



SADAG Celebrates 20 Years of Making Mental Health Matter



One thing that has not changed in 20 years is SADAG's commitment to improve the lives of individuals and their families affected by Mental Health issues. The South African Depression and Anxiety Group (SADAG) is the country's leading mental health NGO, and although tiny in number of staff, it has a wide impact with over 400 calls per day, over 200 Support Groups nationwide and 100 Volunteers.

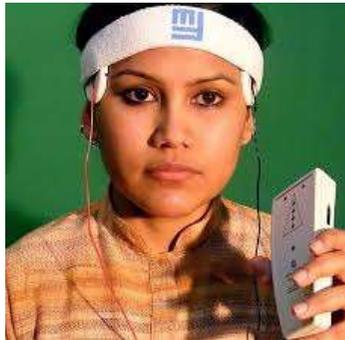
SADAG was established in 1994 in response to the absence of help lines, support groups, and talks for people with common and potentially disabling mental health problems, panic, depression, and all other mental health illnesses.

South Africa has over 23 suicides a day and over 20 times as many attempted suicides every single day. SADAG runs the only Toll-Free Suicide Crisis Line in the country. This line remains unfunded. Where is the Government! Where is Vodacom's Sharmeel Joosub; MTN's Mr Sifiso Dabengwa; or Jose Dos Santos of Cell C offering help to keep lines open so that we can contribute to offer people care and crisis intervention. [Click here](#) to learn more about SADAG and its 20years.



Discovery Health & SADAG Mental Health Summit with US Expert Prof Stefan Hofmann in November

Discovery Health & SADAG are proud to announce that we will be holding a Mental Health Summit 'From Science to Practice' facilitated by the world renowned psychologist and CBT (Cognitive Behavioural Therapist) expert Prof Stefan Hofmann, a Professor from Boston University's Clinical Programme. There will be two aspects of his visit. A Media Summit in Johannesburg and Cape Town open to all press and media on several topics of Mental Health, as well as an exciting opportunity for mental health professionals including psychiatrists, GPs, psychologists, social workers and Counsellors to attend an HPCSA accredited Workshop in JHB on the 3rd November and Cape Town on the 5th November. For more details on how to attend, [click here](#)



Fisher Wallace Stimulator ® Now Available In SA

If you are having problems with anxiety, depression, pain or sleep, the Fisher Wallace Stimulator ® has been proven to be effective, economical and user-friendly, and has been approved by the Federal Drug Authority (FDA) and Health Canada for the treatment of depression, insomnia, anxiety and pain. The device is safe to use with your medication, can be used in the comfort of your own home, and there are no side-effects associated with it. [Click here](#) for more information.



Upcoming Online Facebook Friday Chats- Schizophrenia, 10th October

SADAG's Facebook Page is updated almost everyday with exciting information, new events, online videos, chats and local & international articles. [Click here](#) to find all out the details of our next upcoming Facebook Friday Chats on Schizophrenia, Exam Stress, Ask The Doctor on Medication, Food, Gambling and Sex addictions, all coming up



Akeso Clinic's New 24-hr Response Car in Gauteng, KwaZulu Natal and Western Cape

How to save a life. In cases of severe psychological distress, there's a new 24-hour response service available. Read the article in the Daily news by clicking here, for more information of this amazing service offered by Akeso Clinics across the country.



Are you suffering from a Mental Illness, and your doctor has prescribed you antidepressants?

SADAG is doing a survey to help us get a better understanding of adherence. Starting and continuing with medication can often be a difficult adjustment, and non-adherence to medication is a remarkably common human experience. However, this can negatively impact individuals and families. This research study can help us to find better ways of helping others who have difficulty with sticking to their medication. To find out more on how to take part, [click here](#).



Local & International Press

SADAG keeps Making Mental Health Matter by being at the forefront of all Press & Media. SADAG gets the opportunity to cover all areas of Mental Health from Depression, Suicide, Bipolar and the recent launch of our new ADHD Helpline in the local scene. Then Internationally, we bring you articles ranging from the elderly dying from broken hearts, prescription drug abuse, new research on ADHD medication, devastating effects of teenage alcohol consumption and so much more. [Click here](#) for all the articles



Support Group Corner

This month we are giving you a combination of new and current groups running in all nine provinces, by Support Group Leaders committed to helping their communities. We still need many, many more groups. When people need support, they greatly value local people to chat to. If they are discharged from hospital they need people to talk to, these support group networks fill a huge need. Please consider starting a group. We are travelling around South Africa during the next three months and our aim is to start 20 more groups!!! You can help us, we can train you. Contact Naazia 011 234 4839 or 0800 21 22 23. [Click here](#) for all the details about groups throughout the country for depression, substance abuse and ADHD.



Diepsloot Corner

The Janssen's Diepsloot Counselling Container is rapidly becoming the "hub of help" in Diepsloot. [Click here](#) for a full report of what is happening in this bustling rural settlement of over 200,000 people, with a diversity of problems.



Upcoming Events

[Click here](#) for details of a CPD course in Cape Town & Johannesburg on Learning Difficulties in children, a workshop in Cape Town on Understanding Attachment Disorders, a course in Johannesburg on how you can rid yourself of the "Fear of Flying", a Webinar on how you can support your Bipolar loved one, and a training course also in Cape Town on Grief Assistance.



Online & Other Helpful Resources

[Click here](#) for a list of websites, books, and online forums that can help you with various Mental Illness Issues such as ADHD and Schizophrenia with the convenience of information at your fingertips.



Hope Hike in Johannesburg & Cape Town

To help create awareness for Mental Health and Depression, PharmaDynamics are hosting a Hope Hike in JHB (5th Oct) & CT(12th Oct) to help raise funds for Ithemba Foundation www.ithembafoundation.org.za to support research for depression. [Click here](#) for the official advert and for more information on how you can get involved.



SADAG Presents to Psychiatrists at SASOP 2014

SADAG was honored to be guests at the 18th National Congress of the South African Society of Psychiatrists (SASOP) held at the Southern Sun Elangeni & Maharari Hotel in Durban this month. We were fortunate to get the opportunity to give two presentations this year to local and international psychiatrists. [Click here](#) for the full report.



Support SADAG this World Mental Health Day, 10th October

SADAG has been very generously donated bracelets by International Jewellery Designer Gillian Julius. These items have been featured all over the world and this will be the first time they will be on the arms of South Africans. They have been shown on Fashion Police with Joan Rivers, Katie Couric, Housewives of Atlanta and have won numerous awards. [Click here](#) for more pictures and details on how you can get your very own bracelet for only R199



Children & Women Advocate, Domestic Violence and Abuse Support Group Leader in KZN Wins Multiple Awards

Support Group Leader and Nurse, Duduzile Ndlovu, has been advocating for Women and children who are survivors of rape & domestic violence for many years and counsels those in the South Coast area who have been through trauma and abuse. She has won several awards this year including "**Best Caring Nurse in KZN**" and "**Best Front Line Service Delivery Employee of the Year**" and will be competing again later this year for the same accolade. [Click here](#) for more details of her selfless contribution to the community.



Urgent IT Support Needed

SADAG is currently looking for someone to help us with IT support related issues. We have been experiencing a lot of technical difficulties with our computers and internet, and are in dire need of someone to assist us with off-site and minimal on-site support in the Rivonia/ Sandton area.

If you are able to help, please contact Lian on 011 234 4832



Our Appreciation and Thanks to So Many

From around the world people support the work we do. Our sincere thanks to Betty Fowlkes from Hilton Head, USA, who has just donated sufficient funds for us to send 12 trainers to a high school to do talks on Teen Suicide Prevention. Thank You for your generous gift. To M C for your kind donation, towards our help lines, to Jerry M for the funds to train 60 teachers in Soweto.

Thank you to Singer Simphiwe Dana who ran the 10km Gauteng Marathon for us on Sunday, the 7th September we received a R2000 donation for this on her behalf. We would like to encourage many others to run, cycle, golf, or hike on behalf of SADAG. We need all the support we can get.

If your company is not part of the CAF Payroll Giving Initiative, please be in touch with us to put us on

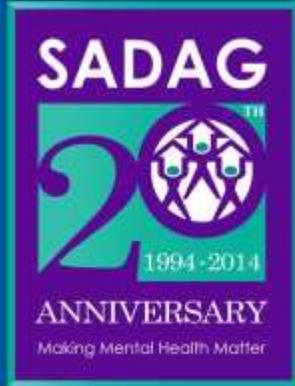
your corporate giving list, unfortunately we have not yet been included on all the company lists.

As we approach our 20th celebrations we would like to thank all our Pharmaceutical Donors listed on our website, Companies that give us free services like Newsclip, Stouf, Starfish, our free offices donated by Mrs Beulah Bonugli, Stefan Labuschagne our software developer, and our phones by Trunuty and also we would like to thank a very kind counselor for her generous donation of 2 new computers for our call centre.

The last twenty years have seen such amazing development in Mental Health and to all of you who have ever called us, we hope we answered you with great help, referrals and support.

To our volunteers – more than four thousand have been trained over the years, and have gone on to make valuable contributions. To our Support Group Leaders, who continue to work for the communities they live in, our sincere and grateful thanks to you all

Warm Regards,
Zane Wilson (Ms)
SADAG Founder
zane1@medport.co.za



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 Generics Bipolar Helpline	0800 70 80 90
Sanofi Sleeping Disorder Helpline	0800 753 379
ADHD Helpline	0800 55 44 33
24 Hour Dep. Social Development	
Substance Abuse Helpline	0800 12 13 14
Support Group Line	0800 20 51 21
HDI "You Decide" Youth Helpline	0800 33 33 77

Website: www.sadag.org Email: Zane1@medport.co.za SMS: 31393