

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 EMAIL: zane1@medport.co.za SMS: 31393



May 2017 Newsletter



Swaziland SADAG Support Group turns 10 years old

Denise Martlock the Support Group Leader of the Mbabane Mental Health Support Group in Swaziland, has been associated with SADAG for an entire decade. This has grown from her enthusiasm and passion for helping those in Swaziland, like her self who has experienced mental health problems. From the start they found a wonderfully supportive church hall and recruited people with a variety of problems, that they were able to help. they have lobbied government, helped with research, and worked hard to get patients the right medication. Denise wanted to address these words to all her members, past and present, "Thank you for all your love and support for me personally during all the many group sessions that we have held over the last ten years."



A Huge Thank You to

Beulah Bonugli for allowing us to use our wonderful office space in Rivonia. She has been a generous donor for three years and we greatly value her kindness and support. The Call Centre is the core of SADAG and through it we are able to help everyone and is the reason why we do what we can to help 365 days a year.



SADAG really really needs a high volume Photocopier

Who is going to come to our rescue, will it be Canon, Nashua, Konica Minolta, Samsung, Kyocera, HP, or Dimension Data. Who will donate a New or Used copier to us. As long as the machine works efficiently and can churn out large volumes, we will make it work

extra hard for us. Call Tiffany on 0800 70 80 90



Understanding Mental Health and Medical Aid Benefits this Friday on #FacebookFriday

We have so many queries on Mental Health issues with all the Medical Schemes that we have invited two experts to answer questions from those who are experiencing problems, not getting the treatment or medication they need, or to understand their benefits better. Join the FREE online chat on the 5th May at 1pm-2pm with Allan Sweidan, Psychologist and MD of Akeso and then again at 7pm-8pm with Dr Mike West, Psychiatrist. [Click here](#) for more information about the chat.

We also have the following FREE online chats coming up:

- * Bipolar Awareness Day Chat, discussing comorbid problems when dealing with your Bipolar on the 26th May at 1pm and also 7pm.
- * Bereavement and how to cope grief on the 9th June.

[Click here](#) to join our Facebook Friday FREE Q&A and ask our experts for advice.



Support Groups Corner

SADAG will be running training workshops in East London, Grahamstown and Port Elizabeth (25th May-27th May), where we will extend information, manuals, brochures and skills to volunteers who would like to run a Support Group in their community.

If you are interested in running your own Depression/Anxiety/Bipolar Support Group in your community to help others, then please join us. The initial training duration is 3

hours and a trainer will be present to answer all your questions. Please contact us on 0800 21 22 23 or email Lara or Tiffany at supportgroups@anxiety.org.za

New Support Groups have started in Brighton Beach (KZN), Kempton Park, Pretoria North, Northcliff, Paarl, Diepsloot, Crescent Clinic (Randburg), Sandton, Soweto, Benoni and Durban North more to follow! Please call 0800 70 80 90 and ask Lara or Tiffany for more information.



SADAG Training Weekend

This year we held one of the biggest Counsellor Training weekends ever. It was coordinated by Tracy Feinstein who selected over 140 people to attend. There was an assortment of New Support Group Leaders from Gauteng, possible counsellors, and many other NGO's.

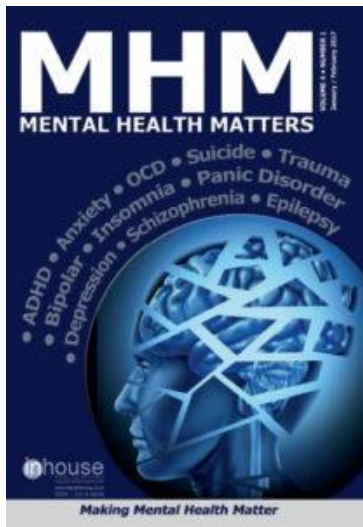
Thank you to the wonderful speakers who made the training so successful, Dr Colinda Linde, Dr David Benn, Dr Sheldon Zilesnick, Zamo Mbele, Allan Sweidan, Mara Zanelle, Niel Amooore, Shai Friedland.



Janssen's Counselling Container

Six successful years of making history in Diepsloot

For the sixth year running Janssen's have very kindly donated funds to maintain the work, support and care that Nono, Anne, Thuli, Peggy and Gubi give to the Diepsloot community through the Counselling Container. We are very grateful to Janssen's funding which allows us to provide the counselling and support to the community of over 200 000 people. Our sincere thanks for their continuous commitment.



Mental Health Matters Journal

In 2017's first issue of the Mental Health Matters Journal, there was an International article from the Director of Rhode Island Hospital (USA), Dr Mark Zimmerman on 'Diagnosing and Treating Depression', [click here](#). It also includes a superb local article by Dr Helen Clark, 'Child Anxiety and its Impact on Public Mental Health' to read [click here](#), and for an article on the 'Questions and Answers on Schizophrenia' provided by Dr Lesley Robertson,

[click here](#).

If you are a GP or Psychiatrist, and would like a free copy of the Journal, please email Vanishaa on newsletter@anxiety.org.za



Upcoming Workshops

PsychMatters Family Therapy Centre in Bedfordview will be hosting a 'Goal Setting and Study Skills Workshop' on Saturday the 13th May at 9am, [click here](#) for more details.

UCT Department of Psychiatry and Mental Health is hosting Women's Mental Health on Wednesday the 2nd August 2017 at The River Club in Observatory, Cape Town. Please email dine@londocor.co.za for more information on how to register.

Dr Antoinette Miric and Candice Cowen are holding twelve Group Therapy Sessions for individuals "Living with Bipolar". The next group starts in June in Saxonwold (Johannesburg). For more information [click here](#).

Dr Sameer Kauchali is a General Practitioner with special Acupuncture skills for treating Depression and Anxiety based in Cape Town. He is offering SADAG patients FREE acupuncture as part of a new research project he is undertaking. His practice is based at the Willowmead Medical Practice in Rondebosch East, he can be contacted on 021 528 5670. Feel free to contact him to enquire about the process, the assessment and treatment procedures.



Rotary USA funds Teen Suicide Prevention

The Hilton Head Rotary Club of America, has very generously provided funds for SADAG to continue our Teen Suicide Prevention work in rural schools. Their recent donation will go towards working in the North West Province, Pretoria and the surrounding areas. This project will commence in June and will include Speaking Books and wristbands with our 0800 toll free number on and brochures in various languages. We are extremely grateful for their ongoing support and hope to encourage more local Rotary Club's to follow suit.

Press



[here](#) to read this vital article.

International

International press covers a huge diversity of mental health stories. This month, [click here](#) to read an informative study titled 'More Child Suicides Are Linked to A.D.D. than Depression'. For an article on 'Bipolar Disorder and Electroconvulsive Therapy (ECT)' [click here](#). 'Are Teenagers Replacing Drugs With Smartphones?', [click](#)



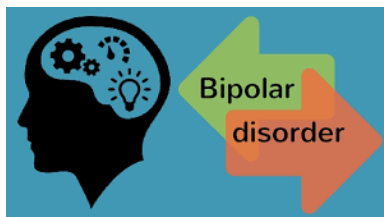
Local

We would like to congratulate Suzanne Venter, Senior Journalist for Rapport, for her amazing stories regarding the Esidimeni deaths of 104 so far and the critical situation it caused that recently won her the Taco Kuiper Award. South African press are very supportive of South African Mental Health issues, for which we are very grateful. This month, [click here](#) to read a story on "Helping a Friend in Need". To read an interesting article titled "Death by Social Media", [click here](#). To appreciate another local journalist's article on "The Rise of Workplace Suicide", please [click here](#). President Zuma has recently made a comment stating, "Stress is a white man's disease" [click here](#) to read the article.



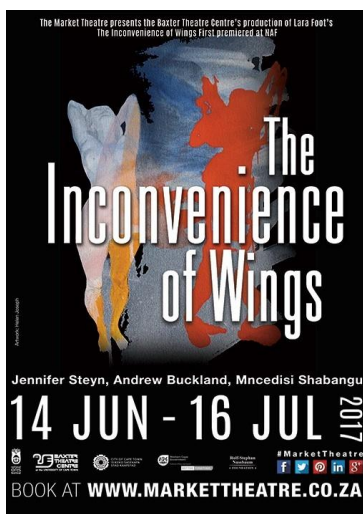
Department of Social Development 24hr Substance Abuse Helpline

SADAG is constantly involved in the fight against Substance Abuse and we always have a large number of brochures available in all languages spoken in South Africa. Through the 6 year support of the Department of Social Development, SADAG is always able to reach communities countrywide, educating community members on Substance Abuse and providing information on how to manage substance abuse, and assist affected loved ones on where to access help. SADAG has also been supporting Support Groups, Community members, churches, schools, and clinics who are constantly creating awareness in their communities. To receive Substance Abuse brochures to create awareness in your community, please phone the 24 Hour Helpline on 0800 12 13 14.



Upcoming Bipolar Awareness Day

This year, Bipolar Awareness Day will be held on Friday, 26th May 2017. We will be updating you on activities at Akeso Clinics, Awareness Talks as well as Facebook Friday Online Chats with two Q&A sessions by expert Psychiatrists. Look for more details of all the events in the Bipolar Awareness Day Newsletter towards the end of May.



Market Theatre Show

'Inconvenience of Wings' is a wonderful new play based on Bipolar that will be performed at the Market Theatre in June.

SADAG has been given a special date, Wednesday the 21st June 2017, which will cost only R70 instead of R130 for the first 50 people that book. To book your seat please email newsletter@anxiety.org.za

[Click here](#) for more details about this new show.



Feedback from our Callers

This was our busiest month ever with our callers emailing us regarding our service and commitment to the work we do.

NS wrote "I want to thank you and your team, I am very impressed and thank you for all your help and support. You are the best!"

OM said "I spoke to a counselor who was very helpful, I am grateful for the opportunity and the prompt response to my email"

SE wrote "Thank you. I spoke to a lovely lady , her advice and guidance was greatly appreciated. I am taking the first steps with my niece today."

NG said "I was called and it was wonderful talking to the counsellor, it felt good to talk to her. Thank you"

NN wrote "The counsellor was very helpful and put things into perspective for me. I am feeling much better now than I did before I contacted you"

However, we do occasionally receive complaints, whether they are from Twitter, Facebook or via email, they are always dealt with immediately, provided we have a telephone number. If you see or know anyone who needs help, please do contact us with your number.

Kind regards
Zane Wilson
Founder
South African Depression and Anxiety Group
zane1@medport.co.za

Making Mental Health Matter