

SADAG launches 22 FREE Mental Health Support Groups

Since the launch of our Annual Support Group Leader Training in June of this year, SADAG have launched 12 new Support Groups, with 10 new launches taking place in the next few weeks!

What is a Support Group

A Support Group is a gathering of people with common experiences and concerns who provide one another with emotional and moral support. They encourage a sense of community and a source of empathetic understanding in a non-judgemental environment.

Members of Support Groups often share their thoughts and feelings and learn from other people's sharing and life experiences.

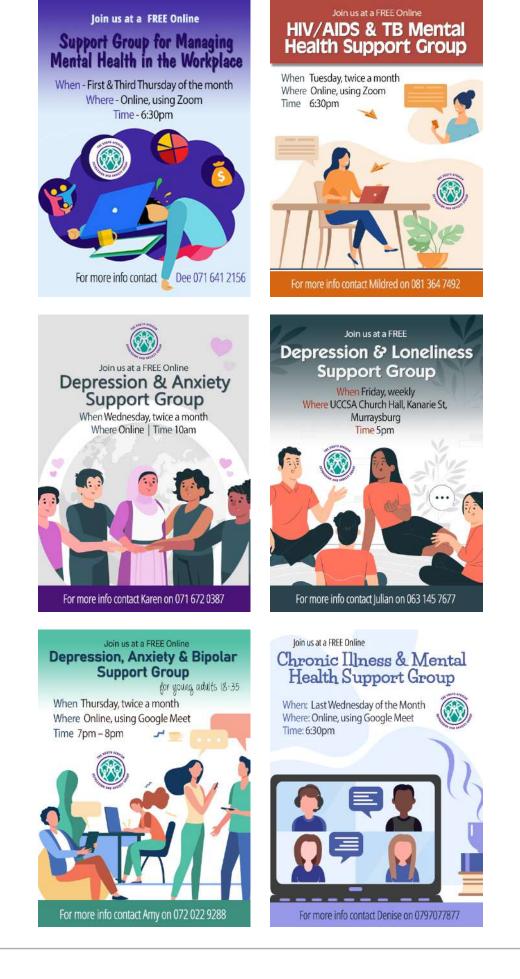
One of the most valuable gifts we can offer someone is giving them space to share their feelings. Sharing experiences enables us to give each other mutual support, normalise our experiences and collect practical information and ways of coping.

Group members offer each other vital support to reduce the sense of isolation that can be associated with mental illness and emotional struggles.

To find out more about our different Support Group offerings click here.

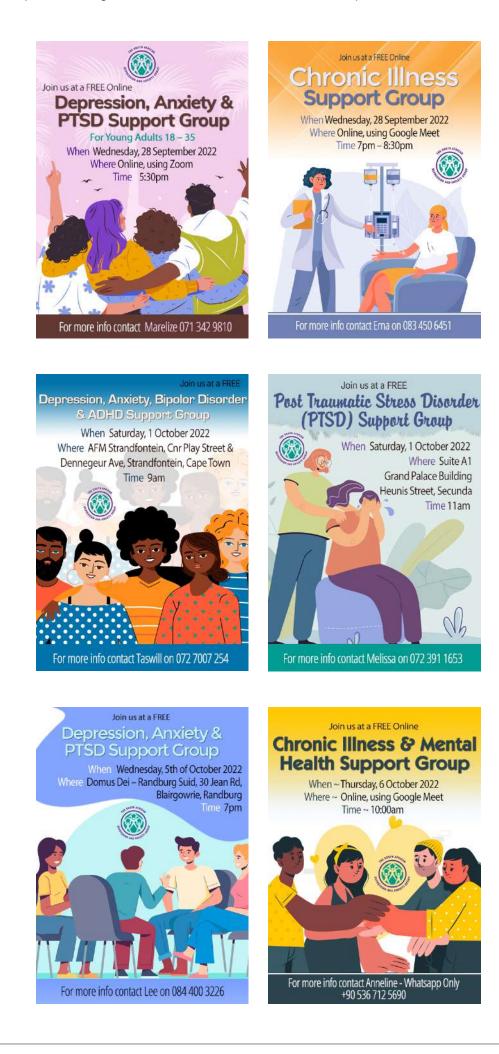
Our newest additions to the SADAG Support Group Network





New Support Groups Launching

Don't forget to follow our Social Media Accounts to find out more about new Support Groups Launching as well as other events we have lined up.



SADAG Student Support Groups Running

Studying at any tertiary institution can be a massive adjustment as students enter the adult world and become more independent. This can be incredibly challenging for students trying to find a balance between their social lives, studying and sometimes working simultaneously.

Tertiary students are faced with making life-changing decisions such as what to study and what career they would like to follow. The weight of these decisions are heightened by anxiety due to workload, exam stress, deadlines and performing well. Support Groups provide a safe space for people facing similar life challenges to connect, learn, share and support one another.





If you are a student interested in joining a Student Support Group or would like to find out more about our free Peer Support Group Leader Training please call 0800 36 36 37 or email Vuyi peersupport@anxiety.org.za or find out more about groups running here.

Healthcare Workers Care Network Support Group Meeting

Join our HWCN Team next Thursday the 29th of September at our monthly Support Group Meeting. To register click here.

"It is critically important right now to be as supportive as possible of doctors, nurses, healthcare support staff and allied medical personnel," says Dr Caroline Lee, Convenor of the SA Society of Anaesthesiologists Wellness in Anaesthesia Support Group. "These are dedicated people



who are committed to see all of us through the COVID-19 crisis. But they are also stressed, exhausted, deeply worried, and at risk."

Our monthly Support Group Meetings aim to provide a platform where Healthcare Workers can support and be supported by others.

SADAG Support Group Featured FaceBook Friday



Once a month SADAG dedicates its FaceBook Friday Lives to focus on some of our incredible Support Groups. In case you have missed them, check out the links below:

- The Power Of Women's Support Groups
- The Power of Bipolar Disorder Support Groups
- The Healthcare Workers Care Network Support Group

The Power of Support Groups: Supporting a loved one with a Mental Illness

Next week Friday we will be unpacking the importance of Survivors of Loved Ones of Suicide Support Groups and what starting and running one entails. Join us on our Facebook Page on the 30th of September at 1pm.

Free SADAG Online Support Group Leader Training

If you, or someone you know, are interested in starting a Mental Health Support Group in your area, please email SupportGroups@anxiety.org.za to find out more about our Free Online Training

This 6-part online series covers everything from:

- What a Support Group is
- Who should join or start a Support Group
- Training and preparing you to become a volunteer Support Group Leader
- Launching your own Support Group

Training sessions are pre-recorded so you can work through them in your own time and at your own pace.



If you want any information on Support Groups including; who should start a Group, who should join a Group, videos, links, training information and updates on new Support Groups visit our Support Group tab on our website by clicking here.

For any Support Group related queries please email SupportGroups@anxiety.org.za

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