



SADAG Helpline	011 262 6396
Website	www.sadag.co.za
Suicide Crisis Line	0800 567 567
Pharmadynamics Trauma Line	0800 20 50 26
AstraZeneca Bipolar Helpline	0800 70 80 90
SanofiAventis Sleeping Disorders Helpline	0800 753 379
Substance Abuse Helpline	0800 12 13 14
Dr Reddy's Mental Health Helpline	0800 21 22 23
Support Group Helpline	0800 20 50 21
SMS	31393
Email	zane1@hargray.com

June Newsletter 2011

May culminated in a very successful Bipolar Disorder Awareness Day throughout the country and in the media. We'll tell you all about it in the newsletter and let you know how to help us by getting involved with Panic Awareness Day on the 10th July 2011.



Panic Disorder Awareness Day - 10 July

For Panic Awareness Day on the 10th July, we will be running a similar number of workshops around the country as we did for Bipolar Awareness Day in all the main city centers, and this time in some smaller towns where we have enthusiastic support group leaders. With Panic Awareness Day falling on a Sunday, some areas are choosing to do the Saturday (9th July), and others would prefer the Monday (11 July) in the evening. We will put the list up on the 3rd July on the site (www.sadag.org) with a complete list of events for those days. Workshops will include a screening of MediHelp's DVD "Living with Panic Disorder" as well as a talk by a professional speaker, all coordinated by our support group leaders. If you do not have a support group in your area but believe that your community could benefit from this talk and DVD, then please call Adri or Clare who will help you coordinate one on 011 262 6396. Click here to go to www.sadag.org.

Want to share? If you have an interesting or inspiring story about overcoming panic please let us know, as the press are always looking for real-life stories and people to share their successes. Contact Dessy on 011 262 6396 or press@anxiety.org.za.

For those who would like more immediate information, please visit our website to see an online video by psychologist, Dr Colinda Linde, who provides easy-to-understand to questions about panic attacks. You can also download handouts and brochures from

our 'Anxiety and Panic' section. [Click here](#) to visit our site.



IAPO Conference in South Africa

The International Alliance of Patient Organisations (IAPO) hosted its first-ever conference in Africa. SADAG together with PHANGO were instrumental in co-ordinating media and participants on a grassroots level and SADAG's Elizabeth Matare participated in the conference. This regional meeting for African NGOs and stakeholders was primarily on safe access to drugs and non-communicable diseases. [Click here](#) to read more.



New Support Groups

SADAG couldn't support its members across the country without our dedicated Support Group Leaders. We are thrilled to announce, we have another three groups starting this month! We also hear that there will be one more group starting in Wellington shortly.

Kloof in Durban: Megan will be hosting a new depression support group at Westville Boys High School. For more information and for the next meeting date and topic, please contact Megan on 082 659 7505.

Nelspruit: Joshna will be holding her support group meeting for patients and family members with Bipolar Disorder at St Peters School, in the Sister Hall from 18h30 to 19h30. For more details about the next meeting, please call Joshna on 072 390 4242.

Cape Town (Sea Point): Dr David Rosenstein, renowned CBT therapist, will be running group sessions for Teenagers in Sea Point. For more details or to make an appointment, please contact Jenny on 021 433 0831 or David on 084 210 1630. [Click here](#)



Report back on Bipolar Awareness Day – 26 May

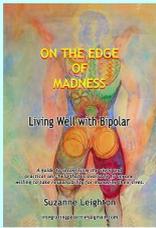
Bipolar Awareness Day was a great success with some areas having up to 150 participants at a meeting. Thank you for all the support from our speakers, support group leaders and colleagues, as well as our wonderful sponsors and the media. So much is done because of all of you.

[Click here](#) to read about their Bipolar Day experiences.



Telkom

Telkom's Head Office in Pretoria supported Bipolar Awareness Day with a Wellness Day for over 6 000 employees. SADAG counsellors Adri, Raadiyya and Ntombi were kept on their toes at this wellness day, which is possibly the busiest we have ever been at an event like this. There was great interest and many people were asking the counsellors for referrals for themselves and loved ones too. A big thank you to Rudi from Telkom, as well as Dr Ilse du Plessis, Ryan and Lungelo who all gave presentations that were aired live on TelkomTV. MediHelp's DVD was shown and there were many questions and answers. A very successful and enjoyable day at Telkom!



New South African Publications

There are a number of New South African books on mental health, written by and for South Africans, these books are invaluable on any bookshelf.

Kyk my in die oë (Elsabie Brits) is a first-hand account of a journey with Bipolar. Elsabe is a journalist at Die Burger and can be contacted at ebrits@dieburger.com for more information. The book, published by Tafelberg, will be on the shelves from 15 June as well as online at Kalahari and Loot for about R180. [Click here](#) for more information.

Depression - through the fire: Mood Disorder Lectures DVD (Nicky Leigh) is a two-disc set on a series of lectures by professionals including Dr Stewart Lund, Dr Maria Dobreva, and Prof Graham Lindegger, discussing the broad perspective of the painful experience of depression, as well as a message of hope of all therapeutic options open to an individual or family member suffering the effects of depression. Order from www.nickyleigh.co.za. [Click here](#) to read more.

On the Edge of Madness – Living well with Bipolar DVD (Suzanne Leighton) is a practical guide to recognising the signs of Bipolar and learning how to live a well-balanced, healthy life with your diagnosis. For sufferers or their loved ones, this DVD is a must. Email Suzanne on integratepolarities@gmail.com to order your copy.

Your Divorce Therapist (Dr Shlomo Brook) is a must for those people going through the process of divorce. If you are experiencing interpersonal separation or emotional, physical and social problems, this book is for you. Contact Dr Brook on yourdivorcetherapist@gmail.com to order your copy. [Click here](#) for more information.



Substance Abuse Prevention Day 26 June 2011

SADAG will be hosting a series of School Talks on "Substance Abuse Prevention and Awareness" in several venues. SADAG has just completed a school talk project in Mpumalanga and Northern Cape where we were able to address over 16 000 students about the dangers of drug and alcohol abuse. Don't forget our 24 hour Substance Abuse toll-free line sponsored by the Department of Social Development - 0800 12 13 14. To book your school or community Substance Abuse Prevention talk, please call Adri or Clare on 011 262 6396.



In the Media in May

Press support around the country has made us incredibly busy and the support from the press and media has been fantastic! We featured in almost 100 newspapers and magazines, receiving free publicity valued at over R2 and half million!

SADAG experts and counsellors appeared on over 60 radio and television programmes in May. That is free awareness of almost R2 million!

The internet is becoming an increasingly popular method of information retrieval, and this month we had 27 internet articles creating awareness about mental health and bipolar disorder.

A **VERY** big **THANK YOU** to all the press for their support especially to:

- Pieter van Zyl from Huisgenoot/You for his story on [Bipolar Disorder](#)
- Lucas Ledwaba from the City Press newspaper for his article "[Rollercoaster hell of conflicting emotions](#)"
- Ilse Pauw who wrote about the issue of [Celebrities and Bipolar](#) on Health24
- Siphokazi Fokazi for her article in the Cape Argus on [Bipolar Disorder](#)
- Shain Germaner from The Star newspaper for his story on "[Devastating depths and highs from hell](#)"
- Leigh van den Berg in the Foschini magazine who did a wonderful story on [OCD and hoarding](#) with comments and advice from psychologist Kevin Bolon
- Janine Shamos on Chronic Illness and Depression titled "[Dragged down by Chronic Illness](#)" in the Mail and Guardian
- Leandra Engelbrecht for her article on Health24 "[More than just the Blues](#)"

There was also a show on SABC's 3Talk on Bipolar Disorder on 24th May with guests Dr Jaco du Toit and Leeann Hartman, as well as radio interviews on Bipolar Disorder on various stations such as Jacaranda FM, Kfm, Radio 2000, Radio 702, SAfm, RSG and Thobela FM. Thank you to everyone for their unwavering support!



UN Award for Education and Training

SADAG is very proud to announce that our Speaking Books have triumphed over 140 other entries and won the UN TIGA awards for Education and Training. We are thrilled that our innovation has been recognised and appreciated on such a grand scale. Our CEO Elizabeth Matare flew to Tanzania courtesy of the UN and received the award on SADAG's behalf. [Click here](#) to read more.



Upcoming: Post Natal Depression Workshop

The Post Natal Depression Support Association of Gauteng (PNDSA) will be hosting a **free** half day workshop for professionals such as psychologists, psychiatrists, GPs, lay counsellors and support group leaders, on Friday the 29th of July in Sandton. The workshop will deal with the different aspects of Post Natal Depression (PND). The three speakers will be Joanne Zagnoev (Psychologist), Dr Trudy Smith (Gynaecologist) and Dr Dora Wynchank (Psychiatrist and SADAG Boardmember). For more details please contact Debbie Levin on 082 825 4283 or email her on debbielevin@54.co.za.



"Dear SADAG - Thank You"

Dear SADAG

Two years ago I asked for help since my girlfriend had some sort of depression. She is been doing very well now thanks to SADAG and the support from different parastatals. Our lives have improved so much, we owe it to SADAG. Thanx again

DS

Dear SADAG,

Keep it up for the wonderful job that you are doing! Life is not easy for all of us, but luckily you have been there sacrificing your precious time to answer all the questions that no one else can and give hope to those in need, and bring joy to those hearts full of pain and sorrow, yet indeed bring life to those who never realise that life is also meant for them to live in it. You are the ones who are only capable of building a better South Africa and its citizens with good mentality. The sky is the limit and we greatly need people like you for ever and ever!

Yours Sincerely,

SB



The first 6 months of 2011 have been extremely busy, and now with Panic Prevention Day, Substance Abuse Awareness Day, World Suicide Prevention Day and Work Mental Health Day all coming up, no doubt the rest of the year will be just as energetic!

Thank you to all our dedicated counsellors, staff and to our sponsors and the press, who all work so tirelessly to reach more and more people, who hold the cause of mental health so close to their hearts.

Please remember that if you want to tell us what is happening in your area or would like to book SADAG for a talk or workshop, please contact Adri or Clare on 011 262 6396 or visit our website <http://www.sadag.org/>

Regards,

Zane Wilson

Founder

SADAG

Zane1@hargray.com