

# New South African talk show discusses mental health issues

To dispel the myths around mental health illnesses, the South African Depression and Anxiety Group (SADAG) and DStv's Ed TV will be launch a new TV talk show 'Share' on Thursday 11 December 2014 on channel 190. The show targets youth and their parents to discuss issues that many experience on a daily basis.



The series kicks off with 'Substance abuse over the festive season' and follows this in the timeslot of 4pm every Thursday with other relevant topics such as anxiety, teen depression, exam stress, bullying, substance abuse, festive season blues, self-mutilation, suicide, coping with peer pressure and more.

As one in three people will suffer from a mental health illness in their lifetime, these conversations that SADAG guests, mental health experts and everyday people share will be relevant to many South Africans. Viewers will learn ways to help them access treatment, necessary coping tools and where to find support and resources for day-to-day stressors.

Meryl Da Costa, press officer for SADAG says, "We are very enthusiastic to be a part of SHARE, this is a great opportunity to reach so many young people. We have an important responsibility on our hands and because of this, each episode has top experts share information and helpful resources that are easily accessible to all."

During and after the airing of the show, the organisation's toll-free helpline number will be displayed to ensure that all South Africans can reach out to SADAG for help, information, self-help tips, support and referrals.