



COUNSELLING AND SUPPORT GROUPS

- In terms of
Schizophrenia

Overview:

We will be looking at Who SADAG is, What a Support Group is and how to get involved in either joining or starting a Support Group in helping family and loved ones supporting those with Schizophrenia



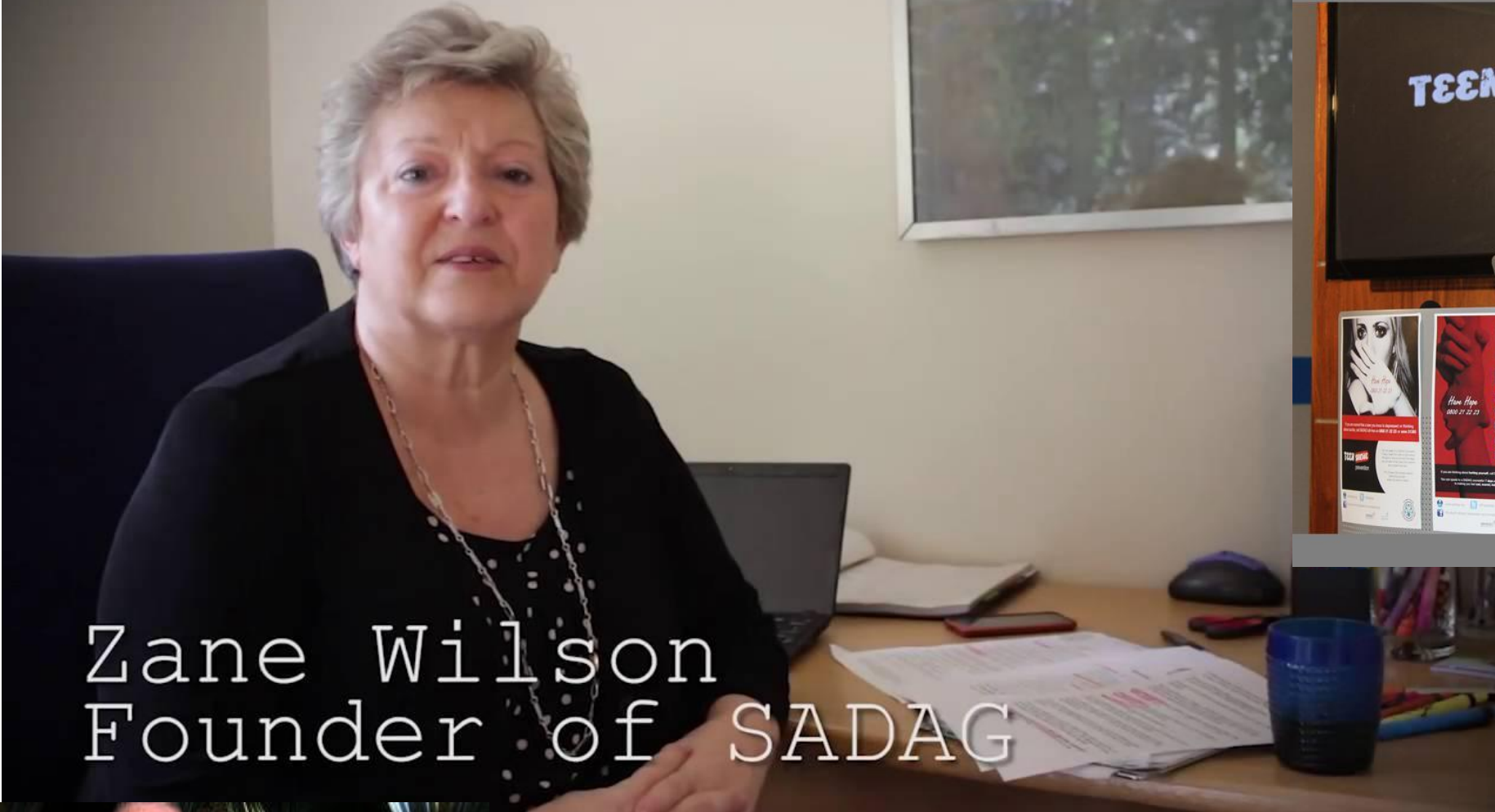
TODAY'S AGENDA:

- Who is SADAG
- SADAG's Activities
- What a Support Group is and isn't
- SADAG Support Group Rules
- Who should join/start a SADAG Support Group
- How SADAG supports its Support Groups
- Where to from here?
- Q&A





WHO IS SADAG?





SADAG ACTIVITIES

- School Talks: "Suicide Shouldn't be a Secret"
- Fundraising
- Powerful Media Campaigns
- Substance Use Program
- Over 200 Support Groups
- Mental Health Workshops / Talks and Training Programs / Wellness Events
- Rural Community Projects: Diep Sloom and Ivory Park Counselling Containers of Hope
- Speaking books
- Brochures, Pamphlets, Webinars, Weekly Facebook Friday Live
- Monthly newsletter sent out to over 30,000 people
- Website containing local and international content, videos, questionnaires, brochures and handouts



MENTAL HEALTH MATTERS SADAG SERVICES

SADAG has been making Mental Health Matter for almost 30 years



2500-3000 CALLERS PER DAY

- Provide free telephone counselling
- 1 in 4 calls are Suicide Related
- Run South Africa's only Suicide Crisis Helpline
- Receive calls from various ages, races & genders from 9 provinces

2800 WhatsApp Messages per month

R75.5 MILLION free advertising & press in 2022

38 000+ RECEIVE OUR NEWSLETTER

260 VOLUNTEERS

WWW.SADAG.ORG
600 000 HITS PER MONTH

TOLL-FREE HELPLINES
30+ LINES OPEN 24 HOURS A DAY 365 DAYS A YEAR

PHONE BILL OVER R160 000 A MONTH



160 SUPPORT GROUPS NATIONWIDE

RUN FREE ONLINE OR FACE-TO-FACE MEETINGS

SCHOOL TALKS

- Provide Brochures, Manuals and Posters for High Schools
- Team of Counsellors present Teen Suicide Shouldn't be a Secret to learners class-by-class
- As well as present various talks on other Mental Health topics such as Bullying & Stress
- Workshops & Training for Teachers and Parents

SOCIAL MEDIA AWARENESS

- Instagram • Facebook • Twitter • Tiktok • YouTube

Reaching thousands of people every week

SADAG CALL CENTER

- Based in Joburg (Head Office) , KZN & CPT
- Telephonic counselling and referrals nationwide
- WhatsApp counselling
- Only Suicide Crisis Helpline in the country
- 40+ lines that deal with Schizophrenia, Depression, Trauma, Anxiety, Panic, Suicide, Bipolar Disorder, Substance Use, etc.
- Open 24 hours a day, 7 days a week, 365 days a year
- Average 2 000 – 3000 calls per day
- Extensive referral service to Mental Health professionals across the country
- Dedicated 24-hour Helplines

Mental Health in South Africa



1 in 3 South Africans will or do have a mental illness at some point in their lifetime



Only 1 in 10 people with a mental illness have access to mental healthcare and support.
Leaving **9 out of 10 people** with a mental illness who do not have access to Mental Healthcare



Less than 5 % of the health budget is spent on mental health in the country



Dual Diagnosis of Schizophrenia and Substance use or Suicidal Ideation



1 in 4 employees have been diagnosed with Depression by a Mental Health Professional, and take a minimum of 18 days off per year due to their Depression

How to contact SADAG



PHONE

24 / 7

Suicide Crisis Helpline
0800 567 567

CIPLA Mental Health Helpline
0800 456 789

Substance Abuse Helpline
0800 12 13 14



WHATSAPP 8AM - 5PM

Cipla Chat Line
076 882 2775

Maybelline BraveTogether
087 163 2030



SMS

24 / 7

31393





WHAT IS A SUPPORT GROUP

What is a Support Group?

A Support Group is a Group of people who have similar personal experiences of the same problems or life situations and are there to help each other feel supported

- for the purpose of tonight's talk, it would be for the families of loved ones suffering with Schizophrenia.
- It is a **safe** and **supportive space** where people with **shared experiences come together**
- Groups are guided by **trained Support Group Leaders**.
- People can **talk openly without judgment** or pressure.
- Support Groups are **not therapy sessions**, but they can **complement therapy and professional support**.
- Groups can be **online** or **in-person** depending on availability



Support Groups foster a safe space :

As humans we want to **connect with people**.

Living with someone or taking care of someone with Schizophrenia, Depression, Stress, Anxiety and Worry can sometimes threaten this. When we are struggling emotionally, we feel alone and lonely, **we feel that others cannot understand us**, and we **withdraw** from people when we need them the most.

Fear of stigma and being judged often make us fearful of telling even those we love that we are struggling or suffer from Mental Illness.

Joining a Support Group, or deciding to set one up, is a **powerful commitment to taking care of your Mental Health and forming relationships with others**.



How does SADAG Support Groups work

- ALL Support Groups are **FREE**, we have **face-to-face or online groups**
- Some groups focus on specific topics – Depression, Anxiety, Grief & loss, Bipolar Disorder, Addiction recovery, Parents/caregivers, Trauma, etc
- People can **share, listen, learn, or simply attend quietly at first**

In terms of Schizophrenia, or psychosis, **we do not** have Support Groups for people who are diagnosed with Schizophrenia or even psychosis, as we are not trained medical professionals.

We have **Support Groups for loved ones and family members/carers of those living with Schizophrenia**





There are many different types of Support Groups, each serve different communities and their specific needs. These include, but are not limited to:

- Mental Health
- Mental Health in the Workplace
- Depression
- Anxiety
- Trauma
- Substance Use
- Bipolar Disorder
- **Support Groups for loved ones and family members who have loved ones with (Mental Illness)**



**WHAT A SUPPORT GROUP
IS NOT...**

First and foremost, a Support Group is NOT Group Therapy

- While **a Support Group can be therapeutic, it is not the same as therapy.**
- It does not need to be run by a Mental Health Professional as it does not involve Professional Counselling or Psycho-Education.
- **Group Therapy** is run by a **Mental Health Practitioner** who is trained and accredited to conduct Psychotherapy, for example, a Psychologist, Social Worker, Occupational Therapist etc.
- The majority of SADAG's Support Group Leaders are patients, or ex-patients who have experienced difficulties with their own Mental Health, or the Mental Health of a loved one.
- We also have Groups run by Family Members/Carers who have a keen interest in Mental Health.





It is not necessary for Support Group Leaders to be Mental Health Practitioners, because Support Groups are not therapy

- A Support Group should never be the first line of patient intervention, especially if not diagnosed
- If someone is struggling with their Mental Illness, it is **STRONGLY** advised that they first see a Mental Health Practitioner for one-on-one dedicated treatment and diagnosis.
- In many ways a Support Group for loved ones living with Schizophrenia or any mental illness provides a space where family members or carers are understood, accepted and supported in all that they are dealing with.



SADAG SUPPORT GROUP RULES



Rule Number 1: All SADAG Support Groups are non-denominational

Our Groups don't subscribe to any one religion.

As Mental Health affects people from all races, cultures and beliefs, this rule helps to ensure that anyone and everyone feels welcome to join a SADAG Support Group. SADAG Support Groups use a person-centred approach.

We understand that faith plays a massive role in many people's recovery and Mental Wellbeing.

We support all religions – we are religion neutral and accommodate people of many faith-based organisations as possible.

We can't adopt one religion over another, but we offer and have offered training to many different groups.

We are more than happy to help wherever we can.



Rule Number 2: SADAG Support Groups are not open to minors

Only those eighteen and older can attend Support Groups.

While we understand that there is an important need for Mental Health Support for the youth, there are several important factors to consider when hosting a Support Group for minors

- Police clearance
- Consent – child/school/parent
- Confidentiality
- Referrals and additional Support in concerning situations

As Support Groups are a big responsibility, we recommend that only individuals **23 years of age** and older apply to be Support Group Leaders

SADAG offers a unique Peer Support Group Leader training for students over 18. To find out more about this training email [**peersupport@anxiety.org.za**](mailto:peersupport@anxiety.org.za)

Rule Number 3: You can't profit from a Support Group

- SADAG doesn't have the funding to pay their Support Group Leaders, so running a Support Group is purely on a voluntary basis.
- SADAG Support Groups are free of charge, so you can't charge Members to attend.
- If you are a Mental Health Care Practitioner or provide any paid for Healthcare Service, you can't see your Support Group Members in your professional capacity. You also should not recommend that your clients/patients join your Support Group as this can create an ethical dilemma in terms of dual relationships.





WHO JOINS A SUPPORT GROUP

Who joins Support Groups?

- Anyone looking for **emotional support, understanding** and **connection**
- People living with Depression, Anxiety, Trauma, Grief, Stress or other Mental Health issues
- People who feel **isolated, overwhelmed**, or **alone** in what they are experiencing
- Those who want **safe, confidential & non-judgmental space** to talk & listen
- People who are **supporting a loved one/partner/friend/child/parent** with a Mental Health issue
- People going through **major life changes, loss or burnout**
- Anyone wanting to **learn health coping skills** and ways to improve wellbeing
- May have received formal/professional counselling before, now would **benefit from peer support**
- Someone interested in **building community, resilience & connection**





WHO SHOULD START A SUPPORT GROUP

Values of a Support Group Leader:

- Anyone **passionate about creating a safe space** for others
- Someone with **lived experience of Mental Health recovery**
- Who wants to **make a difference in their area**
- Someone who **notices a need for support** where little or no support exists
- People who are **compassionate listeners, patient & enjoy helping others**
- Someone **committed to reducing stigma & promoting Mental Health awareness**
- If you have been struggling with your own Mental Health recently, rather give yourself a decent amount of time to heal. You may want to first get some one-on-one help or perhaps join a Support Group instead.





HOW SADAG SUPPORTS ITS SUPPORT GROUPS

How SADAG Supports our Support Groups

Getting Started

- Launch Pack
- Letters: venue, referrals, etc.
- Materials
- Poster & Flyers
- Advertising & Promotion of the Group
- Adding to the SADAG Referral Guide

Ongoing Support

- Advice & support
- Debriefing
- Troubleshooting & problem solving
- Guest speaker suggestions
- Materials
- Ongoing advertising & promotion of the Support Group

Comms & Training

- Support Group Leaders WhatsApp Group
- Weekly dedicated Support Group Leaders Newsletter
- Invites to various opportunities, conferences, workshops, etc.
- Monthly Counsellor & Support Group Leader Meeting
- Guest speaking slots (social media & workshops)

Emotional Support

- Debriefing
- Weekly Connect Sessions with Support Group Leaders



WHERE TO FROM HERE?

IMPORTANT

Should you wish to Start a SADAG Support Group
please email Anita on
Supportgroups@anxiety.org.za

Should you wish to Join a SADAG Support Group
please visit our website on www.sadag.org
Where you can find information on how to contact our Call Centre
to find a Group relevant to your needs

Should you wish to Speak to a Counsellor
please visit our website, or call SADAG on 0800 567 567



Q & A

