

25 / 2 / 2012

Get HELP!

Emergency lines

Suicide Crisis Line
0800 567 567
SMS 31393

Sanofi Aventis Sleep Line
0800-SLEEP (0800 753 379)

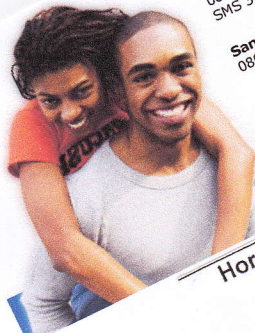
Dr Reddy's Help Line
0800 21 22 23
Hours 8am to 8pm 365 days a year

Pharmadynamics Police and Trauma Line
0800 20 50 26

Department of Social Development Substance Abuse Line
0800 12 13 14 - SMS 32312

AstraZeneca Bipolar Line
0800 70 80 90

SADAG Mental Health Line
011 262 6396



Horrible

Good



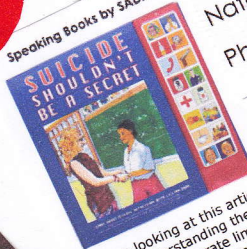
Psychiatric Clinics and Hospitals:

Gauteng Psychiatric State Clinics and Hospitals	Phone Number
Barwanah Hospital	011 933 8000
Far East Hospital	011 817 1426
Garangkuwa Hospital	012 529 3111
Helen Joseph Hospital	011 489 4911
Johannesburg Hospital	011 488 4911
Kalafong Hospital	012 318 6400
Natalspruit Hospital	011 389 0500
Phalesong	011 783 5020
Steve Biko Hospital	012 354 1000
Pretoria West	012 386 5111
Sterkfontein Hospital	011 957 8000
Witrand	018 2234 5221
Psychiatric Specialis Units Private	
Denmar Psychiatric Unit	012 998 6062
Vista Psychiatric Clinic	012 664 0222



Don't miss it!

Speaking Books by SADAG



"Imagine looking at this article and only understanding the images. Being illiterate limits the information you can access, and in Africa, one in five people cannot read. Enter Speaking Books, an inventive health tool that was recognised with a United Nations award for information and communication technology in May 2011. This book relays essential health information on a variety of topics ranging from malaria and tuberculosis to HIV and Aids. Localised by local NGO African Depression and Suicide Group (SADAG), the free

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

- 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, Dugga and Substance Abuse
- Powerful link between Mental Health and Substance Abuse

FUNDING



- Book income - 43.3%
- Projects - 29.9%
- Training income - 2.7%
- Cell Service & Drug Rehab - 14.7%
- Donations - 12.1%
- Pharmaceutical Sponsorship - 10.7%
- Membership - 0.6%

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

CONTACT SADAG

011 262 6396 | SMS 31393 | www.sadag.org

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

SPEAKING BOOKS

- SADAG innovation = income
- 5 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

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
- Janssensers Counselling Centre in Diepsloot



"I was afraid of being afraid."

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LIFE LINE
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Important info
care Services

