



SADAG Tel	011 262 6396
Website	www.sadag.co.za
Suicide Crisis Line	0800 567 567
Pharmadynamics Police Line	0800 20 50 26
Astra Zeneca Bipolar Helpline	0800 70 80 90
Sanofi Sleeping Disorders	0800 753 379
Substance Abuse Helpline	0800 12 13 14
E-mail	zane1@hargray.com

January Newsletter

A very happy 2010 to all our members! We look forward, not only to many goals scored, vuvuzelas blown, and tourists falling in love with our beautiful country, but also to a year filled with awareness, debunking of mental health myths, and exciting new projects.

Awareness Day	Dates
Teen Suicide Prevention Week	14th-21st February
Bipolar Awareness Day	26th May
Substance Abuse Prevention Day	26th June
Mental Health Awareness Month	1st-31st July
Panic Awareness Day	10th July
World Suicide Prevention Day	10th September
World Mental Health Day	10th October

If you are part of the media and will need case studies, referrals or support groups to compile stories, please call Cassey on 011 262 6396 for more details.

Teen Suicide Prevention Week 14 – 21 February



SADAG will be doing talks in schools and communities to raise awareness about South Africa's high rate of teen suicide, which is currently at 9,.5%.

[Click here for more](#)

Health 24 Online Forum

Health 24, with thanks Ilsa Pauw will be holding an online forum to answer any questions you have on teen suicide from the 15th to the 21st February. This is an excellent opportunity to ask our panel of experts for advice or get help for yourself or someone you know. Many thanks to Health 24 and Ilsa for their support.

[Click here for more on how to log on](#)

New Teen Suicide Prevention DVD available for purchase

SADAG has brought in a brand new DVD from America on teen suicide prevention. The DVD highlights 4 teenagers and their different problems and the helpful solutions and interventions. It focuses on intervention and therapy, from both school and family perspectives. If you are a teacher, parent, psychologist, social worker, youth leader or work with youth in any way, this DVD is a must have to help educate you about teen suicide, and empower you to intervene effectively. The DVD is R50 and can be ordered from the Emma at SADAG's office – 011 262 6396 or admin@anxiety.org.za. Stocks are limited, so act now.

New Drug Trial in the Sandton / Randburg area

SADAG is running a pre-screening for a new clinical study on Major Depressive Disorder in the Sandton / Randburg area. Anyone who suffers from depression and does not have access to a medical aid may be eligible to participate in the trial. The site is based at the Sandton MediClinic. Patients have to be over 18 years old. If you are interested in participating in the trial, please call 0800 20 50 76, 7 days a week from 8am – 8 pm.

[Click here to find out more](#)

Do you want to be a SADAG counsellor or Support Group Leader?

It's a new year and the SADAG call center is busier than ever, receiving an average of 300 – 400 calls per day. SADAG is looking for counselors to work in the 15 helpline call center which is based in Sandton, Johannesburg. We will be hosting the annual counselor training on the weekend of the 27th and 28th February. We are always looking for more

Support Group leaders to run much needed groups around the country.

[Click here to find out how to join our team](#)

We have good news and bad news

This month we share some inspiring news of one man's campaign against mental health stigma in Australia, and the very sad news of the death Jerrilyn Ross, a mentor, campaigner and friend in America.

[Click here for good news out of Australia](#)

[Click here for more on a mental health icon](#)

Better Deal for Bipolar

At last, after a three year fight, advocacy groups and psychiatrists have got the Bipolar Algorithm signed by the Minister of Health. The algorithm is a huge step forward. However, it does not give medical scheme members with Bipolar carte blanche to use whatever drugs their psychiatrist would like to prescribe and to expect them all to be fully funded.

For example, if a patient receives a script for Abilify, it is critical s/he realises that the scheme may not fund it at all, or that there will be a steep co-payment. The only way they will get the drug funded in full is if the treating psychiatrist can show that he has tried all the other atypical anti-psychotics available and that they have all failed. If possible, check what medicines your scheme is prepared to fund and inform your GP or psychiatrist so they can prescribe accordingly or motivate. Patients also need to realise that should a drug be prescribed that is not on the medical scheme formulary, the scheme may refuse to fund the drug, or is permitted to charge a co-payment, unless all the other formulary options have failed.

Some medical aids, with the higher options like the comprehensive and executive plans, pay for most drugs. At the lower plan there is less choice. At the end of the day, it really is up to the health consumer to be informed.

If you are concerned that you are not getting the best from your medical aid, [click here](#).

What's new?

Zane is giving talks in Cape Town on Panic Disorder

From Wednesday the 3 March until Sunday 7 March, Zane will be giving talks on panic disorder at various areas in and around Cape Town. She will be sharing her personal experience with panic and discussing how, after 10 years of suffering and not knowing what was wrong, she was back to leading a normal life in just a few weeks of treatment. She will discuss points to remember, books to read, and practical helpful hints on managing panic and also how SADAG works. To find out more, please contact Cassey or Emma on 011 262 6396. If you or a loved one suffers from Panic, these are talks not to be missed.

"Eight Steps to a New You"

The Anxiety and Trauma Clinic has a new book, written by Pat Bosman. If you are feeling a bit down, depressed or feel that you need a change to get out of a rut, then this book may be for you "Eight Steps to a New You", it is a particularly powerful book for building your self esteem. Cost is R120 per book, contact the centre on 011 883 4552 for more information.

SABDA Members Mailing List

SABDA has a new initiative – a Members Mailing List as a way for people suffering from schizophrenia, bipolar disorder and related illnesses, and their carers, to support one another. It will also be the distribution channel for information like the SABDA monthly newsletter.

For more information, [click here](#).

VIVA Youth College



Viva Youth College/Life Skills Centre was established in 2002 as an upliftment and life enrichment facility for teenagers and young adults with Schizophrenia and Bipolar, and other related challenges including personality disorders, behavioural and reactive attachment challenges.

To read more about Viva, [click here](#).

Check out SADAG's amazing stats!

SADAG has a patient database of 30 000; gets up to 400 calls per day; over 13 000 people subscribe to our newsletter; we get up to 600 000 hits on our website every month; over 150 Support Groups nationwide; all supported by over 100 volunteer counselors! Well done SADAG!

Press and Media

Glynnis Horning, Carter Centre Fellow, wrote an excellent and moving article for Psychologies magazine on the double stigma of HIV and Depression. She focussed on the life on Priscilla Body – a woman with HIV who also suffered from depression, who began giving motivational talks when she realized how much she had to be grateful for.

To read the full article, [click here](#).

Thank you to some special companies for their support

A big thank you to Anina Nortjie, Marcel Golding, Mark Hill, Agata Jarosz and the ETV team for airing our Bipolar PSA so regularly. Our lines have been inundated with calls and we have been able to help thousands of desperate people.



To Ryan Neyt and INM Outdoor for our wonderful Billboards. If you are in Johannesburg, you may have noticed our billboards on William Nicol, Peter Place, and Malibongwe! Fantastic attention to our centre and services and with this exposure, we have added our pledge line. A big thank you too, to GSK and AstraZeneca for their support!

To STOUF and Starfish, our wonderful SMS providers – a big thank you! Our SMS lines have been incredibly busy and without your valued support we would never be able to afford this service. Our SMS service will be even busier during Teen Suicide Prevention Week.

January Counsellors' Meeting



The counselors had an incredibly powerful and moving talk by a very brave and dedicated man, Gavin Cocks. Gavin's son died tragically as a result of "the choking game" and Gavin has founded an organization – GASP – to educate children, teachers, and parents about this frightening game. We thank him and his assistant Tracey for their time, very informative talk, and the hard work they are doing.

Roshni also visited us to talk about SADAG's school programme "When death impacts your school". Many of our new counselors have not heard about this programme, and as the creator of the programme, Roshni was able to answer all their questions. It was great to have you back!



Support Group Corner

Diane Mallaby celebrated Christmas in style with much fun and festivities at her SADAG Christmas lunch in Cape Town. Next year we hope to join them!

[Click here to see the photos](#)

Thank you letters from our callers

A lady, Frieda, from your office called me. She was so kind and helpful. It truly felt like someone cared and was listening to me - which doesn't happen often. She really tried to help me and even phoned me back with contact details. Her compassion and understanding was really something amazing, as I don't talk easily. Please thank her for me.

Kind regards

E

I just wanted to let you know that my brother has been on a 28 day rehabilitation programme at the Jullo Centre for his depression. He is certainly on the mend and has reunited with his family. I truly want to express my gratitude to you and your team for the support we received from SADAG.

Keep doing a sterling job. You are certainly an asset to this world.

Kind regards

J

We look forward to another busy month and our upcoming new counselor training. Please remember if you want to book a talk or your space at the training on the 27th and 28th February, please contact Cassey or Emma to do so as soon as possible.

Sincerely,

Zane Wilson

Founder

zane1@hargray.com

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