

# Mental Health Media Summit

Mental illness and the stigma surrounding it, is a critical issue in South Africa, with one in three people suffering from a mental illness in their lifetime.



According to the WHO, by 2020 mental illness will be the main burden of disease worldwide. The South African Depression and Anxiety Group (SADAG) are at the forefront of patient advocacy, education and destigmatisation of mental illness in the country.

Join SADAG in partnership with Discovery Health for a one day workshop where international guest speaker and one of the world's leading experts in this field; Prof Stefan Hofmann, from Boston University, and other local speakers will be discussing mental health issues such as depression, social phobia, substance abuse, trauma and suicide.

Prof Hofmann will be speaking on how Cognitive Behavioural Therapy (CBT) can be used effectively in the treatment of illnesses such as obsessive compulsive disorder, social phobia, depression and anxiety. This workshop will offer opportunities for interviews with experts and case studies, with new angles and story lines presented.

The summit takes place on 4 November, 8am - 4:30pm at the The Forum, Discovery Head office, 16 Fredman Drive, Sandton.

For more, visit: <https://www.bizcommunity.com>