

Making Mental Health Matter In the Workplace



Who is SADAG?



- Founded in 1995 to help patients with Depressive and Anxiety Disorders
- Depression, Panic, Social Phobia, PTSD, Bipolar
- Telephone Counselling and referrals nationwide
- Only Suicide Crisis Line in the country
- 15 lines that deal with depression, trauma, anxiety, panic, suicide, bipolar, substance abuse, etc.
- 8am-8pm 7 days a week, 365 days a year
- 200 Support Groups Nationwide
- Brochures, Pamphlets, Tapes and DVD's
- Schools Outreach – “Suicide Shouldn't be a Secret”
- Rural Community Projects
- Corporate Talks and Wellness Days^{M1}

Mental Health in SA



- 1 in 3 South Africans will or do suffer from a mental illness in their lifetime
- Depression is most common Mental Health issue in SA, with more women being diagnosed than men
- Only 25% of people with a mental illness get or access treatment
- 75% do not get treatment for their mental illness
- There are 23 suicides in the country every day
- Further 460 attempted suicide every 24 hours in SA
- Youngest suicide is 6 years old
- Men are 5 times more likely to commit suicide than women

Depression in the Workplace



- In 2015, SADAG in partnership with Hexor & Lundbeck released new SA research on Depression in the Workplace
- IDeA Research survey conducted in late 2014 with 1064 participants



Key Findings



1 in 4 employees

had been diagnosed with depression by a mental health professional

Employees took an average of

18 days off a year

because of their depression

Only **25% of managers** felt like they had good support in dealing with an employee with depression

Key Findings



50% of employees

had taken time off for their depression

74% of employees

experience one or more Cognitive symptoms
e.g. concentrate, multi-tasking & decision making

80% employees had worked during their
last episode of Depression

Stigma in the Workplace

- September 2017, SADAG conducted online survey via Survey Monkey
- In just over 3 weeks, 499 participants
- 79% female
- 21% male



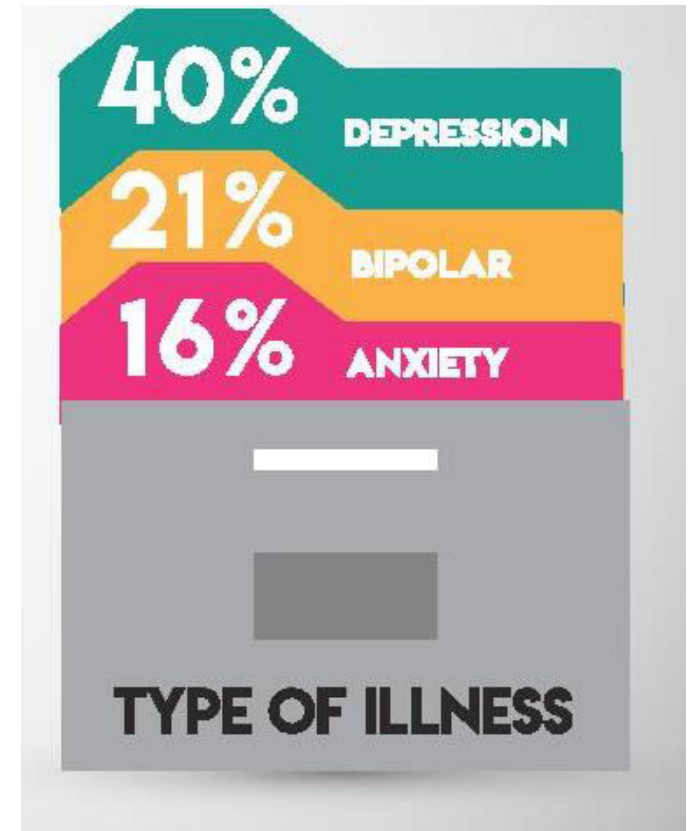
Stigma in the Workplace Survey



Stigma in the Workplace Survey

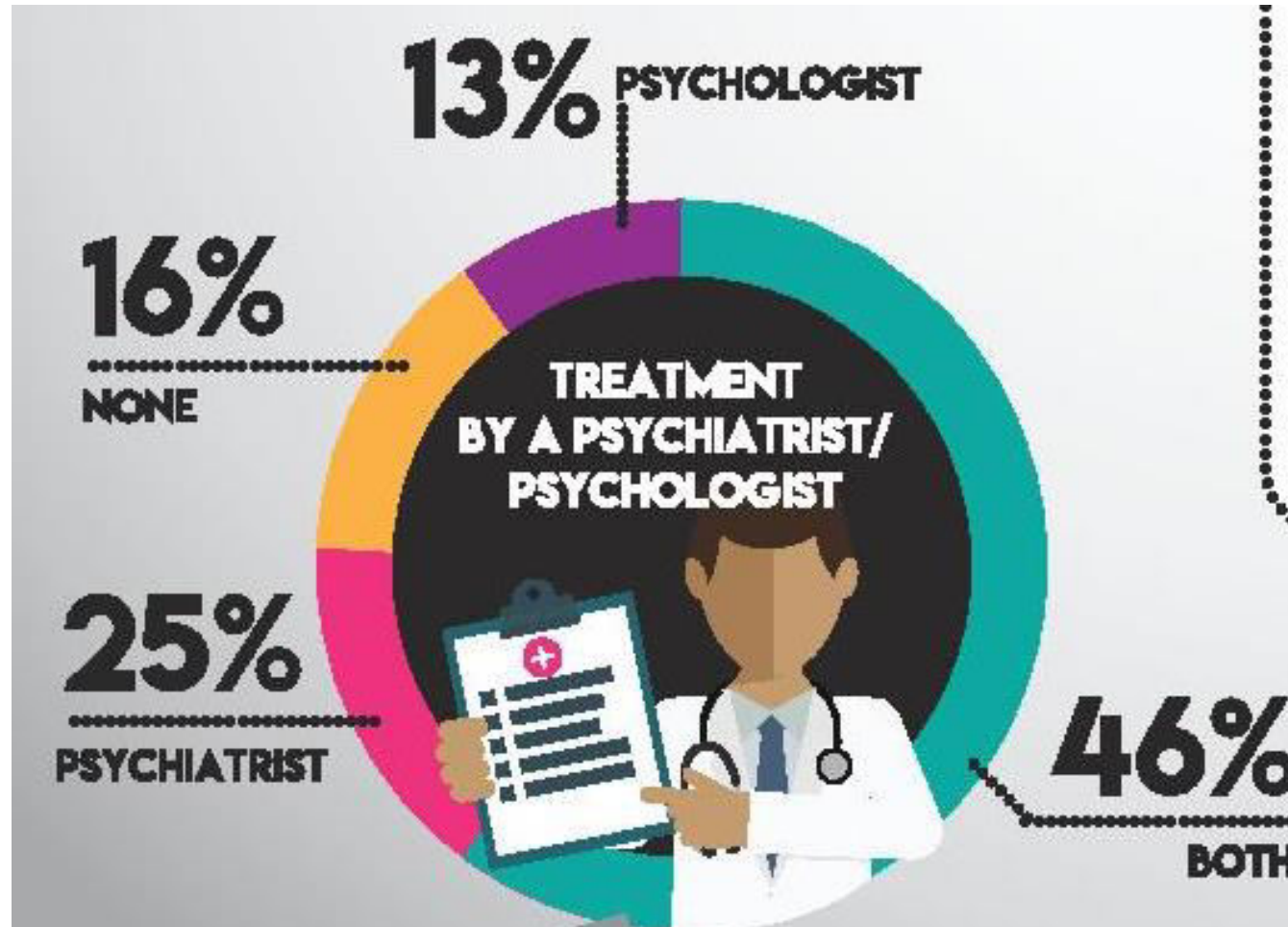


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Stigma in the Workplace Survey



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Stigma in the Workplace Survey



Reasons why people don't talk about Mental Health in the Workplace

- Discrimination
- Sign of weakness
- Embarrassment
- Fear of missing promotion
- Fear of getting fired
- Fear of being gossiped about
- Fear to be made fun of



Manager made them feel comfortable about disclosing mental health issue by doing:

- Didn't say anything negative
- Asked how they can help
- Offered psychologist service to help
- Assisted with some duties
- Opportunity to visit Dr once a month
- Disclosed similar diagnosis



SADAG

Corporate Services



- Wellness Day
- Corporate Talks on Mental Health, Stress, Trauma, Suicide Prevention, Compassionate Counselling Skills
- Training sessions for line managers
- Provide speakers
- Materials, brochures & self help handouts
- DVDS
- Online videos & useful website
- Newsletters

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SADAG's FREE #FacebookFriday Online Q & A



Friday – 27 October 'Ask the Doctor'

Recently been Diagnosed? Started new Medication?
Have questions on Treatment, Symptoms or Side-effects?

1pm: Dr Kerry Armstrong (Psychiatrist)

chat

7pm: Dr Kobus Roux (Psychiatrist)



Log in via www.sadag.org



Facebook page: [The South African Depression and Anxiety Group](#)



For more info: 0800 21 22 23, open 7 days a week, 8am-8pm



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- SMS: 31393
- Facebook: The South African Depression and Anxiety Group
- Twitter: [@TheSADAG](https://twitter.com/TheSADAG)
- Website: www.sadag.org