



**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](http://www.sadag.org) • Email: [zane1@hargray.com](mailto:zane1@hargray.com) • SMS: 31393

If you do not receive this in full, please go down to the bottom under Graphic Mail and click on pdf version

## JANUARY NEWSLETTER Welcome 2012

Dear Friend,

We are opening the first newsletter of 2012 with an "Infographic" on SADAG. This new communication method simply and easily shows a quick visual overview that would normally take up a page or more of typing to read through. It gives us a way to show you our internal organization in a more engaging way. We hope you like it. If you want to blow it up, please [click here](#) and you can print it in A4 size.



**SADAG Since 1994**

**making MENTAL HEALTH MATTER**

- Over 400 calls a day
- 15 Helplines
- Open 365 days a year
- 8 am to 8 pm
- 100 Volunteer counsellors
- Free telephone counselling

**www.sadag.org** has over 600 000 hits a month

- Online video's, local & international articles, brochures, discussions etc
- Newsletter mailed out to 20 000+ patients monthly
- 100+ Patients e-mails daily

**22 suicides a day**  
 220+ attempted suicides daily  
 1 in 5 South Africans have Mental Health problems

**SUBSTANCE ABUSE**

- 24 Hour help Line 0800 12 13 14
- Schools outreach education N. Cape, Mpumalanga, Limpopo, North West Province
- 48,000 youth and over 2,000 teachers
- Community workshops on Alcohol, Dagga and Substance Abuse
- Powerful link between Mental Health and Substance Abuse

**FUNDING**

Over R6 Million worth of FREE advertising monthly including press, media awareness, newspaper, internet, radio, TV and magazine

Books Income	- 43,23%
Projects	- 21,06%
Training Income	- 2,77%
Call Centre & Drug trials	- 14,77%
Donations	- 5,74%
Pharmaceutical Sponsorship	- 10,72%
Memberships	- 0,81%

**SPEAKING BOOKS**

- SADAG Innovation = Income
- 6 National and International awards
- Low Literacy voice recorded and 16 pages with health messages.
- 46 Titles in 11 Languages.
- Sponsored by De Beers, Pfizer, USAID, Merck, EU, Dept of Health, Sanofi, Swaziland Govt.

**SUPPORT GROUPS**

- over 160 FREE support groups in all 9 provinces
- Supporting Depression, Bipolar, Trauma, Panic and Suicide

**TEEN SUICIDE prevention**

- Teen suicide and substance abuse prevention, bullying, self mutilation, exam stress
- Workshops in all provinces in 2011
- Youngest Suicide in South Africa 7 Years old
- 120 000+ students and teachers participated in awareness programs in 2011

**RURAL OUTREACH PROGRAMMES**

- FREE workshops to: Home based care workers, nurses, social workers, lay counsellors, church leaders, women associations, traditional healers and other NGO's
- Capacity building in rural communities
- Janssens Counselling Centre in Diepsloot

**CONTACT SADAG**  
 011 262 6396 | SMS 31393 | [www.sadag.org](http://www.sadag.org)

This month, I would like to thank the dedication of our many counsellors who were at our call centre through Christmas and the New Year. We were extremely busy and needed every one of them! A special thanks to Shanne, Naazia, Raadiyya, Bogdan, Jabs and Simone. As so often happens, the weight of many falls on the few.

Please watch out for our PSA which has been playing on DSTV, and the new one that will be on MTV from the beginning of February. Our thanks to both these stations who give us such incredible support. After an advert has been played the lines light up in the call centre, so we know they are very, very effective!





## Medical Schemes in 2012

On the 15<sup>th</sup> of January 2012, journalist Laura Du Preez published the attached article in 5 different publications and online. Those of you using Medical Aids, please read through it and specially note the highlighted issues. [Click here](#)

- You are all aware that SADAG took up the issue of Mental Health Benefits which were changed by Discovery in October last year. This has started a grass-roots movement with members, families, and patients of Discovery – as well as other Medical Aid Schemes. This is the type of initiative we need and gives us the opportunity, not only to educate people about mental health issues, but also to work with many other NGO's and Associations.

The discussions with Discovery are ongoing and they are considering recommendations based on International research for changes. We await their next response. The SADAG initiative is being spearheaded by Chairman Dr Colinda Linda and Board Director Kevin Bolon, both Clinical Psychologists, who consider patients' concerns as paramount. We continue to liaise with other organisations and Discovery and will keep you advised.



## Dinner with Gordon Ramsay's World Famous Restaurant in London via Virgin Atlantic – and YOU could win!

Through the immense generosity of our donors, they have donated two Virgin Atlantic tickets to London, accommodation and a dinner for two at Gordon Ramsay's restaurant. This incredible prize will be raffled in March from SADAG at only R100! Per ticket. There will be only 1000 tickets available, this will give you a greater chance to win. Watch out for more information in our next newsletter. R100 for two tickets to London, accommodation and dinner at Ramsay's restaurant – and only 1000 tickets!! What a great prize to win.



## Research Intern – Johannesburg

SADAG is looking for a research intern to work with us on a new project at one of Johannesburg's major psychiatric care facilities. The research will be supervised by a psychiatrist in conjunction with SADAG, and will assess patient compliance with medication after discharge as well as compliance with medical follow up visits. There are also other projects we are running in a nearby rural community that will assess trauma and depression rates in that community. Anyone interested in the internship, please email [zane1@hargray.com](mailto:zane1@hargray.com) or call 011 262 6396.



## Support Groups and Volunteers are needed!

If you or a family member have had mental health problems that you have recovered from and believe that your experiences and knowledge could help other people, we are looking for support group leaders in several towns and cities. It is a very limited but critical responsibility and SADAG supports you 100% of the way. While meetings are only held once or twice a month. We can suggest speakers for your meetings and facilitate their assistance. We also help with the start up press and some of support group leaders have a weekly or monthly spot in local community newspapers and radio stations that are really valued by the press and media, and the communities they serve. We will also send you a start up pack, free dvd's and brochures when you start your group.

If you are interested in starting a support group and sharing what you have learned from your journey, please email Khethi at [Admin@anxiety.org.za](mailto:Admin@anxiety.org.za). Please include your number and your queries. Our training is the first weekend in March.



## Volunteer Counsellors' Training in Johannesburg

The bi-annual volunteer counsellor training is coming up in Sandton, Johannesburg on the weekend of the 3<sup>rd</sup> and 4<sup>th</sup> of March. If you are interested in becoming a volunteer counsellor at our helpline, please download the application form from our website <http://www.sadag.org/>, the form is on





the left hand side under volunteers, or contact Khethi on 011 262 6396, between 12 noon and 6pm. As a volunteer you will need to commit to a 4-hour shift once a week but will learn valuable helping skills, and be exposed to a variety of experiences. The training is intensive and comprehensive with talks by top psychiatrists and psychologists and sessions with senior SADAG staff who will share their lessons with you.

### Training in Cape Town- 10<sup>th</sup> March

We are often being asked for training in Cape Town. Both for Students doing their psychology degree who wish to volunteer and for support group leaders. We have a date of 10<sup>th</sup> March scheduled. If you would like to be considered, please will you contact Khethi as above. And pull the application down off the website. When you send it her please make sure you mark it very clearly Cape Town at the top. You will be interviewed during the last week in February in Cape Town.



Community Outreach

### Upcoming Community Outreach Projects on Substance Abuse Awareness

Funded by the Department of Social Development, SADAG will be working in four provinces to facilitate substance abuse awareness workshops and education drives in communities, with schools, clinics, church groups, youth groups and with community caregivers and leaders. The aim of the project is to create awareness about the issues surrounding substance abuse and to encourage communities to establish support groups and develop help services for people with a drinking or substance problem. SADAG runs the **toll-free substance abuse helpline** on 0800 12 13 14, open 24 hours 7 days a week. We will be in Mpumalanga, Limpopo, North West Province, and Gauteng in the first 6 months 2012. We will be spending a day or two in each area, presenting videos, and workshops. If your community, NGO, organization, school, or church would benefit from attending a workshop on substance abuse, please contact Naazia on [info@anxiety.org.za](mailto:info@anxiety.org.za).



### Nampak Wellness Day

On the 2<sup>nd</sup> December 2011 SADAG presented a series of talks at Nampak for their Wellness Day. We received wonderful feedback from senior staff and employees. [Read](#) a Thank You from Nokuzola Patricia Godana and the Nampak Team.

If you would like to book a wellness day or corporate talk for your company, please contact Cassey on 011 2626 6396 or [office@anxiety.org.za](mailto:office@anxiety.org.za).



### Support Group Corner

We wish all our Support Group leaders a fantastic 2012. Thank you for your hard work, passion and dedication to your communities and to mental health.

Swaziland: Denise Mortlock - The Nuts and Bolts Party!

Swaziland has already started off their New Year Support Groups after celebrating 2011 in style with a Nuts and Bolts Party! [Click here for pics.](#)

Durbanville: Wynand Theron

First meeting for 2012 will be taking place on 30th January at 19:15 with psychiatric social worker, Magdaleen Erasmus, talking on "Forgiveness is essential for Mental Health". For more info, please [click here](#).

### Upcoming Workshops

#### **Cape Town - The Hero Book Workshop: Suzanne Leighton**

The Hero Book is an art and narrative group workshop, in which participants rewrite the story of their own lives with themselves as a hero. It is profound in its simplicity and uses a combination of methods e.g. drawing and colour, talking and writing, movement and reflection. Improve your sense of self and well-being in a series of workshops that taps into your creativity. Creating your own Hero Book gives you the opportunity to improve your self-esteem, find a sense of direction and create an illustrated, personal autobiography. The next course starts on Wednesday the 25<sup>th</sup> January. [Click here for details](#)



#### **Bedfordview - PsychMatters Family Therapy Centre: Joanna Kleovoulou**







The PsychMatters Family Therapy Centre in Bedfordview would like to wish you an abundant year, filled with many new beginnings. With a new year comes with it the opportunity to have a new start ; to co-create the year you desire, on a clean slate. Psychologist Joanna Kleovoulou will be holding workshops and talks that can assist you to live a masterful 2012.

The first workshop is for children aged 8 to 12years, on Saturday 28<sup>th</sup>, from 9am to 5pm. R2 000 Please contact Lin on [info@psymmatters.co.za](mailto:info@psymmatters.co.za) or 011 450 3576. [Click Here](#) to read more about Joanna.

### **Johannesburg – Bipolar Course: Ruth Katz-Bipolar Expert**

Ruth Katz will be offering her new, monthly support group workshops in Johannesburg. These added services to the bipolar community with e-counselling offer free calls under 15 minutes. These workshops are on "Spirituality & Bipolar, and will be limited to 10 participants per workshop and will commence in April 2012. The cost is R250-00 per person. For more information, please contact Ruth on [rodruith@telkomsa.net](mailto:rodruith@telkomsa.net).

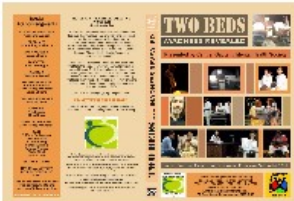
### **Johannesburg - Post Natal Depression Workshop**

The Post Natal Depression Support Association (PNDSA) will be hosting a free workshop in Orchads, Johannesburg on the 10th February 2012 from 9am - 1pm. This course is open to all healthcare professionals and individuals with an interest in women's health, and in particular Peri Natal Depression. If you are interested in attending the workshop, please [click here](#) for all the details and the registration form.



## **New Books and DVDs**

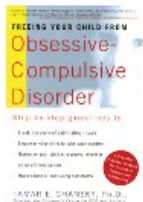
### **DVD - "TWO BEDS ... MADNESS REVEALED": Central Gauteng Mental Health Society**



"Two Beds ... Madness Revealed" is based on two theatre plays written and produced by Charlene Sunkel, based on her life experiences with a diagnosis of schizophrenia and the other on bipolar mood disorder. "Two Beds ... Madness Revealed" is a non-fiction feature film in a mixed theatre setting that tells the story of two women who fell victim to mental illness. Their devastating symptoms bring them together in a psychiatric hospital where they receive treatment and reflect on their life journeys that lead them there. Anyone interested in purchasing the DVD (R200) can contact Charlene Sunkel on 011 614 9890 or email [charlene@wistmhs.co.za](mailto:charlene@wistmhs.co.za).

[Click here](#) to read more about this proudly South African DVD.

### **Book - "Freeing your child from OCD": Tamar Chansky**



This book has been recommended by one of our callers for parents of children with OCD.

Visit Tamar's site: <http://www.freeingyourchild.com/> or order the book on [www.amazon.com/Freeing-Your-Child-Obsessive-Compulsive-Disorder/dp/0812931173](http://www.amazon.com/Freeing-Your-Child-Obsessive-Compulsive-Disorder/dp/0812931173)

## **Engaging Websites and Blogs – Both Local and International**



Podcasts: Apart from the excellent podcasts on SADAG's very own site (<http://www.sadag.org/>) by top experts Dr Frans Korb, Dr Leigh Janet, Dr Colinda Linde, there is a wide range of podcasts that can be played on your computer or smartphone. These are an ideal way to get immediate information that is accessible, easy to understand and that you can listen to in your own time and space. There are many topics that come out weekly and are a great way to gain knowledge, even if you or a loved one are too exhausted or depressed to read. Psychology continues to expand its reach with podcasts that showcase the academic, the scientific and the clinical sides of the field.

[Click here](#) for a list of some great podcasts to download:

OCD: Shai Friedland, one of our senior counsellors and trainers, runs a superb online OCD support group. His site is <http://www.ownocd.ning.com/>

### **Social Anxiety- When Loneliness is not a Choice:**

<http://www.australiacounselling.com.au/content/social-anxiety-when-loneliness-not-choice>.

Two other local sites are <http://www.childrenstherapy.co.za/> and a social anxiety blog <http://socialanxietyinfo.wordpress.com/>, there is also a free social phobia group in Cape Town for patients.

### **Bipolar Disorder - Mindfulness Interventions for Bipolar Depression:**

<http://ucsdcfm.wordpress.com/2011/11/17/mindfulness-interventions-for->





## Local Press and Media

The last month has been a very busy one for SADAG and the press and media have supported us hugely. A large number of stories have been published on a variety of topics in newspapers, magazines, on radio and TV. There was incredible coverage over the festive season and all sectors of the media really did a fantastic job to let people know that for many of us, the festive season is one of hopelessness, depression, and loneliness. A big thank you to all the media who raised the issue and let people know that SADAG was available to help. From The Star, Die Beeld, The Mercury, The Citizen, The Sowetan, Caxton Press (amongst many, many others) to Radio 702, Chai FM, Channel Islam, Radio Islam, Heart FM and so many others who help spread the message that there is hope. [Click here](#) for info on our amazing press coverage.

Thank You to our good friends at Newsclip who clip every story, radio and TV programme we do! Our exposure this month was over R8 million – and all for free!

Now for some local stories...

**The New Age: Culture Deals African Men the Depression Card.** With depression amongst men and the spate of family murder-suicides recently, the New Age looked at the issue of men and depression. [Click here](#) to read the article.

**African Journal of Psychiatry: Tips on coping with mental illness in the family.** Coping with a mental illness can be tough for family members and loved ones, and they often struggle to cope. The AJP printed some good tips on how to cope. This is South Africa's foremost professional journal, and goes to every psychiatrist in South Africa and throughout the rest of Africa. We are given the back two pages each month for psychiatrists to copy for their patients to gain more knowledge. [Read](#) now.

**Cape Argus: Psychiatric Cases increasing but staff vacancies for mental health soar (Sipokazi Fokazi)** Thousands of South Africans suffer from mental health conditions but for many, help is not available. Find out what the Western Cape Department of Health has to say. [Click here](#)

**Fair Lady: Worried all the time?** (Biddi Rourke). A fantastic article by Pfizer Mental Health Journalism Award Winner on anxiety and worry, this is jam-packed with information and tips about generalised anxiety disorder. [Click here](#) to read the article.

**O Magazine:** The Speaking Books were featured! [Click here](#) to read it. Oprah explained how this inventive health tool, created by SADAG, was recognised with a United Nations award.

**Sunday Sun: How and Where to get Support.** This insert guided readers in the right direction for help from therapists and support groups. [Click here](#)

**Cape Argus: Drowning in Junk** (Helen Grange). This is a very private and hidden illness, and a hardly spoken about topic – hoarding. Living in clutter can be a sign of a mental illness and this article looks at when the warning bells should be going off. [Click here](#) to read the article.

**The Mercury: Along Came a Spider** (Cate Rayner). Fear and phobias? This article is for you – but be warned, if you're terrified of spiders, this may not be a calm experience! [Click here](#) to be brave and open.

**Kuier: Gooi Dit Weg!** (Saafia February). A new year, it's time for spring cleaning! We could all do with throwing away the junk – and this article tells us how, and how to tell if there's a bigger problem than just what to wear. [Click here](#) to read this great article.

**SAPA: 15 Tips To Manage Your Mental Health In 2012** (Janine Shamos). It's 2012 and many of us have promised to make this year a 'better one'. We make resolutions and promises but we don't always stick to them. [Read](#) the article to get some tips on working through the first few weeks.

**Life: Doing it over (and over)...** (Catherine Eden). OCD is a severely misunderstood illness and many sufferers live in shame and suffer in silence. This superb 3-page article sheds some light on this topic. [Click here](#) to read this article.

**The Specialist Forum: Depression and Chronic Illness – How are they connected** (Janine Shamos). Chronic illness is a leading cause of disability and depression is an often 'expected' side-effect. [Read more](#)

**Sunday Tribune: Finding light in Suicide's dark abyss** (Vivian Atwood). For every suicide, at least 10 people are affected – and South Africa has 23 suicides a day. Surviving the suicide of a loved one is a hard road. [Click here](#) to read the article.

**Times Live: Your phone might be what's holding you back** (Harriet Mclea) Spending too much time on a smartphone can make you depressed. This is a big issue among all ages in South Africa – being too attached to your phone. [Read](#) this article!

**Die Beeld: Wag op uitslae laat leerlinge depressief raak** (Pauli van Wyk). Matric is a hard time for many, and many disappointed teens don't know how to cope. [Read](#) this article for more.

**Spice 4 Life: Equip your child with EQ** (Angelique Victor). [Click here](#) to read about how to equip your child with the skills they need to succeed.





## International Press Stories - New Research, Treatments and Comments

SADAG puts up articles from around the world weekly, please visit our website [www.sadag.org](http://www.sadag.org) and go to our press section, look on your area of interest, and click on to see the list of stories available. These articles are updated on a weekly basis in order to give you to new and relevant information.

Further down, one of the stories is on what to disclose when applying for a job. Although we don't endorse international stories, this is a question we are frequently asked.

**The Substance Abuse and Mental Health Services Administration (SAMHSA)** announces a new working definition of 'recovery' for mental illness and substance abuse disorders. [Click here](#) to read the full story.

**Why Children with Autism Are More Prone to Anxiety Disorders** (Ryan Rivera): Autism is a difficult condition, characterized by a variety of behaviours that can make it hard for these children to have a high quality of life. [Read](#) the full article now with the website at the end for insight into children's issues with Autism.

Eating Disorders are still prevalent and often misunderstood. Treatment is sadly often unsuccessful and researchers are always looking for new ways to approach illnesses like Anorexia. [Read](#) the article **Protocol to Treat Anorexia is Faulted**.

**Panic Attacks?** "We are what we eat" goes the old saying we have all heard many times, and anxiety can be triggered by too much caffeine or salt. A new study has found that magnesium can help to reduce anxiety. [Click here](#) to read the article.

While depression is usually treated successfully, many people still suffer from treatment-resistant depression. A new study from Emory University has found that **Deep Brain Stimulation (DBS)** can be effective for both depression and Bipolar Disorder. [Click](#) to read more.

**Bipolar Disorder** is shrouded in myths and misinformation making it very difficult for patients to adhere to treatment and for loved ones to understand what the illness really is. [Click here](#) to see 9 Myths of Bipolar Disorder.

**Stigma and discrimination** are still rampant when it comes to mental illness. Many patients don't know what companies are allowed to ask, and what to disclose. A new article in "The Patient" looks at what to do when applications ask about your psychiatric history. [Click here](#).

Sleep glorious sleep – but not so easy to come by for many of us. And for people with depression, there is even more risk of sleep disorders. [Click here](#) to read Web MD's article on **Sleep and Depression**. Please call our sleep help line if you need advice, 0800 753 379 (0800 SLEEPY).



### Some Thank You's

#### **A Thank You from SADAG to Vegeworth**

We want to say a special thank you to Eric Hamilton and his team at Vegeworth for donating lots and lots of salads and food for our counsellor end-of-year party. He and his team feed us every year and we appreciate his delicious support!

#### **From Our Callers**

*When I read your newsletter I had tears in my eyes, we sometimes get so engrossed in our own problems and struggles that we forget there are people with major problems. Please be assured of my prayers for you and all your staff members and the hard work you do to save peoples' lives. I once contacted SADAG because I had such a bad panic attack and was blessed by someone calling me back and assuring me you are there for me.*

*Thank you. S.K*

*Thank you for the brilliant support/service and for all your help and keep up the good work.*

*Kind regards, H.W*

*Thank you so much for the call, talking to someone who understands and can provide a different positive solution put my mind at ease about actually finding some help so thank you for unwittingly giving me some peace of mind.*

*Regards, P*

**We have an exciting partnership which will be announced for Teen Suicide Prevention Week, February 12 - 19. It is a very important week in South Africa, and if you have a company that would be prepared to put up our online banner free of charge on their website, please ring Roshni on 011 262 6396 or email her on [secretariat@anxiety.org.za](mailto:secretariat@anxiety.org.za). The more visibility we have to promote our emergency number for youth, the better. This is what it looks like:**



**Call 0800 567 567**

(8am - 8pm), 7 days a Week

[www.sadag.org](http://www.sadag.org)



Thank you for your support.

Sincerely,

Zane Wilson

[zane1@hargray.com](mailto:zane1@hargray.com)

011 262 6396

[www.sadag.org](http://www.sadag.org)

THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP  
Tel: 011 262 6396

E-mail: [zane1@hargray.com](mailto:zane1@hargray.com)  
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