



Have Hope this Festive Season

SADAGs December Newsletter

2020 has been a difficult year for everyone. SADAG are extremely grateful for all the endless love and support that we've received from all of you throughout the year. Not only has it been difficult to deal with the new reality of living amongst Covid19 but the strain it has put on the mental wellbeing of so many has been extremely challenging for us all.

With the holidays season upon us, it can be difficult to relax and take time to enjoy our friends and loved ones. Many are still struggling to hope with the grief, depression, financial strain, job loss and illness.

Have hope, SADAG is here to extend a helping hand to get you through the festive season.



The Festive Season Blues

Mental Health Guide

Many people who experience depression, anxiety and stress during the holidays are told or believe that they should just 'get over it'. But having the 'holiday blues' is more than a down-day... and you can't 'will' yourself out of it. Family, friends and loved ones may not understand your feelings or behaviors, and you wanting to avoid certain things or situations can create conflict.

Click below for some practical tips and tools to Survive the Holiday Blues:

- [Managing Your Mental Health During the Holidays. Read more in the article by NAMI.](#)

- 'The festive season triggers my suicidal thoughts, here's what I've learnt to deal with them' Read more about real lived experiences in the W24 article by Wandí Jama.
- While the festive season can also be a lonely and depressing time for many. Read more in an online article by Cape Talk.
- Caring during the festive season: tips and holiday help ideas for dementia carers. Read more in an article by Medpharm Publications.
- Do you struggle at Christmas? Here's how to look after your mental health if you find this time of year difficult. Read more in an article by Ali Pantony in Glamour.
- How to Deal with Stress & Depression During the Holidays. Read more in an article by Women on Top.
- Experiencing fatigue or depression- read this it could be your help following the Covid-19 outbreak. Read more in an article by Sello Nchwe in Soweto Life.



This Christmas give the gift of support

As the holiday season approaches, SADAG would like to thank both our public and our professional communities, who have helped us to accomplish so very much this year. SADAG ensures that reaching out and engaging with those with Mental Health Issues is still our priority. Whilst you read this email SADAG is responding to phone calls from throughout the country from people seeking assistance with Depression,

Suicide, Bipolar or Panic. We provide our 24 hour service to help each person that calls our helpline and have over 150 dedicated volunteers to support callers concerns and questions.

We are already facing high call volumes due to the Pandemic, which has resulted in people facing job losses, huge financial limitations, gender based violence, and our intervention is constantly needed due to the shortage of skilled care.

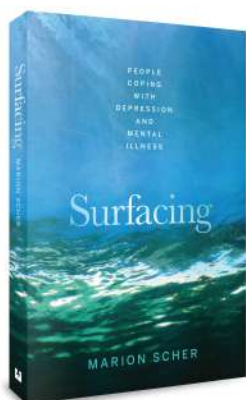
Please click [DONATE](#) and help us to help those in need of our assistance.



This Christmas give the Gift of

SUPPORT

Please **Donate** and help SADAG to help those in need of our assistance



New Book - Surfacing - People coping with depression and mental illness

Cipla together with SADAG launched the new book of journalist and author Marion Scher 'Surfacing' – People coping with depression and mental illness.

'Surfacing' brings to life these stories, told by those who have lived these journeys. From a top businessman who attempted to take his life three times in one day to a former Springbok rugby player who could see no way forward and a new mother

whose post-natal depression saw her dream of motherhood become a nightmare and more...

Get your very own copy of Surfacing NOW. [Click here](#) to order for only R230 (Incl shipping).

[Click here](#) to learn more about the surfacing book as well as interviews of case studies such as Daryl Brown, Yvette Hess and AJ Venter and various press article and recent EnCA interview which took place last week.

SADAG Support Group Corner

In a time when we have been encouraged to physically isolate and social distance for both the safety of ourselves and others, our Support Group Leaders and their members have endeavored to connect; creating a platform for support, human connection and a space that recognizes the importance of mental wellbeing.



SADAG has over 160 Support Groups around the country. In a difficult year full of changes and challenges, we are prouder than ever of each and every Group and Support Group Leader.

Where possible, groups have moved to online video platforms like Zoom and Google Teams, and those groups that only had access to limited data have kept in touch via Whatsapp, as well as phone calls where necessary.

Together we have learned, shared and connected. Leaders and their members attended a variety of webinars, workshops, meetings and Connect Sessions, constantly seizing opportunities for mutual learning and growth.

Many of our Groups will take a few weeks off for the festive season, but will re-open in early to mid January. To our Support Groups, their Members and their Leaders, we thank you. You have been fearless, resilient and brave and we are so proud to have you as part of the SADAG family.

For any of those who are looking to start or join a support group in 2020, [please click here](#).



Get a MySchool card and support SADAG

It's the small things that make a BIG difference. Sign up for the "My School | My Village | My Planet" Card and start making a difference to Mental Health in South Africa today.

The best part: It doesn't cost you as a supporter a cent to make a difference. Funds are raised on a monthly basis. Simply swipe your MySchool Supporter Card when you shop at one of the many MySchool partners, which have been listed below. SADAGs funds raised will be used to help fund the Suicide Crisis Helplines, which receives over 1400 calls a day.

[Click here](#) to register now and help SADAG make a difference this festive season.

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WHAT MATTERS
MOST TO YOU



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Majozi makes mental health matter

Majozi has helped SADAG to create Mental Health Awareness about Mental Health and towards the end of 2020 he has released a song to show his support for mental health.

The singer and song writer extraordinaire - Majozi has recently released a song called 'Falling'. 'Falling' is inspired by his girlfriend's journey with mental health.

"I've realized that mental health is a serious issue that's not talked about nearly enough. Through it all I've realized the best thing I could do is just be there for her. There have been many times when I felt useless because no matter what I did I couldn't make it better, I couldn't be a hero and solve anything, but ultimately I learnt that it wasn't about me and all I needed to do was just be there and listen, no matter what."

Majozi hopes that in this challenging year, 'Falling' can bring joy to those who relate to the single.

[Click here to listen to his new song - Falling.](#)



Mental Health Articles

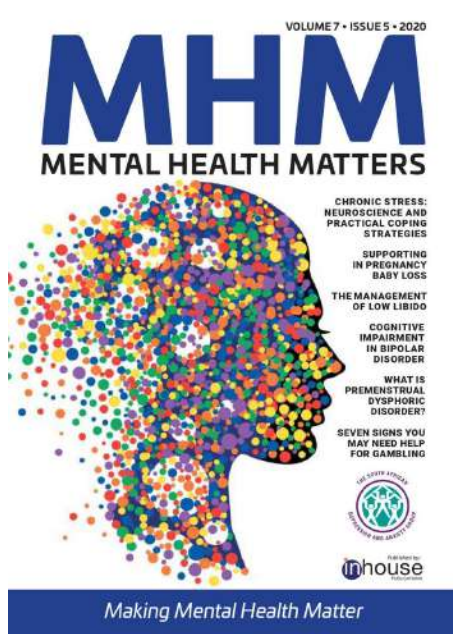
2020 has been a very busy year for us all. Filled with loss, sadness, new realities, financial stress, and extreme pressure on everyone's mental health and well-being. Mental Health has been highlighted in the press and media more than ever. SADAG generated a Total amount (AVE): **R 161 492.074** of free press.

With over 634 Live Broadcasts, 2116 Online articles and 980 printed stories. SADAG alone contributed to 3730 stories associated to Mental Health in 2020.

- Talk therapy and medication – a powerful combination for people wrestling with schizophrenia. [Read more in an article by Longevity](#)
- [How To Cope When Your “Ho Ho Ho” Feels More Like “No No No”!](#) The festive season can be a sad period for many people and suicide statistics traditionally climb every year around this time. [Read more in an article by Women on Top.](#)
- When is it mental illness? Here’s how to tell when to seek medical treatment. [Read more by Kim Arendse in an article by News24.](#)
- People need greater access to mental healthcare services. here isn’t nearly enough budget and resources allocated for outpatient programmes to help patients once they leave hospitals, and there isn’t enough money invested in community mental health systems.” [Read more in an article by Sarah Koning in Fourways review .](#)
- Miss SA Sheds Important Light On Mental Health In South Africa. Miss SA, Shudufhadzo Musida said she wants to change the narrative about mental health in our society and for any changes to happen in our communities. [Read more in an article by Longevity.](#)
- What about NPOs? An open letter to Ramaphosa from SA's forgotten sector. The needs that NPOs were addressing prior to Covid-19 have not disappeared – they continue to require attention. [Read more in an article by IOL.](#)
- Managing the impact of fighting Covid-19 on the mental health of healthcare workers. Health workers are facing huge pressures during the Covid-19 pandemic. [Read More in an article by Daily Maverick.](#)
- Mental health patients hit hard by drug medication woes due to Covid-19. [Read more in an article by Bongani Nkosi in IOL.](#)
- 7 ways to get through the festive season without turning to alcohol. The holiday season is usually synonymous with family gatherings, office parties, social events, and many opportunities for drinking, and often more than usual. [Read more in an article by IOL](#)

Mental Health Matters Journal

Take a look at the final issue of the Mental Health Matters Journal. The journal covers different topics on Mental Health which includes important mental health statistics that can be used as a helpful resource by experts and other health professionals.



This issue of the journal features an article on Cognitive Impairment in Bipolar Disorder by Psychiatrist, Dr Antoinette Miric. Other articles include How to tell a patient they don't have Epilepsy but their symptoms are (almost) the same by Clinical Psychologist, Louise Hartwig and an article on Chronic stress: Neuroscience and practical coping strategies by neurologist, Dr Kirti Ranchod.

Please [click here](#) to download the electronic version of the journal and read these, and many more interesting articles on Mental Health.



SADAG appreciates YOUR Donations

- Rory Heard For The Little Optimist Trust Global Race. He sailed his optimist and all proceeds raised went to SADAG's Suicide Crisis Call Centre. We are extremely grateful for your contribution as well as your dedication to making mental health matter.
- OFM encouraging its listeners to move on Saturday, 14 November by joining the Let's Move virtual race, in collaboration with Mondia Health and Wellness Centres.. Their event was extremely successful an all proceeds were donated to SADAG to help us continue advocating for mental health. We are extremely thankful for their generosity.



SADAG Thank you's

- A sincere thanks to Stouf, for continuing to provide SADAG with the sms platform that is used by thousands of patients who need to be urgently in touch with us.
- We would like to thank Trunty Communications who have so kindly kept our call centre running remotely during the Covid19 pandemic and ensuring we have access to a technical consultant available at all times for support that is necessary.
- Newsclip have been providing probono press and media notifications for print, online, radio, journal, and TV clips of all the press and media coverage we have received for over 25 years. We are very grateful to Newsclip for

enabling us to track all our media coverage, this has been such an important tool to help us track trends, awareness campaigns, advocacy projects and special events, especially during the global pandemic which has had such a negative impact on so many people's mental health.

- Thank you hugely to Noreen Greaves who is generous enough to sponsor us our amazing office space and especially the owner Beulah Bonugli overseas who has been so very generous and kind to us for many years and without this office space we would not have all the space for our staff, volunteers, admin, training and immediate help which we sometimes rely on. Thank you for your help to so many thousands of people.
- We would also like to give a huge thank you to Derek Mclardy from Printer Sprinter for all the continuous printer services and support.

SADAG are open throughout the festive season. We would like to thank our dedicated volunteers and Support Groups for their endless commitment and dedication throughout the year. We couldn't do it without you! Many thanks to the people and organizations who have donated, sent or sending us donations, we greatly appreciate your support.

A sincere thank you to all the many donors who help fund our lines, Banks, Insurance Companies, Medical Schemes, Mining Houses, Food Companies, Pharmaceutical Industries ,and a range of Associations, without you SADAG would have not been able to meet the needs of so many callers.

Have a happy and safe Holiday Season. Look after yourself these Holidays and wishing you all the best for 2021.

Remember - There is always help! There is always hope! There is always SADAG.

Best Wishes,
Zane Wilson
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