



Join #FacebookFriday  
FREE Online Q & A on



## Ask The Dr about your Mental Health

Ask the experts about your diagnosis, the symptoms, medication queries and where to go for help.

Friday 10<sup>th</sup> March



1pm: Dr Anthony Koller (Psychiatrist)

7pm: Dr Aneshree Moodley (Psychiatrist)

- Log in via our website [www.sadag.org](http://www.sadag.org)
- SADAG Facebook page: [The South African Depression and Anxiety Group](#)
- Call us for more info: 0800 21 22 23 open 7 days a week, 8am-8pm

## Ask the Dr About Your Mental Health



▪ Have you recently been diagnosed with a Mental Illness? Have you started a new medication? Are you experiencing symptoms but not sure if it could be Depression? Or Anxiety? Or Bipolar?

▪ Do you leave your Doctor's room with more questions and not enough time to ask them?

Sometimes feel to silly to ask all the questions you have on your symptoms or side-effects you are experiencing?

▪ Do you have questions about what to expect from your first few weeks of taking your meds? What are the side- effects?

▪ Need more clarity on your treatment plan? Want to know if you can drink alcohol while taking your medications?

▪ You may have all these questions and more – now you get the opportunity to ask top experts without the Consultation fee! Join this week's Facebook Friday online chat with Psychiatrists at 1pm – 2pm and again at 7pm – 8pm.

[Click here](#) to join our Facebook Friday Online Chat, as well as see daily updates, videos and so much more to help you cope better everyday.

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## Meet our Experts



### At 1pm with Dr Anthony Koller

Dr Anthony Koller is a Specialist Psychiatrist with a particular interest in burnout, obesity and it's newly developing treatment with psychopharmacology, social and general anxiety as well as panic disorder.



### At 7pm with Dr Aneshree Moodley

Dr Aneshree Moodley is based in the Western Cape, her interests include women's mental health, mood disorders, anxiety disorders, substance use disorders, as well as adolescent psychiatry.



Facebook Users that would like to remain anonymous can send a private message with their questions as well as email their questions to [newsletter@anxiety.org.za](mailto:newsletter@anxiety.org.za) and SADAG will gladly ask the question on their behalf.

**For free telephonic counselling call 0800 21 22 23 or send an SMS to 31393 and a counsellor will call you back.**

**Making Mental Health Matter**

[www.sadag.org](http://www.sadag.org)