



SADAG Telephone	011 262 6396
Website	<a href="http://www.sadag.co.za">www.sadag.co.za</a>
Suicide Crisis Line	0800 567 567
Pharmadynamics Trauma Helpline	0800 20 50 26
AstraZeneca Bipolar Helpline	0800 70 80 90
Sanofi Sleeping Disorders Helpline	0800 753 379
Substance Abuse Helpline	0800 12 13 14
Email	<a href="mailto:zane1@hargray.com">zane1@hargray.com</a>
SMS	31393

## May Newsletter

Your many suggestions and continual feedback encourages us to improve our work. Through our efforts with medical schemes, and government departments to get you the best benefits, to talks in schools, businesses and communities to educate and create awareness about mental health, and in our counselling centre assisting callers, we hope to constantly improve SADAG.

### Zane's Trip to Cape Town

Zane was recently in Cape Town to talk to various groups about her own experiences with Panic disorder, and share lessons and tips she has learnt over the years.

Wynand had 35 people at his Durbanville Support Group. She gave a gripping account about her personal experience with Panic Disorder and how she overcame it within weeks after a fight of more than 10 years. She gave practical tips of how to handle the condition, handed out literature and also introduced books that can be read. Zane also gave the group feedback about SADAG's activities. The evening was a big success and she spent considerable time after the meeting to interact with those present answering questions. "The warm, caring and empathetic way in which she conducted her presentation will be remembered for a long time." Said Wynand, who runs this excellent group and is a long-standing Support Group leader in the Cape. We thank him for his dedication and commitment.



She also presented a talk at Crescent Clinic that was co-ordinated by Chris. Over 30 people attended and they were very attentive and had many questions. They also found the books that Zane took with her very informative and helpful. She spoke about her own battle with Panic disorder, discussed why she initiated SADAG, and gave tips on how to cope with Panic and anxiety. Also a big thanks went to Richard and Alexis for their new Support Group on the UCT Campus, and to Chris for his dedication and passion – we hope their groups go from strength to strength.

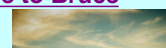
Zane then went to Una's meeting in Parow where one-on-one counselling sessions were held for members of the Group. Members suffering with a wide range of illnesses from panic disorder to depression, social phobia to PTSD came to take advantage of the sessions. All were helped and referred for additional support and assistance. A big thank you to Una, who also has a group in Belhar, we so appreciate all her hard work and her passion and dedication to helping people in her community. Najumonisa has started a new Support Group in Athlone. We're sure many people would love to get in contact. Please call SADAG on 011 262 6396 for more details.

Zane also had the opportunity to meet with some other Support Group leaders in the Cape. She met with Suzanne Leighton from the Bipolar Bears in Rondebosch whose long-standing Group is very active in the community. Suzanne often talks on radio. The Bipolar Bears will be holding a conference in May for Bipolar Awareness Day. See details of this great initiative further in the newsletter. Zane also met with Michelle, a new Support Group leader who is working with parents of children with mental illness. She is incredibly empathetic and, having a child with a mental illness herself, she really understands the issues and challenges and has a wealth of information that people can draw on. Nina runs a group for family members of Bipolar patients and works closely with Suzanne.

Michelle and Jay run SADAG's longest running groups in Cape Town. Their two big Bipolar groups, in Malmesbury and Kenilworth, have been running for many years and give hope and help to so many people, even going so far as to take people in need into their own homes. We thank them for their incredible dedication, and helping us out so often with radio and print media.

Diane Mallaby, our regional co-ordinator for the Western Cape, is in the process of starting off Support Groups with Pat. Thank you to Diane for her incredible, unwavering support and for helping us immensely. The Western Cape is very active in terms of Support Groups but also in the numbers of calls we receive on the help lines from the region. With her help, and all the help of our wonderful Support Group leaders, we are able to get these callers to care.

[Congratulations to Cassey Amore our Director of Operations on her marriage to Bruce Chambers](#)





On Saturday the 10th of April, Cassey Amoore, SADAG's Operations Director, got married in a beautiful ceremony in Johannesburg. We wish the radiant bride and her new husband much happiness in their life together.



### School in Crosby

Lungy and Daniel, assisted by Alexia, Jade, and James, talked to over 100 Grade 10 – 12 students at the RAU Call School in Crosby. The Suicide Shouldn't be a Secret talk was very well received and the counsellors were kept on their toes by excellent questions. The Grade 10 group was the most informed about mental health and asked many probing questions. They were lively and inquisitive about other disorders like Bipolar and Schizophrenia, and various treatment options. The Grade 11s asked many questions regarding the difference between self-mutilation and suicide, and how to help a friend who is cutting. The Grade 12s were given information about stress and exams and how to cope with the demands of Matric. The SADAG team really enjoyed their time at the school and were very impressed by the students. Thank you to the team for their passion and energy.



### Substance Abuse Workshops in North West Province

On the 16<sup>th</sup> March SADAG delivered a series of Substance Abuse Workshops to over 600 students at Maitemogelo Secondary School in Wolmaransstad in the North West Province. SADAG sent a team of 4 Trainers and 4 Counsellors and did talks every 45 minutes. The talks went very smoothly as the Headmistress was well prepared. The school seems to have a problem with alcohol and snuff and students listened intently. An interesting point was that many children at this school didn't realise alcohol was regarded as a substance.

The next day the team moved to the Tshing Location just outside Ventersdorp in the North West Province to do another series of talks on Substance Abuse, this time to 867 students at the Thuto-Boswa Secondary School. The school appears to have a big problem with dagga, snuff, and alcohol, with many children being involved in gangs and being addicted to different substances. SADAG's team was also involved in counselling many of the children that needed help.

This series of talks were all sponsored by the Department of social Development, their Substance Abuse Directorate. We also currently run a help line for them **0800 12 13 14**.

SADAG's next talk was to 680 students at Ikageleng High School in Zeerust. The teachers, especially the Life Orientation teachers, at this school were welcoming to the SADAG team. The students at this school were a lot more rowdy than the students at the previous two schools and the classes more difficult to control. Despite this, feedback from the students that they turn to drugs because they are "bored" was apparent. There is not much to do in these areas in the afternoons; so many take drugs for "entertainment".

The youth learnt a lot from the talks and were grateful for the time spent with them. A highlight of these talks for many of the students was the donation of the Speaking Books to students and teachers. The Department of Social Development have commissioned Speaking Books on substance abuse and the need for them was apparent in these schools.

Thank you to Shai who is managing the project of 20 schools and to Fatima, Lungelo, Noluthando, Palesa, Sylvia, Khethi, Ntombi, Katia, Rachel, Dineo, and Lindiwe for all their help.

### Police and Metro Police Talks



SADAG is placing a lot of emphasis on police talks. We are aware that South African police officers and metro officers are under a tremendous amount of stress, and suffer from a high prevalence of PTSD.

On the 15<sup>th</sup> April 2010, SADAG delivered a workshop on stress, PTSD, depression, and suicide to fifty policemen and women at the Tsakane Police Station in Kwa Thema. The talk, sponsored by Pharma Dynamics, started at 12:00pm and went smoothly despite the fact that most of the Tsakane police force had been up since 01:00am as a fellow police colleague of theirs had been shot on duty the morning before and was in ICU. The police force was still shocked from what had happened, and this trauma and shock made the talk given to them by the SADAG team very relevant. One policewoman approached a counsellor at the end of the talk and said that she has suffered from PTSD, since someone tried to kill her in 2008. She is getting treatment for the PTSD but says that many of her colleagues do not take it seriously and find it a "joke". She is hoping that the talk and what had happened to their fellow police officer would open their eyes and make them realise how serious PTSD really is. Thank you to Shai for giving an excellent talk and a big thank you to Bongsi, Tim, and Katia for their assistance.



During a recent talk at Diepsloot JMPD, officers were at first a little reluctant towards a mental health talk, but within 5 minutes they soon saw the striking relevance of the information SADAG's counsellors were providing. The talk covered depression and suicide, stress and PTSD and the counsellors highlighted that the information should also be useful to them in recognising symptoms in others. It was clear with many officers that stressors from home combined with their extremely stressful work, made life complicated. Some of the statistics gathered from a PTSD questionnaire, indicated that 85% of the officers had seen someone shot and/or stabbed, and two thirds of the group had experienced at least half of the 30 PTSD symptoms outlined in the questionnaire. The counsellors received positive feedback about the talk and have been requested to do a follow-up talk with the remaining members of the unit.

## Websites



Sometimes SADAG is advised of new websites which may be of interest to our readers. Two new ones are [www.dr-bob.org/babble](http://www.dr-bob.org/babble). Managed by a psychiatrist in America it has a variety of information on medication, self help and new developments.

Another one is [www.moodgym.anuedu.au](http://www.moodgym.anuedu.au), this is a site that assists with CBT help and is very useful for patients who are not near a CBT therapist or do not have funds for therapy.

## Kwa-Thema Support Group Workshop

In April, Katrina Rumball and Bongji Msimangu ran a very successful workshop for existing support group leaders and others that want to start new support groups. The SADAG counsellors addressed twenty people, most of whom were from Kwa-Thema, but many were also from neighbouring locations such as Vosloorus and Daveyton. We were very pleased to have two people join us from Soweto for the day as well. It was a lively workshop in which the counsellors encouraged questions and discussions of case studies and issues brought up by attendees. All participants were given the opportunity to discuss problems that they may face within their separate support groups. The workshop covered depression, suicide prevention, anxiety, trauma and PTSD, and we were then able to link these topics to the application of good counselling skills. The workshop also covered how to start and maintain a support group and the type of help SADAG can provide support.



## Counsellor Training at Morningside Clinic

On Saturday the 27<sup>th</sup> March, the counsellors and staff of SADAG attended the monthly counsellors' training held at the Morningside Medi-Clinic in Sandton. Guest speakers included Ian Lipman, a Clinical Psychologist and Paola MacQueen, director of Viva Youth College in Kyalami, a support and life enrichment centre for teenagers and young adults with mental illness.

Ian Lipman, who has been in practice for 13 years, specializes in coaching assertiveness; self-esteem and relationships. He gave a talk on emotional boundaries within the relationship of a counsellor and a caller - "You have a responsibility to yourself as much as a responsibility to both the group and the caller." Lipman explained that with a help line, the counsellor needs to set boundaries with the caller in order to balance out the needs of the caller, counsellor, and other callers. "The important thing is to equip the caller with skills that they can use to improve their situation."

Paola MacQueen gave a talk on the Viva Youth College. It is the first of its kind in South Africa, founded in 2002. 75% of the patients at Viva come from a dysfunctional family environment, and people from the ages of 13 to 28 are accepted residentially at the college. Viva offers a stress free environment with caregivers on call 24 hours a day, 7 days a week. It also offers educational schooling as well as access to the appropriate doctors for mental illness. Residents are given training in social skills, uplifting self-confidence aimed at reinstating them into society after 12-18 months. "Viva is now in a position to offer affected families hope that there is a constructive life after diagnosis." For more information contact the Viva Youth Centre on 082 896 4444 or visit their website at <http://www.vivacollege.co.za/>

## Press



Specialist CBT psychologist Kevin Bolon was a guest on Talk Radio 702 and SAFM in hour-long shows about phobias. From the fear of flying, to phobias about snakes, people called into the radio and to SADAG requesting help for debilitating fears and phobias. Many callers requested a CBT therapist to help them - CBT (Cognitive Behavioural Therapy) is certainly the most successful long-term therapy for anxiety and phobia. SADAG Director, Nkini Phasha, appeared on an hour-long Kaya FM show where he spoke about depression, how and where to get help, and the work that SADAG does.

We also had a story on Bipolar in Longevity, a great story on mental health and genetics by Lynne Giddish in Real Magazine, and an article in The Times Newspaper.

## 3Talk on PTSD

On Tuesday the 16<sup>th</sup> March, 3Talk did a show on Post Traumatic Stress Disorder, and Janine was there as SADAG representative. The show's lines were inundated with calls from viewers. SADAG received hundreds of calls and emails from people desperate for help, and with very serious, often heart-breaking cases and traumatic stories to tell. We want to thank Noeleen and the 3Talk team for airing a show on such a critical topic. South Africa is one of the most violent countries in the world and some experts suggest that 6 million of us may be suffering from PTSD, but less than a third seek help which made this show even more important.



## Support Group Corner

## Bridging Polarities - Bipolar Awareness Conference in Rondebosch

On Saturday the 29th May from 2-5pm, the Bipolar Bears will be holding a Bipolar Conference in Rondebosch to coincide with Bipolar Awareness Day on the 26<sup>th</sup>. There will be seating for 80 people only so it is crucial that you book as soon as possible. There will be talks by experts in a variety of disciplines including psychiatry, psychology, pharmacy, human rights, as well as a survivor and support group leader. The conference is aimed at creating awareness and understanding of bipolar disorder and through education, to destigmatise mental illness. In the spirit of collaborative generosity there is no charge but the group does ask for a donation. Funds thus raised will support generating awareness in other communities. The conference includes tea and an information pack. For more information and bookings, please contact Suzanne on [bipolarworkshops@gmail.com](mailto:bipolarworkshops@gmail.com), or Nina on 082 458 8044.



## The Power of Support Groups – Talk at Barbarellas Restaurant, Constantia Village

We are encouraging many more people to start support groups and on Wednesday 26 May (national Bipolar Awareness Day) there will be a talk on the power of support groups from 9:00am to 10:30 am in Constantia Village. There is no charge and tea / coffee and a muffin will be provided. To book your place, please contact Suzanne on [bipolarworkshops@gmail.com](mailto:bipolarworkshops@gmail.com), or Nina on 082 458 8044.

## Charlene Sunkel has launched a branch of the Central Gauteng Mental Health on East Rand



Charlene Sunkel held the opening of this branch on the 15<sup>th</sup> April to help communities in need of care. It is based in Katlehong on the East Rand. To launch, there were talks on bipolar, human rights, and mental disability.

If anyone is interested in more information please contact Charlene on 011 614 9890 or email [charlene@witsmhs.co.za](mailto:charlene@witsmhs.co.za). We wish her the best of luck with this new endeavour.

## Bara Support Group

SADAG's HIV and Mental Health Group at the Luthando Clinic at Baragwanath Hospital has been a great success. The group provides support and friendship for the group members as well as covering issues such as healthy lifestyle, stigma, motivation, substance abuse and depression. Huge thanks to Khethi and Katrina for strengthening this project.



## Healing Wings South Africa has a revamped their website



Healing Wings - a drug and alcohol rehabilitation facility - was founded in September 2000, in Southern Mozambique. Ten years of operation in Mozambique laid down a strong foundation for the opening of Healing Wings South Africa, in the forests of Sudwala, Mpumalanga approximately 50 kilometres outside of Nelspruit. The programme aims to “restore within an individual, the capacity to make informed life decisions which are not dictated by circumstance, addiction or compulsion.”

Individual counselling and group therapy is conducted by an on-site full time Senior Social Worker and Auxiliary Social workers. There are referral Psychologists and Psychiatrists, in Nelspruit, which residents see on an appointment basis, as necessary. This is a for profit organisation and you should ring for costs. There is a minimum stay of 6 months. The Healing Wings programme runs in a cycle, so residents are admitted at any time and as quickly as possible. The Nelspruit facility can house about 60 residents (20 females and 40 males). For more information, please visit the website: <http://www.healingwings.co.za/>.

## Graceland – Recovery and Help



**GRACELAND**  
Inc. Life Recovery/ Kibbutz/ Ubabalo Trust Fund  
*Change a Life, Change a Family, Change a Generation*

Recently opened in Port Elizabeth, Graceland is a facility specifically for people struggling with depression, stress or substance abuse problems. The Life Recovery Centre is overseen by the ministry of St Marks Church and while the centre is run from a Christian perspective, it offers counselling that is practical, medical and spiritual and is

not “overbearing from the Christian perspective.” The programme is called “breaking the chains’ and is built on the sincere and lasting care of people of all races and backgrounds. The programme includes time with psychologists, counsellors, equine therapy, as well as other active pursuits and responsibilities. Graceland has a touch farm and tea garden that are open to the public. Please call (041) 460 6060 or visit [www.graceland.stmarks.org.za](http://www.graceland.stmarks.org.za) for more information.

## What's New?

-

## DrugTrials

SADAG is running pre-screening for a Chronic Obstructive Pulmonary Disease and Chronic Asthma drug trial.



There are countrywide centres. Anyone interested in taking part, please contact the pre-screening centre on 0800 20 26 46. We are also doing pre-screening for a Major Depression trial in Sandton.



Please call 0800 20 50 76 for more information. We are also helping to recruit children with depression. If you know of anyone without funds or care who would like to participate in any of the above please call.

### Negligent or Inappropriate Treatment and Care in Hospitals and Clinics

SADAG is compiling a dossier on cases of negligent or inappropriate treatment of mental illness in hospitals and clinics. If you have a story to share or have experienced any ill-treatment, please briefly outline the details and email – with a contact number – [zane1@hargray.com](mailto:zane1@hargray.com).



We are looking at cases of:

- Unavailability of medication
- Non-secure facilities
- Abuse by staff or other patients
- Risk of sexual abuse
- Ineffective suicide watch
- Lack of trained mental health staff
- Hostile treatment of patients by staff
- Unhygienic conditions
- Inhumane treatment of psychotic patients
- Inadequate containment of dangerous patients, and inadequate protection of other patients
- Lack of prompt attention and treatment

### Free 8 Session Research Programme for Substance Abuse - Gauteng

Counselling Psychologist, Marlene Freemantle, is currently completing a doctoral thesis on “Development and evaluation of a Christian psychological secondary treatment model for substance abusers.” She is offering free participation in this programme for people who have successfully completed a minimum of 3 - 4 weeks primary treatment for substance abuse. The treatment equates to aftercare treatment in a private practise setting in Crowthorne, Kyalami, and Midrand. Participation in the proposed programme will stretch over +/- 8 sessions (at least twice per week initially) at no cost to the participants. Confidentiality and privacy is guaranteed and participants will be privy to the final research results in summary form. Participants may withdraw from the programme at their own discretion.

Participation includes a formal diagnostic interview of two hours, followed by subsequent one 2 hour appointment during which treatment, treatment evaluation and random toxic screening will take place. Homework assignments and journaling are obligatory. The approach is a Christian Psychotherapeutic one. Anyone interested in finding out more information or participating in the study, please contact Marlene on 011 702 1822 or email [marlene.freemantle@gmail.com](mailto:marlene.freemantle@gmail.com).

### Bipolar Website

Enrique "Topo" Rodriguez, an old friend to SADAG, has just returned from an amazing 3-week, non-stop trip of Brazil and Argentina and the ISBD conference. His trip started in Sao Paulo at the International Society for Bipolar Disorders Conference, where he gave a presentation to about 80 people on Advocacy Groups, which was very well received. In Cordoba there were over 500 people in attendance! In Buenos Aires, over 300 people attended. The two presentations in Argentina were organised with auspices of the Argentine Society for Bipolar Disorders (ASATHU) and sponsored by GSK (Glaxo Smith Kline). The reality during this tour was to see how mental illness does not discriminate. We'd like to congratulate him on his amazing work. If you would like to visit his very worthwhile and informative website, please log onto <http://www.tf4e.org/>.



### Tax Benefits for Mental Illness Expenses

There has been some confusion about a recent decision to give tax refunds for costs to people suffering from mental illness. Tax returns already assessed for prior-years (up to the end of the 2009 year) can be re-opened and tax refunds could be obtained. The law was changed with effect from 1 March 2009 i.e. for the 2010 tax year. In broad terms, the new law will continue to apply as before if the mental illness has persisted for one year, or more or is diagnosed to last for more than one year.


To read the article by Ethel Hazelhurst, click on the following link:  
<http://www.busrep.co.za/index.php?fSectionId=561&fArticleId=5329196>

For more information on this and how you may benefit from the tax provisions and obtain tax refunds please contact Eugene Bendel at [ebendel@bendelsconsulting.co.za](mailto:ebendel@bendelsconsulting.co.za). All information is treated in the strictest confidence.

### A New Local Brochure on Bipolar



Zinzi Shumane has a family member with Bipolar and has written a comprehensive brochure that brilliantly explains Bipolar and how it affects black families differently.

 "It is unfortunate that throughout the years' people (flesh & blood) are cast-out/ostracised for being different from what society considers to be normal. Africa is a continent rooted in traditions that shape families and determine how people react under pressure. In the African context mental illness is a taboo subject that people don't even talk about and because of the stigma attached to this type of illness our sisters, brothers, uncles and aunts suffer in silence while great turmoil goes on in their minds".

By Zinziswa Shumane

The brochure is written especially for the African 'child' diagnosed with any type of mental illness who is struggling to come to terms with the diagnosis. I would encourage all people to read the book because it will empower a person with the necessary knowledge that will be very helpful if ever someone you know is diagnosed with a mental illness. Contact Zinzi on [zinzishum@yahoo.com](mailto:zinzishum@yahoo.com).

### INVICTUS – Personality and Career Profiling for kids and adults



INVICTUS Career Guidance SA is part of an international on line career guidance and profiling company that has been successfully helping young people to find the best career since 2000. MyCareerMatch is a tool that allows people to discover their natural gifts and talents, a career and personality profile that helps them understand how they and others think, and that leads them to choose a career that's right for them. Beverly Garside is a life coach, speaker and author, who is passionate about education and family. Depression and suicide is growing at an alarming rate among our youth. Bev works closely with SADAG and her aim with INVICTUS is to assist people in finding direction, building self-esteem, reducing depression and helping them find a happy and enthusiastic direction in life for themselves. Bev works with teachers and especially Life Orientation Educators, parents, businesses, and the youth offering training on career guidance and values. She will be giving workshops during the June/July school holidays. Please visit <http://www.careerguidancesa.co.za/> or contact Bev at [bev@bevgarside.com](mailto:bev@bevgarside.com)

### Thank You's

"Thank you for the work you are doing. It is so good to see the word going out regarding depression and the many other illnesses that people suffer from which are pushed aside because one cannot see them. I know, because I have been one that has been stigmatized because of depression. Thank God there are individuals who really care and are totally non-judgemental and nurturing."



H.C

*"Thanks for the great work that your organization does. It is heartening to know that there is someone you can talk to in your time of need."*

K.J

### In Memory of Prof Alan Flisher

It was with great sadness that SADAG heard of the death of Prof Alan Flisher. He was a dedicated and passionate man who made an immeasurable contribution to mental health and who was always willing to assist us with his incredible knowledge of child and adolescent psychiatry, give us advice and guidance, and who was always happy for us to use his great research material when we needed it. He will be sorely missed by all who knew him and our thoughts go out to his family at this time.



### A tribute by Prof Dan Stein

Prof Alan Flisher was a major leader in Child and Adolescent Psychiatry in Africa, and his loss will be sorely felt by many friends, colleagues, research collaborators, and students.

Alan's leadership is exemplified in many ways, not the least his being the inaugural incumbent of the Sue Struengmann Chair in Child and Adolescent Psychiatry and Mental Health at the University of Cape Town, the only dedicated Chair in this field in the country. He aimed to use this position to strengthen a public and community health perspective on child health, to develop clinician-scientists in the area of child and adolescent psychiatry, and to undertake research that would optimize the prevention and treatment of psychiatric disorders in children and adolescents. It is particularly sad for the field that he was able to occupy this Chair for such a short time, before he had time to consolidate and fully implement his plans. Alan was deeply committed to lifelong learning; he obtained a record number of 7 degrees through the University of Cape Town, and was always willing to embark on new projects from which he would learn more. He was a superb mentor and an excellent collaborator.

Despite his enormous academic contributions and prolific publication record, there are many other ways in which Alan would, no doubt, like to be remembered. First, as a man of principle. Alan had enormous integrity and always strove to do what was fair and just, whether it was in his engagement in academic debates or in advocacy for the needs and rights of the marginalized and the vulnerable, particularly children and adolescents. Since the 1980s he made an important contribution to fighting for democratic health structures and appropriate evidence-based resourcing for mental health services. Second, as a loyal and true friend. Alan had close friendships with a range of colleagues in a broad array of institutions throughout the world. When he gave his word, you knew that he would keep it. Third, as a family man. Despite his enormously busy professional life, Alan always had time for his wife and children. Our heart goes out to them at this time.

Sincerely,

Zane Wilson

**Founder**

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

---

powered by **GRAPHIC MAIL**  | [unsubscribe](#) | [forward](#) | [update profile](#)

This mailing system may only be used for sending permission based email.

If you did not give permission to receive emails from this sender, [please notify us](#).

This email was sent to [admin@anxiety.org.za](mailto:admin@anxiety.org.za) by [zane1@hargray.com](mailto:zane1@hargray.com) | [Print / PDF version](#) | Read our [Privacy Policy](#).  
SADAG - 177 Katherine Street, Sandton, 2010, South Africa