



Mental Health in the Workplace

Facebook Friday Chat




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FREE Online Q & A on




Mental Health in the Workplace

Coping with Depression and Anxiety in the Workplace, and what to consider when disclosing your mental illness to your employer

Friday 24th March



1pm: Dr Lori Eddy (Psychologist)
7pm: Greg Eccles (Psychologist)

 Log in via our website 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

Do you know how to deal with Depression/Anxiety in the Workplace? Do you or your colleague live with Bipolar and don't know how to disclose it to your employer? How do you deal/cope with your Mental illness at work? How do you get your colleagues to understand what you are going through without feeling judged? Then join the tomorrow's #FacebookFriday FREE Q&A with our expert Psychologists for useful advice to help you cope at work. The live chat is taking place on Friday, 24th March at 1pm - 2pm and again at 7pm - 8pm.

"It is estimated that 27% - 33% of employees are experiencing stress in the workplace. Common causes of stress include high workload, long working hours, difficulties with managers, conflict with colleagues, office politics, work- life balance and traffic/long commutes to work. Stress results with the demands placed on us outweigh our perceived resources to cope," says Psychologist, Dr Lori Eddy.

[Click here](#) to join our Facebook Friday FREE Q&A and ask our expert Psychologists for advice to help you cope with various Mental Health issues within the Workplace.

The Experts

Chat with Dr Lori Eddy at 1pm - 2pm



She is a Counselling Psychologist based in Morningside (JHB). Her interests are especially focused on Cognitive Behaviour Therapy (CBT) for anxiety disorders and mood disorders, as well as Eye Movement Desensitization and Reprocessing (EMDR) for trauma. She also has previously worked in the corporate sector and has a special interest in work stress and burnout.

Chat with Greg Eccles at 7pm -8pm

He is a Counselling Psychologist working in private practice in Edenvale (JHB). While he enjoys working with all types of problems, he is often involved with issues surrounding depression, anxiety, LGBTQIA circumstances, and couples problems.



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 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 Matter

www.sadag.org