



THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP

NPO 013-085 Reg. No. 2000/025903/08

P O Box 652548 Benmore 2010

Tel: +27 11 262 6396

Fax: +27 11 262 6350

zane1@hargray.com

www.sadag.co.za

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To Whom It May Concern:

The South African Depression and Anxiety Group (SADAG) is a Non Profit organisation that started 15 years ago. SADAG operates a mental health call centre dealing with mental health issues such as depression, anxiety, and bipolar, it also has the only suicide crisis toll-free line in South Africa. Our biggest aim is to raise awareness regarding mental health in South Africa and destigmatising the myths surrounding mental health.

SADAG has worked very closely with Doug Anderson from Radio 2000 for many years highlighting many different topics such as depression, teen suicide, substance abuse, bipolar disorder, panic disorder, anxiety, post traumatic stress disorder, and many other mental health conditions which in many instances are considered a disability. Through his informative interviews, he has highlighted the signs and symptoms of these illnesses and stressed the importance of seeking help. Doug has been able to convey the critical information that is both easy to understand and is easy to relate to.

Doug is very dedicated to helping others, and this is evident in his support to our organisation and our cause. Through his radio interviews, he has been able to reach many people who have then called in to our call center and we have been able to help them. From our past experience, after doing a radio interview with Doug on Radio 2000, we receive many calls of people seeking help. So through his show, we are all able to make a difference.

Everyday in South Africa, there are 22 completed suicides and a further 220 attempted suicides, and through the dedication and support that we get from Doug Anderson, we are able to help hundreds of people who are suffering in silence.

I believe that Doug and SADAG will carry on working together in the future to help many South Africans.

Kindest Regards,

Cassey Amooore
The South African Depression and Anxiety Group
Counselling Services Manager and Press Liaison
Tel.: +27 11 262 6396
Fax.: +27 11 262 6350
Cell: +27 82 835 7650
E-mail: office@anxiety.org.za

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