

# SADAG's Daily Facebook Expert Q&A's



Dr.Reddy's 

Coping with Anxiety and Depression  
during Covid19 Lockdown

## Next weeks upcoming Facebook chats cover panic, anxiety, social media and social isolation

**6 April – 10th April, 1pm – 2pm**

While South Africa heads into its second week of nationwide shutdown and people are getting more used to the social isolation and self-distancing – SADAG is urging more people to look after their mental health during this critical time. As more people have been self-isolating and have been alone for a longer period, or those who are managing their anxiety and depression by themselves, now more than ever, people need to access information, self-help tips and expert advice.

Last weeks's daily Facebook chats covered key topics such as depression, Isolation, treatment and self - help – had over 358 questions posed and over 3402 number of people logging in to the chat during the week. Showing just how in demand people are for information about anxiety and depression during lockdown.

SADAG are hosting daily online Facebook chats with experts covering topics such as loneliness and isolation, panic, anxiety, children and motivation. With a range of experts answering questions LIVE from 1pm – 2pm everyday this week, we are encouraging people to connect to the online chats and get free tips, tools, resources and advice to help them cope with their mental health and wellness during COVID19.



## SADAG's Daily Facebook Expert Q&A

**Making Mental Health Matter during Covid19 lockdown 6 - 10 April  
1pm - 2pm**



### Monday - 6 April

Dr Colinda Linde (Clinical Psychologist) shares details on Panic & Anxiety during lock down



### Tuesday - 7 April

Dean McCoubrey (Founder of MySocialLife) explains the impact of social media during lock down and how various apps can actually benefit patients



### Wednesday - 8 April

Neil Bierbaum (Author, Speaker and Life & Executive Coach) goes into detail on managing working from home and how to stay motivated



### Thursday - 9 April

Dr Carina Marsay (Psychiatrist) allows people to share their thoughts and feelings with "Ask the Dr" chat



### Friday - 10 April

Buyisile Mncina (Counselling Psychologist) gives tips on helping children cope with the Anxiety around Covid

Dr.Reddy's



Facebook Page: The South African Depression and Anxiety Group



Log in via: [www.sadag.org](http://www.sadag.org)

To join to the daily chat, click [here](#) for SADAG's Facebook page, which also has daily updates, articles and resources to help you focus on your mental wellness during this time.

People from all around the country can access the online chat and get free expert advice from the safety of their homes via their computers or cell phones. If you'd like to ask your questions anonymously, email them to [media@anxiety.org.za](mailto:media@anxiety.org.za) and we'll post it on your behalf. Then, just watch the chat for answers.

As we endeavor to adjust to the world's changing circumstances of social distancing, self-isolation, quarantine and, the 21-day nationwide lockdown, SADAG asks for your assistance in helping us to understand your needs and fears so we are better equipped to assist you. We would like to invite you to take part in our short 7 minute online survey on your recent experiences:

### Survey

SADAG also provides FREE telephonic counselling, information and nationwide referrals to Support Groups, Psychologists, Psychiatrists, Clinics and more. Online resources such as brochures, articles and self-help videos can be found at [www.sadag.org](http://www.sadag.org) – To speak to a counsellor, call 0800 21 22 23 (7 days a week, 365 days a year, 8am - 8pm).

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