



**THE SOUTH AFRICAN
DEPRESSION AND ANXIETY GROUP**

SADAG	011 262 6396
Suicide Crisis Line	0800 567 567
Pharmadynamics Trauma Line	0800 20 50 26
AstraZeneca Bipolar Helpline	0800 70 80 90
Sanofi Aventis Sleeping Disorder 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 51 21

Website: www.sadag.org • Email: zano1@hargray.com • SMS: 31303

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APRIL NEWSLETTER

Welcome to April's Newsletter. This month we'll be discussing the results of Teen Suicide Prevention Week as well as the launching of many new support groups around the country. Bipolar Awareness Day is coming up next on the 26th May, further news on it below. We will also be highlighting the latest support groups, new conferences on Alzheimers and Children Psychiatry, as well as sharing many new overseas stories on Schizophrenia medication, how depression and weight gain can be fought, and local news including Medical Schemes are doing regarding NHI, what our amazing support group in Swaziland is up to, what the Economist Health Conference covered and how mental health was highlighted, and what brochures we now have in Afrikaans.

We have so much to share with you this month! Happy Reading!



Twitter

For those of you who are on twitter, please follow [@TheSADAG](https://twitter.com/TheSADAG) If you have a smart phone and have not been on twitter before, [Click Here](#), to learn how to open a twitter account and how to follow SADAG. You will then be able to receive the latest updates of the many interesting local and international stories on various mental health issues, as well as news about our talks, press and events.



Bipolar Awareness Day - 26th May 2013

The 26th May 2013 is National Bipolar Awareness Day. We will be very active in all 9 provinces to raise awareness about the illness and encourage people to get the help they need. SADAG will be working with universities across the country as well as with communities, corporates and support groups to show the latest Bipolar Film. Campuses across the country will be airing the Oscar Nominated Hollywood blockbuster "Silver Linings Playbook" about Bipolar at various times on campus during that week. Support Groups will also be showing the movie about Pat, a Bipolar man struggling to adapt to life outside of a psychiatric facility. SADAG will have an additional 15 screenings across the country during the week with speakers and experts available afterwards to answer questions (look out for details in the next newsletter). If anyone is interested in getting involved in showing the films locally at community halls, churches, youth groups or schools, please contact Dessy or Naazia on 0800 21 22 23 or 0800 20 50 26 and they will help you set it up.

SADAG will of course be in the press and media – so watch TV and listen to radio! If you would like to be added to our SMS list so you are notified about our media appearances, please SMS 31303 with the words "ADD ME TO PRESS LIST".

There will be a special Facebook Friday on the 7th June on Bipolar Disorder led by two leading psychiatrists specializing in the disorder. Visit our website or Facebook page for updates, more details will be given in the next newsletter.



The Economist Second Annual Healthcare in Africa Summit Elizabeth Matare - A Key Lobbyist

There is no health without mental health. In South Africa, 1 in 10 people have HIV/Aids and 1 in 5 have a mental illness! The Economist Second Annual Healthcare in Africa Summit was held in Cape Town from

19 to 20 February 2013. The South African Depression and Anxiety Group CEO, Elizabeth Matare, highlighted the importance of incorporating patients' needs through consultative processes and including patient's perspectives and contributions in bridging the gaps in health delivery in Africa. She emphasised that the new paradigm shift has a potential to improve the quality of care and patients safety. She stressed that pathways to universal healthcare in Africa can only be determined by different contexts including cultures, socio-economic factors, political stability and health financing. [Click Here](#) for more information.



Facebook Fridays

Over the last few months, we have been having Facebook Friday online chats for 1 hour at 1pm and then again at 7pm, every 2nd Friday of the month. Look out for our next Facebook Friday topic coming up on the 12th April on "How to help a loved one with Bipolar"- at 1pm with Linda Trump (Johannesburg Bipolar Support Group Leader) and psychiatrist Dr Close; and again at 7pm with Jay and Michelle Barnes, Support Group Leaders from Cape Town and psychiatrist Dr Kim Ragsdale.

[Click Here](#) to read more about SADAG's previous Facebook Fridays discussions.

We have received a very good response for Facebook Fridays, and SADAG is really thankful to everyone that has contributed to our awareness initiative. We received many words of appreciation, [Click Here](#) to read some Facebook Friday Thank You's.

Upcoming Facebook Fridays to Diarise

12th April	Bipolar Disorder - how to support a loved one
26 April	Grief and Loss - dealing with Bereavement
10 May	The Power of Support Groups
24 May	Debunking myths around Schizophrenia
7 June	Bipolar Disorder - treatment, diagnosis and meds

Please visit it <http://www.sadag.org/> for more information.



SADAG's New Afrikaans Brochures

As SADAG is an NGO, we often battle to get our brochures and information translated and printed into the various official languages. Currently, our depression brochure is the only Afrikaans brochure we have and it can be downloaded free from <http://www.sadag.org/>, or [Click Here](#) to download the brochure and to read the article "Nuwe Hoop".



Upcoming Congresses – Save the Dates



Africa Alzheimer's Congress (May 2013)

The "Africa Alzheimer's Congress and other memory related diseases" will be taking place in May 2013 in Gauteng. Caregivers, patients, doctors and specialists are invited. The congress boasts excellent speakers and a chance for everyone to learn more about this very complex and devastating illness. To sign up for the congress, please contact Debbie Adlard on 082 895 0852 or visit <http://www.africaalzheimers.co.za/>.

International Association for Child and Adolescent Psychiatry (August 2014)

The 21st World Congress of the International Association for Child and Adolescent Psychiatry will be held in Durban next year. Visit <http://www.iacapap2014.co.za/> for more information and to book your place now.





Over the first weekend of March, more than 100 new SADAG volunteer counsellors and Support Group Leaders, attended the first Counsellor Training Workshop for 2013. Leading mental healthcare experts, including Dr Colinda Linde, Kevin Bolon, Dr Sheldon Zilenick, Neil Amooore, Dr Frans Korb, Dr Alison Bentley and Elana Snoyman presented talks on a variety of topics including Obsessive Compulsive Disorder, Panic Disorder, Bipolar Disorder, Substance Abuse, Depression, Sleeping Disorders and Trauma. It was wonderful to work with so many people who are eager to give back to others in their community.



On the Sunday, 20 of our new support group counsellors from areas such as Johannesburg, Potchefstroom, Brits, Rustenburg and Witbank were invited to attend a workshop with Senior SADAG Trainers Lefathe Makunyane and Justine Ilondo. [Click here](#) to see the information that was shared with the support group leaders on Mental Health and Substance Abuse to assist in the sustainability of these valuable support groups.

Our next and last training workshop for the year will be at the end of July. If you'd like to volunteer, visit <http://www.sadag.org/> and download the Counsellor Application Form and send it to the email address or fax number provided, with Attention Desy or Naazia. We will arrange for you to be interviewed. Our offices and call centre are based in Sandton.

[Click here](#) to read some of the wonderful letters of thanks from our new volunteers, support groups leaders and new SADAG friends who attended the weekend training.



Monthly Counsellor Meeting – February with Ian Lipman

SADAG's counsellors learned about boundaries in personal and professional interactions from clinical psychologist and relationship expert, psychologist Ian Lipman, at the February Counsellors' Meeting. Lipman stressed the importance of setting and maintaining healthy boundaries both at work and at home in order to create balanced relationships that benefit all involved. Explaining how imbalances can lead to relationships becoming dysfunctional or ending, he engaged everyone in a discussion, after which the counsellors had plenty of questions. Our sincere thanks to Ian Lipman who is always engaging to listen to.



SANAC Planning Meeting in Johannesburg attended by SADAG CEO

SADAG CEO, Elizabeth Matere, participated at the South African National AIDS Council NGO Sector Planning Meeting held at Garden Court O.R. Tambo in Johannesburg on 12 March 2013. The purpose of the meeting was to appoint a new sector leadership and develop an NGO Sector Plan to be incorporated to the National Plan of Action. The input which came from NGO Provincial representatives are to fit into the 4 main Objectives from the National Strategic Plan on HIV, STIs and TB. [Click here](#) to read more.



Teen Suicide Prevention Week Feedback

The second week in February was National Teen Suicide Prevention Week and every year SADAG promotes the idea of healthy living through education, awareness, destigmatisation and treatment.

Intsebenziswano Secondary School- Western Cape

SADAG Counsellors, Naazia Ismail, Lian Taljaard, Alexa Scher and Ryan Edmonds, arrived at Intsebenziswano Secondary School bright and early on Valentine's Day, 14 February 2013. Their mission: to reach the school's 1200 pupils, in 25 classes. The topic: Suicide Prevention. [Click Here](#) to read more.

Kliptown Secondary School - Gauteng

On Tuesday the 12th February, SADAG's team of counsellors, speakers and guest ambassadors; Hlubi Mboya and Sade Giliberti visited the Kliptown Secondary School in Eldorado Park, to address the students on the topic 'Suicide shouldn't be a secret'. [Click here](#) for details about this event.

Itirelele Secondary School in Diepsloot - Gauteng

On Thursday, 14th February, SADAG sent a team of 12 counsellors to speak to over 1000 learners about identifying depression and how to help a friend who is suicidal. Sade Giliberti joined the team and shared her own personal story to encourage the learners to seek help.

SADAG received a lot of press coverage during this week. Here are two articles that were published about our school talk in Kliptown.

SADAG celebrity Ambassadors: Sade Giliberti and Hlubi Mboya talk to teens at Kliptown Secondary School at one of SADAG's Teen Suicide Prevention Week Talks. The Daily Sun News paper was there. [Click Here](#) to view the article "There is always a light that shines" (by Yanga Soji).

Almost 10% of South African teen deaths are due to suicide. SADAG and their Celebrity Ambassadors

are trying to spread the word that "Suicide shouldn't be a secret". The New Age newspaper is helping in that mission – "1 in 5 teen suicidal" (by Zodidi Mhlana). [Click Here](#) to read the article.

Swaziland and Teen Suicide programme.

Swaziland, headed by Denise Mortlock, joined South Africa in publicizing information about Preventing teen suicide. They asked the local newspaper to print them Posters to use on Teen Suicide Prevention Day. Not only did they have a very active day working in Schools with awareness campaigns, but also in the Psychiatric centre and one of the Shopping Malls. For an area that is so limited with services and support, Denise and her team directed many people to help and care for all mental health problems. Thank you for supporting youth in your country Denise. [Click here](#) for the pictures.



SADAG's Support Group Corner

SADAG has over 200 Support Groups countrywide. To find a group in your area, please contact SADAG on 0800 21 22 23.

Roodepoort NEW GROUP: A new Depression and Anxiety Support Group is starting on Tuesday, 16 April at 6pm in Ruimsig, Roodepoort. Call SADAG for further details.

Sandton: Jane will be having psychiatrist, Dr Frans Korb, speak at her group meeting on the 16th April about Depression and Medication. The group meetings take place at Rosebank Union Church at 7pm. Please ring SADAG for details.

Menlo Park, Pretoria: A specialist psychiatrist will be addressing the group in Menlo Park. This group is run by Johan and Francois, and the meeting will be held on 29 April at 18:30. People with Depression and Bipolar are welcome to attend.

Support Group Training

SADAG will be holding various Support Group education and training days over the next few weeks. If you'd like to know more or would like to join us, please contact SADAG on 0800 12 13 14 or 0800 21 22 23, ask for Naazia or Dessy please. [Click Here](#) to view the Upcoming Training Workshops.

Looking for new Support Group Leaders - We need more help

SADAG is always looking to help facilitate and start new support groups and we particularly need groups in the following areas. Anyone willing or interested, please contact Dessy or Naazia on 011 262 6396 or 0800 33 33 77.

Gauteng: Vereeniging, Vaal, Lenasia and Krugersdorp

Western Cape: Gardens, Sea Point, Greenpoint, Cape Town, Observatory, Camps Bay & Woodstock

Free State: Harrismith, Bloemfontein and Welkom

Mpumalanga: Hazyview

Limpopo: Polkwane

Northern Cape: De Aar and Upington

Eastern Cape: Queens town, Port Elizabeth and East London

North West: Potchefstroom

KwaZulu Natal: Ladysmith, Midlands and Newcastle



"Colour the World Happy "Campaign - Great YouTube Video

"Colour the World Happy" is a South African campaign to bring about awareness surrounding depression. The aim was to cheer people up and pass on the message of hope. With Connie Talbot and Jordan Jansen's "Happy Song", the project seems to be reaching its goal. "We focused on depression, as it is very prominent in society today." Check out the video at <http://www.youtube.com/watch?v=26cgM6yMG1c>



Thrive Magazine –Your Guide to Mental Wellness

The first edition of Thrive Magazine was a huge success. The magazine, sponsored by Pick 'n Pay, covered topics like brain chemistry, finding the right therapist, and had a wonderful interview with writer and bipolar sufferer Rahla Xenopoulos. Watch out for the second issue, coming out soon. The magazine will be running a competition for another 10 subscriptions, which are worth R97 each – all those who sign up for the monthly newsletter by mid-May will go into the draw. [Click Here](#) to subscribe.



International Press on all Mental Health Issues

SADAG is always looking out for articles of interest, new research and therapies, and information that will help you. Here is a selection of international articles and blogs that we think will help you or your family members.

When depression treatment isn't working – this article looks at what you can do instead of feeling helpless and frustrated because treatment isn't working. [Click here](#) to read the article.

The health risk to parents after a child's suicide – there are severe long-term effects for parents who lose a child to suicide. [Click here](#) to read more.

People with Traumatic Brain Injury - can suffer unnecessarily, and treatment often excludes their family. Research is showing that involving the family is useful and effective. [Click Here](#) to read the article.

Weight gain in mental illness does not have to be inevitable – new studies are showing that people with severe mental illness like Schizophrenia do not have to remain overweight due to treatment. There are options. [Click Here](#) to read more.

We have been noticing the trend and now a study by Kaiser Permanente has shown that the rate of diagnosis of ADHD is on the increase. [Read here.](#)

Motherhood and Obsessive Compulsive Behaviour - new mothers have a higher rate of OCD symptoms that center around their babies. [Read more here](#)



Local Press

SADAG is supported so generously by our local press and media, who assist us in raising awareness about mental illnesses and encouraging people to seek help and support. On the 5th March, SABC 3Talk did a show called *Dealing with Grief*, with SADAG Board Member and Spokesperson Nkini Phasha, psychologists Liane Lurie and Dr D, as well as Phillip Mkhasebe (who has sadly lost his son) appeared on the show. Because of the show, SADAG's lines were very busy for several days. A big thank you to 3Talk for their huge support – they've already done shows on grief and bereavement, teen suicide, and medication. We are very grateful for their ongoing support and for getting the right information to people in need. We have chosen a selection of local articles from various news papers and magazines for you to read.

Depression - should you medicate? (by Joanne Lillie) Club Card Magazine explains when it is best to go on medication and also shares some depression treatment tips. [Click Here](#) to read more.

Is the Man in your life depressed? Loocha Magazine explains that more than 6 million men get depressed every year. Read the article for signs, symptoms and tips on how you can help your man if you think he may be depressed. [Click Here](#) to read on.

Bullying, enough is enough (by Vanessa Papa) People magazine takes a serious look into Bullying, which has become a national and international crisis. [Click Here](#) to read the article.

Middle aged men and depression - Experts are saying that middle aged men are facing a depression epidemic (by Polly Dunbar). The Daily Newspaper shares some helpful advice, signs and symptoms and a personal story on men and depression. [Click Here](#) to read more.

Are your genetics related to a specific psychiatric disorder? Gina Kolata investigates a study that finds that disorders share genetic risk factors. To read on [Click Here.](#)

Facing and overcoming our addictive tendencies(by Dr Raoul Goldberg) - The Specialist Forum looks extensively into what makes us develop these tendencies and who may be more vulnerable than others. [Click Here](#) to learn more.

Are you looking to improve your health with the ease of a click of a button? (by Claudio Bente) Woman & Home Magazine has compiled a list of the best internet health solutions to improve your health. [Click Here](#) to read this article.

improve your health. [SADAG](#) to read the article.

Leading Afrikaans news paper, Die Volksblad, discuss whether the term "selfmoord" should be altered to help with de-stigmatising suicide. **Om selfmoord te de-stigmatiseer: moet ons die term selfmoord na selfdood verander?** (by Wilhelm Jordaan). [Click Here](#) to read more.



Stress

We all talk about how stressed we are, how stressful life is, and how we're not functioning properly because of stress. SADAG has put a very interesting infographic on our website (the infographic was created by the Best Stress Therapy School) that will put all your stresses into context. [Click here](#) to view it.



Talks, Workshops, Conferences and Support Groups

We have been invited to give many workshops, talks and speak at conferences during the last 6 weeks. Here is a taster of where we have been – click on each title to read more. Remember if you would like to book a SADAG speaker, please contact Dessy or Naazia on 011 262 6396.

Lian Taljaard, Naazia Ismail and Alexa Scher attended The International Anxiety Disorders Symposium which was held on the 16th - 17th of February at the Spier Estate in Stellenbosch. [Click here.](#)

Lefate Makunyane presented a talk at the Machiri Early Learning Centre in Diepsloot for the Sunshine Association. [Please click here](#) to read more about the talk.

Ryan Edmonds and Alexa Scher, presented a training workshop for Police Support Group Leaders in the Kraaifontein area of the Western Cape to build capacity skills on trauma, depression and counseling skills. [Please Click here](#) for more details.

Anne Rajcoomar our Senior Counsellor spoke to parents at Allen Glen High School. [Click here to view.](#)

"Pillow Talk and Sleep Disorders in Psychiatry"- The South African Society Of Psychiatrists (SASOP) Northern Subgroup Annual Meeting was held at the CSIR in Pretoria. [Click here](#) to read more about the speaker.

[Click here](#) to read about a corporate talk at NBCRFL in Braamfontein on Making Mental Health Matter in the Workplace.

Cathleen, the Strandfontein Support Group Leader and depression sufferer, presented a talk on MDD at the University of Stellenbosch for 3rd year medical students. It was incredibly well received. [click here](#) to read more.

SADAG Trainers, Mpumi and Refiloe, visited Lwamondo in Thohoyandou and presented a capacity building training workshop within the community. [Read here](#) the wonderful Thank You from Pip and the team!



Thank You to SADAG's Wonderful Donors

SADAG would like to thank Juanita Moolman for her kind donation of two 4-in-1 printers for use in our Call Centre. Her kindness is truly appreciated and the new machines will allow us to continue receiving and sending faxes, as well as printing educational material on the various mental illnesses for callers throughout SA.

We would also like to thank Audiosure for their company's generous donation of a portable sound system, microphones and accessories to the value of R14 000. This is especially helpful for our rural outreach workshops, large support group meetings and special SADAG events.

We'd also like to thank and acknowledge Pfizer, Lundbeck, Servier, Dischem, Astra Zeneca, Dr Reddys, Janssen, Pharmadynamics, Sanofi and Stouf for their long-term support.

Lastly, a very big, special thanks to Starfish for always allowing us to be creative in our help and for inspiring us to reach out in different ways. Starfish created special systems for us so we can send out educational SMSes to youth. **THANK YOU!**



Thank You's to SADAG

Zane, you couldn't have better people on your team. They are amazing and really helped a lot. I don't know how to thank you & your counselor Amanda.

Kind Regards, D

Your counsellor was very helpful and was willing to call me after my working hours as well.

Thanks you so much for all the information.

Regards P.S



SADAG's Wish List

As an NGO, SADAG relies on the support of donors for many of our materials and equipment. At the moment, we have a 'techie' wish list. If anyone can help – please contact Cassy on 011 262 6396 or email Zane on zane1@hargray.com. SADAG is a registered Section 21 NGO with a Tax Exemption Certification.

We really really really need the following please:

- * two new laptops or desktops
- * a heavy-duty photocopier or sponsorship or a donation from a Johannesburg printing company
- * Computer storage devices – especially external hard-drives
- * A smart phone that can be used at night to check the SMS system for emergencies

We would really appreciate any assistance that companies or individuals can give us!

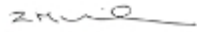
Rounding off our very jam-packed Newsletter, May

26th is National Bipolar Awareness Day. We would like to start the conversations about Bipolar and we ask you to consider helping us by viewing the film 'Silver Linings Playbook' at your support group – or showing this film in your area, at a hall, or clinic or school.

We are continuing to work on gathering information that would benefit our readers, as well as case studies of people experiencing problems with government services which we will use this information at the forthcoming government meetings. We value all your contributions and help. Remember we are open 7 days a week from 8am to 8pm. Please keep checking our website (www.sadag.org) for upcoming events and news.

Sincerely

University,



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