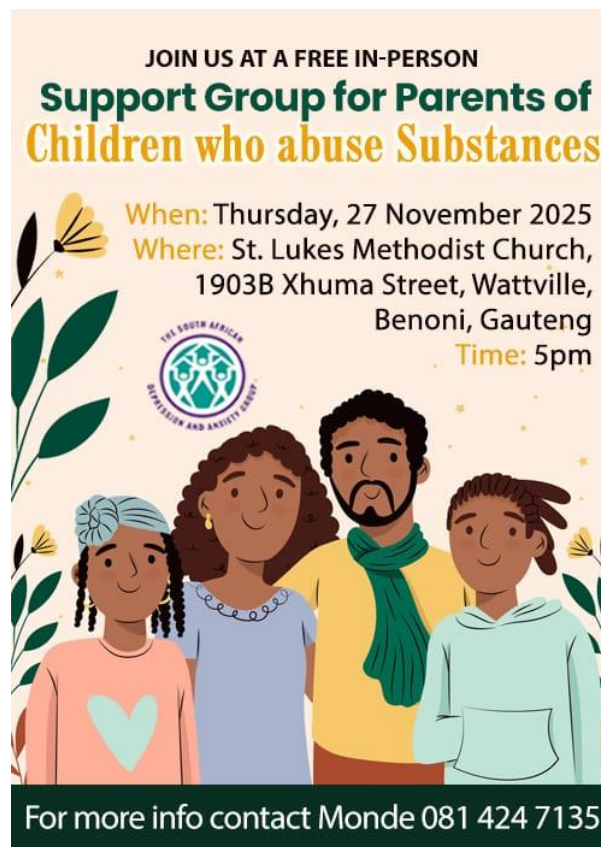




Press Release

12 November 2025

## **SADAG Launches New Support Group in Benoni for Parents of Children who Use Substances**



The South African Depression and Anxiety Group (SADAG) is proud to announce the launch of a New Support Group in Benoni for Parents of Children who Use Substances. This Support Group is meant to empower and help families deal with the challenges of a loved one struggling with Substance Use Addiction.

Support Group Leader Monde explains: “Our Group helps parents learn how to deal with the realities of living with a recovering addict. It also raises awareness about Mental Health issues linked to addiction and connects families to professional support, so the burden on communities is lighter.”

This Support Group welcomes parents who are supporting someone affected by addiction or Substance Use. By joining, Members can learn how to set healthy boundaries, receive

emotional support in a safe and judgment-free space, discover ways to cope with Stress and Anxiety, and create safety plans that can be shared with local police or victim empowerment centres.

“By helping one parent, one household, and one community at a time, we aim to build a new culture of Mental Health. This approach not only supports families facing addiction but also works to reduce stigma and strengthen communities from within” says Monde.

The Support Group meets every Thursday at 5pm at St. Luke’s Methodist Church, 1903B Xhuma Street, Wattville, Benoni. The first meeting will take place on Thursday, 27 November 2025 and is free to attend.

To join this Support Group or for more information, please contact Monde on 081 424 7135. To explore other SADAG Support Groups, visit [www.sadag.org](http://www.sadag.org).

If you or anyone you know is struggling with Substance Use, contact our Substance Abuse WhatsApp Chat Line on 087 163 2025, or call our 24 hour Substance Abuse Helpline on 0800 12 13 14 to speak to a Counsellor, or SMS 32312 and a Counsellor will call you back.

ENDS.

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