

	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	
<p>Website: www.sadag.org Email: zane1@medport.co.za SMS: 31393</p> <p>  "The South African Depression and Anxiety Group"  @TheSADAG </p>		

September, 10th is World Suicide Prevention Day



INTO THE LIGHT 2015- Suicide Prevention Walk on the 13th September

The 9th Suicide Awareness and Remembrance walk at the promenade in Umhlanga, Durban will take place on the 13th of September to help release the pain and remember our loved ones who took their own lives.

The 10th of September is World Suicide Prevention Day, and we ask you to light a candle near a window at 8pm to show your support and remembrance for a lost loved one and for the survivors of suicide.

Our walk on Sunday is about learning to support a family member or friend with a mental illness. This can sometimes be extremely difficult. More importantly remember that to be able to help someone else you really need to look after yourself first. Death by suicide is often particularly tragic and difficult to deal with. It often helps survivors to come together in their loved one's memory to pay tribute and also support other survivors experiencing similar emotions.

SADAG has always been a supporter of this walk and encourages our members, particularly those in KZN, to participate and even lend a hand.

[Click here](#) to get further details for the event.



The List Medical Schemes Won't Give Their Members

Whilst you have had queries with a medical aid on being paid for Mental Health issues you may have come across the letters "PMB". These stand for Prescribed Minimum Benefits which are due and payable to all members never mind what level they are on. They cover a variety of problems in Mental Health and allied fields. Read here to learn more about the potential changes and what SADAG, PLWC, (people living with cancer) and TAC amongst others are fighting to get the best possible deal for patients. [Click here](#) for the story. Moneyweb have recently written on how to get the list of 270 illnesses from medical schemes. [Click here](#) for Antoinette Slabberts story.



Janssen Container in Diepsloot Welcomes Visitors from Rotary International

August is a celebration of Women's Month in South Africa and what better way to celebrate this occasion than to host two distinguished women from America at our very busy Counselling Container in Diepsloot.

On Thursday, 20 August 2015, Dr Anne Matthews and Nancy Moody, members of Rotary International, visited Diepsloot which is located along the R511, North of Johannesburg. [Click here](#) for details and photos of their visit.



Next Facebook Friday Online Chat is on Suicide Prevention

This Facebook Friday chat, 11th of September, we will be raising awareness for "**Suicide Prevention**" with psychiatrist Dr Helen Clarke and psychologist Christo van der Westhuizen at 1pm; then later on at 7pm, psychologist Zamo Mbele and SOLOS Support Group Leader Joy Chiang. [Click here](#) for more information.

[Click here](#) for a schedule of our upcoming Facebook Chats for the rest of the year which includes "**ASK the DR**" on the 16th October, "**Phobias**" on the 30th October, and then "**Coping with Trauma**" on the 13th November, "**Anger & Stress Management**" on the 27th November and "**Dealing with Holiday Stress & Loss**" on the 11th of December.

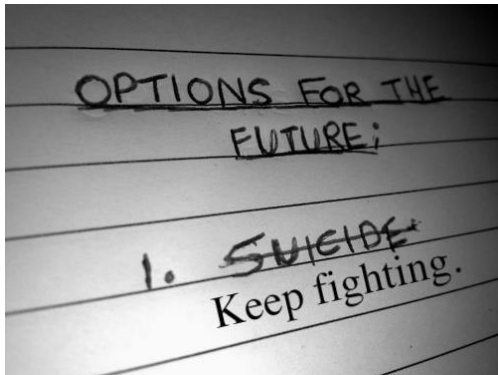


Mental Health Matters TV Show Talks about Suicide Prevention

SADAG's Mental Health Matters TV Show offers viewers- those who suffer from a Mental Illness and family members a place to get reliable, interesting, informative and current information on all mental health issues and related problems. Our expert guests which include psychiatrists, psychologists, social workers, psychiatric nurses, NGO's, and people living with a mental illness, not only provide helpful and useful information, but they also help dispel myths, offer valuable resources for help and support and provide self-help tips for those who are affected by it, including their loved ones.

Catch the show on DSTV 190, today at 5.55pm for a talk on Suicide Prevention, for warning signs, how to talk to someone who may be suicidal and helpful resources where you can get help for yourself or your loved one.

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



Read These Articles for Help for Depression and Suicide

Men are 5 times more likely to commit suicide than women, to understand more about depression and suicide in men, [click here](#) to read the press release on "Men don't cry, but should they?"

Losing a loved one to suicide is very difficult and leaves many unanswered questions. Support and counselling is very important to help you cope. If you have lost someone to suicide, [click here](#) to read this article for ways to cope.

To read more about Teen Suicide in South Africa, [click here](#) to download our teen suicide infographic with stats, causes and our school talk programme.



Thank You's

- I would like to take this opportunity to say thank you SADAG for saving my life and bring my confidence back thank you,thank you thank you. Keep on doing the great work u are doing. I love you all.
- If you have a phone then phone SADAG at their number above - 0800 567 567. You might feel like everything is hopeless and overwhelming, but they understand what you are going through and know how to help you. It just takes the one phone call.

- Next year I plan to get more involved. So much we can do, let's fight this stigma, Sadag, I am right behind you !!!!!
- Oh bless your heart, thank you so very much. Yes I think he will need face to face counselling and hoping that you may be able to suggest someone and where to go. Thank you for responding so quickly.
- Oh my gosh thank you thank you so much. I am so grateful. I am trying to get hold of Dad and see how he feels. Thank you once again.

Please take all threats of suicide seriously, there is help available and people who can help. SADAG has a Suicide Crisis Helpline 0800 567 567 or you can call our 24hr Helpline 0800 12 13 14 if you need someone to talk to or if need help.

Warmest Regards,

Zane Wilson (Ms)
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