this new law would impact you. If you would like to share how this would affect you or your loved ones accessing treatment or medication for mental health, please email office@anxiety.org.za. The more stories we have from people who will be affected, the better chance we have at ensuring that all patients have access to treatment and medication.

To read more about this case, please read these important articles:

["Court battle over medical aid bid to cut patient benefits"](#)

["Medical Aid Change to Benefit Funders"](#)

["NGO's Join Court Battle Over Bid to Cut Patient Benefits"](#)



Adcock Ingram Depression and Anxiety Toll-Free Helpline

During Mental Health Awareness Month, SADAG launched the new Anxiety and Depression Helpline sponsored by **Adcock Ingram 0800 70 80 90** as a starting point for people seeking assistance and telephone guidance for where to get the necessary help and treatment. This includes referrals to Psychologists, Psychiatrists, General Practitioners, government clinics and hospitals, and Support Groups.



SADAG Celebrates 5 Years of 24hr Substance Abuse Help & Support

With the support and help from the **Department Social Development** who have been sponsoring our **24hr Substance Abuse Helpline 0800 12 13 14** and SMS 32312, SADAG has been able to raise awareness for Substance Abuse and help thousands of people across the country by hosting talks, training community members to start up their own support groups in their communities and offering help, support and referrals for people calling the helpline.

[Click here](#) to find out more information on SADAG's Substance Abuse Helpline

Int. Day Against Drug Abuse and Illicit Trafficking MEC Event 2015-

On the 2nd July, SADAG attended the MEC Event at the Eersterust Stadium in Pretoria. This was an initiative by the Department of Social Development in commemoration of international day against drug abuse on the 26th of July.

[Click here](#) for a full report on what happened in Eersterust.



If You Are Thinking of Riding in the 94.7 Cycle Race? Then Support SADAG by Cycling In Our Team

Jennifer Wolter as part of SADAG and its Suicide Prevention Awareness is putting together a team to raise funds for Mental Health at the 94.7 Momentum Cycle Race. We already have 7 people a part of the team and we are looking to recruit another 13. If would like to get involved and ride for the Mental Health cause, please email Jennifer on jenninafrica@gmail.com



SOLOS to Host Annual Walk for Suicide Prevention Awareness Day

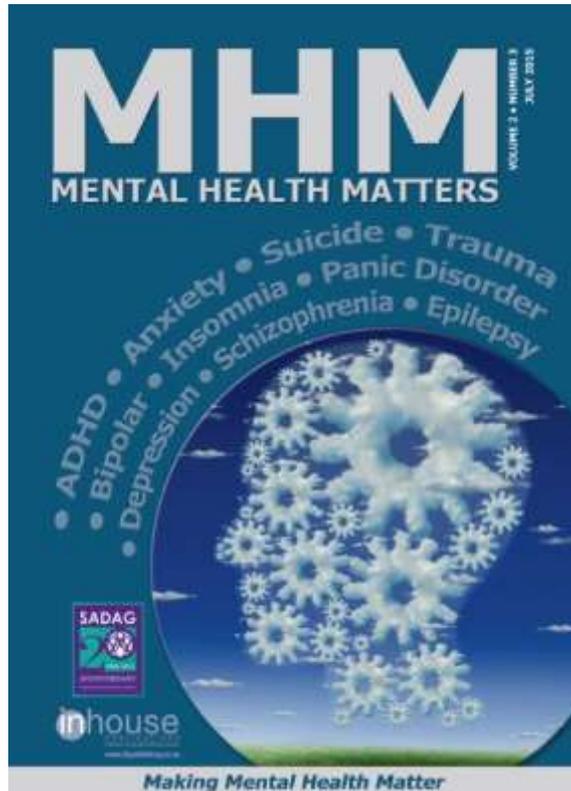
SOLOS are hosting the 8th Annual Suicide and Awareness Walk which will take place on Sunday 13 September from 8.30 – 10.30am at Durban View Park, Marine Drive, Umhlanga Rocks. This walk is for anyone who has lost someone to suicide, or was suicidal, and would like to assist or participate to create awareness. Donation of R20 would help towards materials for the day.

For more information, please mail Lori on suicideprevent@gmail.com



Upcoming Events

Are you looking to attend an event or talk, then [click here](#). This month in Johannesburg, we are highlighting a **Mindfulness Based CBT Workshop** in Randburg, a Mindfulness Based CBT Workshop in Houghton, a Depression and **Anxiety Show at the Market Theatre**, ride for SADAG in the **94.7 Cycle Race**, a **"Beat the Bully"** talk in Bedfordview, a **Multi-Orientation Marriage** workshop, a **Fundraiser for Mental Health Vaal**, and in Cape Town, a **Hike for Hope** to "Break the Silence and fight Depression" walk .



Mental Health Matters Journal Turns "1" this July

SADAG's 6th Edition has just gone to print! This month we are celebrating a YEAR of publishing our Mental Health Matters Journal for GP's. We thank the authors for their amazing contributions during our first year.

In our July Issue we have articles on **"The problems patients with epilepsy are facing with their doctors"** by Epilepsy SA, **"ADHD, Where Are We Now 2015"** by Dr Dora Wynchank, **"Living With Social Anxiety"** by Khanya Ngonyama, and **"The Role of Traditional Healers in Mental Health Care in SA"** by Dr Jan Chabalala and more...

If you would like your GP or Psychiatrist to get their copy of Mental Health Matters, please get them to subscribe by [clicking here](#).

Read an article by [clicking here](#) by The International Bipolar Foundation on **"Using Nutritional Supplements to Treat Bipolar Disorder"** which can be found in the July issue of MHMJ.



Support Group Corner

Support Groups continue to grow for both Mental Health and Substance Abuse. New Mental Health groups have started in Ruimsig and Randburg. Some of our bigger groups in different provinces for Substance Abuse are in Phokeng, Thabong, Jouberton and many other areas.

Please [click here](#) for information of groups in areas around the country or call us toll free on 0800 21 22 23 for more details.



Next Facebook Friday Online Chat is on Understanding Personality Disorders

This Facebook Friday chat, 24th July, we will be chatting about "**Understanding Personality Disorders**" with psychiatrist Dr Tasneem Mahomed and psychologist Dr Lori Eddy at 1pm; then later on at 7pm, psychiatrist Dr Antoinette Miric and psychologist Cindy van Wyk.

[Click here](#) for a schedule of our upcoming Facebook Chats for the Month of August which includes "**Ask the Dr**" on the 7th August, "**Adult ADHD**" on the 21st August, and then "**Anger & Stress Management**" on the 4th September.

[Click here](#) to visit our Facebook Page or follow the link via our website.



Mental Health Matters TV Show now DAILY! Channel 190

SADAG's Mental Health Matters Season 1 will be coming to a close with our last episode airing next Wednesday, 29th July at 5.30pm talking about Mental Health.

However, from August we will be starting off with Season 2 with a new set; a young enthusiastic presenter (Carly Fields) and a new time slot. We will now be airing each and every single day at 5.55pm on DSTV Channel 190.

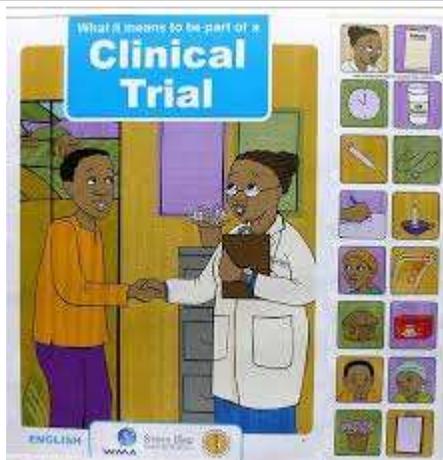
If you have missed any of the shows, please go to our website and click on the [Mental Health Matters TV show button](#) or go directly to our [Youtube channel](#).

[Click here](#) to get the schedule of the next upcoming shows.



Diepsloot Corner- A Focus on Substance Abuse

Substance abuse is growing at a rapid rate in Diepsloot. Some of the most common forms of substance addiction in the community are alcohol abuse, nyaope, dagga and tik. [Click here](#) to read about the initiatives and programmes that SADAG is involved in through the Janssen's Counselling Container in Diepsloot to help raise awareness on Substance Abuse and what help the team can offer to the community.



Speaking Books at DIA Conference in Washington DC

SADAG's Speaking Books made a big impact at a global health care conference in Washington DC. The DIA Global Conference focuses on clinical trials, informed consent and patient communication and safety. We were fortunate to be able to attend a number of sessions - and to be given a platform to talk about the Speaking Books.

[Click here](#) to find out more.



Local & International Press Corner

July is Mental Health Awareness Day, during the month, SADAG has been very busy creating awareness by assisting the press with information, case studies and professionals for articles for Magazines and Newspapers. This month we have articles on a current high profile court case between medical aid schemes and patient activist groups, Radio 702's Redi Tlhabi talks about Mental Health, Die Burger writes about Psychiatric Illnesses and Stigma, there is also an article on the Cost of Psychological Help, Die Beeld writes about Seasonal Affective Disorder and finally in the local press there is an interesting article on How easy it is to get a prescription for ADHD & Bipolar.

Internationally, we debunk the myths of OCD with a fun short video, there is an article on the role of Paediatricians and PND, Gabe Howard writes about the Myths of Suicide, and finally, an article on tips and techniques to help your ADHD child study for exams.

Please [click here](#) for all the articles.



Bipolar Day, 26th May Feedback

SADAG hosted 18 Professional Bipolar Talks at Support Groups around the country in the month of May to raise awareness and help the families and members. [Click here](#) to read the outcomes of these events and for upcoming meetings.



Special Thanks You's from SADAG's Callers

Hearing back from our callers through an sms, email or on our social media platforms reminds us of the important work we do. The counsellors, volunteers and staff love reading your messages.

- Hi there my 21yr old son who is a psychotic patient. He went missing but is safe at home now. Thank you for your inspiring words maybe I could have had a nervous breakdown. I would like to thank you for your time and phone calls.
- Thank you for the service you provided me. I am happy and healthy now due to your call centre that directed me in the right direction and just had an sympathetic ear. Thank so much. God bless your work.
- SADAG has helped me continuously through my depression. Yes I have someone around me to help... but I have support groups too.



Do you know a young Computer service company?

We still desperately need a computer company in the North of Johannesburg prepared to donate their time to help service our laptop and desktop systems, and help us develop our software as well as offer technical support. If you can help or know of someone who can assist, please call Naazia. We are BBEEE accredited and NGO Tax free registered.

Wishing you a Good Mental Health Month,

Zane Wilson (Ms)

Founder SADAG

Zane1@hargray.com

The South African Depression and Anxiety Group

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