



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

August Newsletter 2011

We are watching developments in the new National Health Insurance (NHI) initiative carefully as well as the Medical Schemes Consumer Protection Act. As soon as we know anything and are able to give appropriate suggestions, we will advise patients. SADAG has applied to be on the advisory committee as a patient advocacy group so we can contribute on your behalf. We will keep you posted on developments as they happen.

[Click Here](#) to read Tamar Kahn's Business Day article on NHI.



Casual Day - Friday 2 September

For the first time ever SADAG is participating in Casual Day this September. Companies are encouraged to let their staff wear whatever fancy and weird clothing they want to that day at a cost of R10 per person. Many companies pay for their whole staff to participate or pay 50% towards it. This year, SADAG will be participating as a receiving organisation and stickers will be available from us. Buy a sticker and go to work dressed as a cat, in pyjamas, a golfing outfit, whatever! The funds from this day go towards SADAG and other NGO's for people with disabilities. Please give your support and encourage your Boss, your University, your Radio Station to let the whole company participate.

To print a letter to encourage your company or staff to support this initiative, please [click here](#).



SADAG Counsellor Training August 2011

We are planning another counsellor training the last weekend in August. If you are interested in becoming a counsellor at our crisis call center in Sandton or running a support group in your local community, then please contact Clare or Adri to schedule an interview. We are especially looking for people who are more mature and have coped with some hard life experiences. Please [click here](#) and you will read about three of our counsellors Shanne, Lungelo and Thavanisha and why they volunteer for SADAG. To download the application form [click here](#), or contact Clare or Adri directly on 011 262 6396 for more information. Please complete the form by the 14th August and fax it back to 011 262 6350.



Panic Day - July 2011

July is Mental Health Month and on the 10th of July SADAG held talks across the country and did tons of press in aid of Preventing Panic Day. A very big THANK YOU to all our wonderful Support Group leaders (Una, Chris, Caitlin and Wynand in the Western Cape, Marica in Vereeniging, Caryn in East London, Jerry in Potchefstroom, Lori in KZN, Suzette in Garsfontein, Gwen and Paul in Witbank, Kerry, Driekie, Carlo, Ramona, Lesley, Sally, Bronwan, Ntombi and Kerry in Gauteng, and Rita in Thabazimbi); as well as our speakers who gave their time freely and passionately to help Panic sufferers across the country (Bradley Drake and David Rosenstein in the



Cape, Prof Jordaan in Vereeniging, Lorraine Holmberg in East London, Cheryl Sol in KZN, and Dr Colinda Linde, Debbie Howes, Nicolette Jordan, Tertia Myers, Suzette Heath, Lungelo Mavuso and Nathi Gabuza in Gauteng), and all our counsellors who helped us make this day such a success.

[Click Here](#) to read about all the areas and their feedback on the day.



Press

SADAG was in the media a lot this month and we would like to thank all our press and media for their continuing help and support! It's because of you that so many South Africans are able to get the help they need.

From a wonderful article on Panic in the Daily Sun and an article in the Mail & Guardian to a line-jamming 3Talk show on self-harm with Dr Motlana and Liane Lurie, a wonderful and informative show on sleep disorders with Dr Alison Bentley on SAFM, and a fantastic article on our Speaking Books in the City Press, SADAG has been incredibly busy. Click on the links below to read the articles in newspaper and magazine.

NEWSPAPER

[Daily Sun \(27 June\) - Panic](#)

[FA Nuus \(1 July\) - Suicide](#)

[Vaal Weekblad \(6 July\) - Panic](#)

[Mail and Guardian \(8 July\) - Panic](#)

[Die Beeld \(13 July\) - Dealing with emotional pressure](#)

[City Press \(17 July\) - Speaking Books](#)

MAGAZINES

[Dischem Benefits \(1 May\) - Teen Suicide](#)

[Nursing Update \(1 June\) - Patient Support](#)

[Reality \(1 June\) - Depression](#)

[Move \(29 June\) - Mental Health](#)

[YOU \(30 June\) - OCD](#)

[Life \(1 July\) - Depression and Chronic Illness](#)

[The Waiting Room \(12 July\) - Depression](#)

ONLINE

[IOL \(13 July\) - Panic](#)

[Psych Central - Changing media depictions of mental illness](#)

TV

DSTV Channel Africa (15 July) - Addictions and Substance Abuse with Nkini Phasha

3 Talk (19 July) - Self Mutilation with Dr Motlana, psychologist Liane Lurie and SADAG's Janine Shamos

SABC 1 Shift (19 July) - Substance Abuse and Nyoape in South Africa with Lungelo Mavuso

RADIO

Radio 702 (7 July) - Panic Disorders with Chairman Dr Colinda Linde

SAFM (12 July) - Sleep Disorders with Dr Alison Bentley

Chai FM (12 July) - Men and Depression with Richard Hawkey

Radio 702 (14 July) - Trauma and PTSD with Robin Rosen

Clicks Live (15 July) - Depression with Diane Mallaby



SADAG Talks and Workshops

SADAG continues to do presentations, talks and workshops across the country for corporates, schools, NGOs and communities. To book your talk, please contact Clare on 011 262 6396.

This month SADAG went to a [Tara Wellness Day](#), [Telkom Women's Talk](#), a wellness day at the [Renaissance BJM](#), an [Ivory Park Clinic Talk](#) to nurses, a [soup kitchen in Braamfontein](#) with many volunteers needing support, [Teachers Training at Eastleigh School](#) for 30 Teachers on Children at risk for depression and stress. This is only a small selection of the diversity of talks we present.



Medihelp "Living with Alcoholism" DVD

"Living with Alcoholism" DVD offers a touching glimpse into the life of acclaimed South African singer Elzabé Zietsman. Zietsman gave up drinking a few years ago. As the heart and soul of the party, she was always proud that she was able to drink more than her friends. The turning point for her was when she saw herself through the eyes of a good friend. She did not like the person she had become and decided never to drink again. [Click here](#) to read more information about the DVD and how you can purchase a copy.



New Rape Crisis Centre in KwaZulu Natal

The brand new Jes Foord Netcare Rape Centre opens its doors at the St Augustine's Trauma Unit, in Durban. [Click here](#) for more on this new and fantastic centre.



New Depression Trial



If you or a loved one have been diagnosed with depression, but do not have either a medical aid or funds for assessment and/or treatment, then you may be eligible to participate in a clinical trial for Major Depressive Disorder. [Read more](#) about this new depression trial.



Everybody needs support during difficult times

If you are suffering from Depression or Anxiety and are on an antidepressant or not, ask your doctor about the Lundbeck mySupport Programme. Log on to www.firstsupport.co.za to see the benefits of this programme or ask your doctor for a membership number to get connected. This great service allows you to go online and get information, monitor your progress, get supportive messages, ask questions from a professional and communicate with others who are going through similar experiences.



Lotto Project 2011

Thanks to the perseverance of our CEO Elizabeth Matare, SADAG received our second Lotto award. Our first one was five years ago! This project is to complete Teen Suicide Prevention talks to over 30,000 youth during the next year. If you have a school that needs such help and is based in Gauteng, please let us know. In the mornings, you could call Clare, Adri, or Roshni between 9am and 12 noon on 011 262 6396.

One of the incredible highlights of this donation is that a certain amount of it was for a new vehicle for SADAG. The small blue Toyota, which had been a second hand car for 9 years and was really falling to pieces. This vehicle will help our school talks team go into townships in Gauteng, Limpopo, North West and wherever we need to help communities.



Pharmadynamics and Police Workshops

Pharmadynamics is the supporter of our toll-free police helpline (0800 20 50 26). They believe that the SAPS puts their life on the line everyday and go out each day to protect the lives of all South Africans - together we look after their emotional wellbeing. Not only do they sponsor the helpline but also talks and workshops on trauma, depression and suicide for SAPS at their stations. We have a talk coming up in Durban in the 1st week in August and another in Cape Town in early August.

[Click here](#) for more on this initiative.



Support Group Corner

We'd like to welcome 2 new support groups to SADAG in Tzaneen and Wellington in the Western Cape. We are always very happy to add more support groups to our referral guide, especially new groups in areas that so need the help. [Click here](#) for more details about the new groups.

Also, a very special thank you to Dudu in Scottburgh for the amazing work that she is doing in her community. Please [click here](#) to hear about her successful support group meeting.



Suzanne Leighton - Workshop to Explore Bipolar Disorder and the Benefit of Therapeutic Touch

Suzanne Leighton will be facilitating a workshop exploring bipolar disorder and the benefits of touch therapies on Saturday the 3rd September in Meadowridge. This workshop is aimed at medical and complementary health practitioners, therapists, caregivers, teachers - anyone interested. But this will be a smaller group to allow discussion, so there is limited space available. Please contact Fiona McLennan on mcpearce@mweb.co.za, 021 686 0707 or 072 732 3250 to check availability. Suzanne will be holding the next Hero Book course in September - please ask for details.

[Click here](#) for more details.



New Websites and Blogs

CBT Article

Cape Town-based CBT Psychologist, Bradley Drake, has written an article on CBT in South Africa please contact his office on 021 5587198 or visit his site: <http://www.cognitive-behaviour-therapy.co.za/> for more information.

To read his article on "CBT in South Africa" please [click here](#).

Child and Adolescent Anxiety Website and Blog

Another of our CBT therapists, David Rosenstein, has just launched his new website - a must for anyone interested in child and adolescent anxiety. Take a look at <http://www.childrenstherapy.co.za/>. There will be blogs and information on anxiety and related

difficulties in children and adolescents. To visit his blog, click here <http://childsminds.wordpress.com/>

Psych Central

Psych Central has always been a wonderful site to visit for new information. They also have a newsletter you can sign up for. Visit <http://www.psychcentral.com/>

Psychology Today

[Click here](#) to read about a very interesting article on legal drugs that can kill you.



World Mental Health Day - 10 October

World Mental Health Day's theme is "Chronic Illness and coping with Depression." Anyone who has contacts with a local support group that deals with chronic illnesses like Cancer, Parkinson's Disease, Fibromyalgia, Asthma, Diabetes, Stroke or someone who works with homes, clinics, retirement homes, or anywhere that would appreciate a talk on the connection between chronic illness and depression, please call Adri or Clare 011 262 6396 as soon as possible to discuss dates and venues for talks. It's only through collaboration that we can spread the message that suffering from a chronic illness doesn't mean you have to suffer from depression.



Thank You's

SA Journalism Fellowship Programme

SADAG and the Carter Centre were instrumental in hosting a Mental Health conference for over 30 South African journalists earlier this year with local and overseas speakers.

[Click here](#)

Patient Thank You's

Adri called me today and I feel so much better knowing there is help and support available. Knowing that there are others out there that experience the same things that we are going through makes it easier to accept. Thank you from the bottom of my heart. Also thanks to Adri for all the information she shared and reassurance that I so needed. God bless, thank you. EC

SADAG's counsellor was very helpful, she called me and we had a chat. I would like to thank you and your team for your excellent and efficient service.

Regards, V



Thank you to all the Board, office staff, volunteers, our trainers, and support network. Who all make it possible to provide free help and support to thousands of callers every month.

Wishing you good mental health.

Regards,

**Zane Wilson
SADAG Founder
Zane1@hargray.com**