



Press Release
6 November 2025

SADAG Launches New Online Support Group for People Serving the Community



The South African Depression and Anxiety Group (SADAG) is launching a New Free Online Mental Health Support Group for people serving the community. This Support Group will offer a safe, confidential space for people who serve the community to connect with others who understand and receive support. The Support Group launch will take place on Tuesday, 18 November 2025 at 10am. Thereafter, meetings will continue to take place weekly on Tuesdays.

Support Group Leader Lea was inspired to create this Group out of her deep passion for Mental Health advocacy. Reflecting on her journey, she shares, “I first started helping others to facilitate a Support Group for Mental Health challenges. When they were unable to continue, I took over from them and was joined by two other ladies.”

Her commitment to creating spaces of care has now led to the launch of a new Group dedicated to those who serve the community. “I am starting this Support Group because I know how difficult it is for people who serve the community to be vulnerable and reach out to those around them,” says Lea. “The aim of this Group is to offer a space for them to share the challenges they face and to know that they also have support.”

The Support Group is open to anyone in a helping profession. “Anyone serving the community can join, for example social workers, educators, doctors, nurses, counsellors, NPO staff, volunteers and more,” Lea shares.

Having the Support Group online allows for people from across the country to join, making it easier for people in demanding roles to access care and connection. This Support Group is a reminder that those who dedicate their lives to caring for others also deserve care themselves. Whether you are on the frontlines or behind the scenes, your Mental Health matters, and this space exists to ensure you are supported, heard, and encouraged.

For more information, contact Lea at 074 050 8242. To explore other SADAG Support Groups, visit www.sadag.org.

If you or anyone you know is struggling with Mental Health contact our WhatsApp Chat Line on 076 882 2775 available from 8am-5pm, or call our 24 hour Helpline on 0800 456 789 to speak to a Counsellor, or SMS 31393 and a Counsellor will call you back.

ENDS.

For more information, interviews or expert comments, please contact:

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