

THE HOPE HIKE

IN PARTNERSHIP WITH
pharma dynamics
EFFECTIVE AFFORDABLE HEALTHCARE



*Fight depression!
Break the silence!*

IN AID OF THE ITHEMBA FOUNDATION



**GAUTENG
SUNDAY**

5 October

Van Gaalen Kaasmakerij

Skeerpoort

(S 25° 47.271' E 27° 46.327')

**CAPE TOWN
SUNDAY**

12 October

D'Aria Wine Estate

Durbanville (M13)

(S 33° 50' 26" E 18° 36' 38")

Comfortable 3, 5 or 10 km hiking trail

Only a limited number of entries can be accommodated,
enter ONLINE NOW to avoid disappointment!

REGISTRATION: 08:00 – 10:00 am

STARTING TIME: 10:00 am

ENTRY FEE:

Children under 12 free

3 km – R30

5 km – R50

10 km – R75

ENTER NOW

www.iqela-events.co.za

All entry fees go towards the **Ithemba Foundation** to support research on depression

Afterwards: Pack a picnic or enjoy a lovely picnic from Van Gaalen's cheese deli or the D'Aria food stalls, after tasting some of their great wines.

World Mental Health Awareness Month

UNESCO has declared October World Mental Health Awareness Month and 10 October as World Mental Health Day.

Play your part in raising awareness around mental health, specifically depression – the illness without a face – by wearing a depression awareness ribbon. The colour of the ribbon is sky-blue because blue is the colour of optimism, peace, positivity, tranquillity, calmness – and HOPE. Beaded "Sky-blue for Hope" ribbons can be bought at R30 each, the funds going towards the Ithemba Foundation for research on depression. Order your ribbons through the Ithemba website.

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Depression is not about "feeling down" and will not disappear by "just pulling yourself together". It is a medical condition, and as with other medical illnesses, it requires treatment and medication. For various reasons, it is still an illness which is not spoken about openly in society. As with other illnesses, awareness campaigns should also help to break the silence. You can make a difference – join us on the **HOPE HIKE**. Through depression awareness, we might reduce the number of victims, and see more victors.

The Hope Hike is sponsored by Pharma Dynamics, supplier of generic medicines that work on the central nervous system. Funds raised go towards the Ithemba Foundation (www.ithembafoundation.org.za; ithemba means hope) to support research into depression. For information on depression and anxiety, go to www.letstalkmental.co.za.

If you have lost a loved one to depression, you may find some comfort in a "cyber retreat" on www.survivorsofsuicide.org.za.