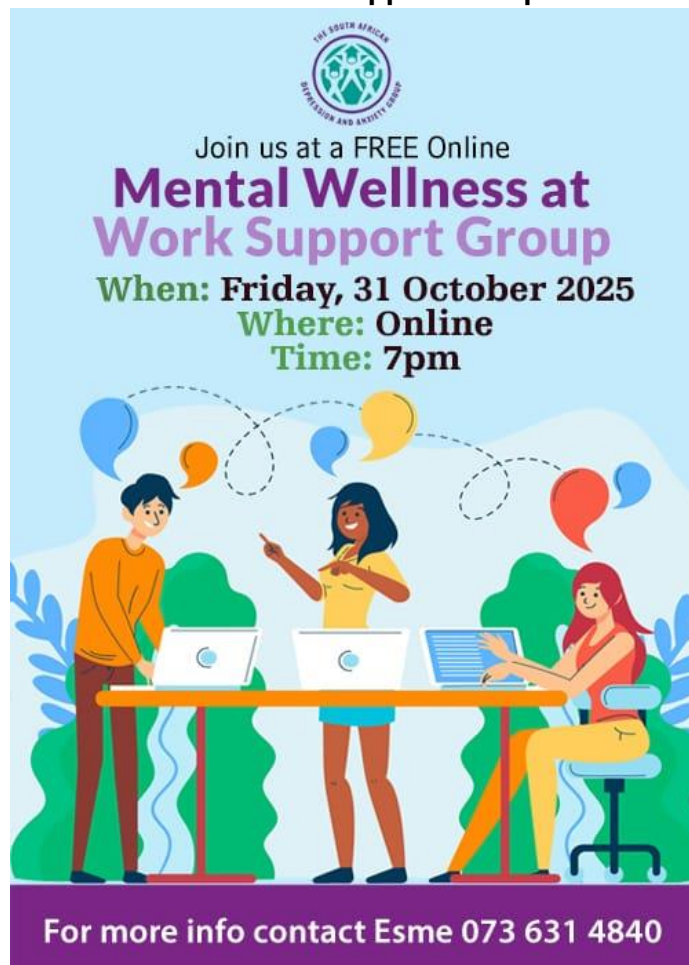




Press Release

22 October 2025

SADAG Launches New and Free Online Support Group for Mental Wellness at Work



Stress doesn't clock out when the workday ends, and for many South Africans, the pressure of balancing work, home, and personal Wellbeing can feel overwhelming. That's why the South African Depression and Anxiety Group (SADAG) is proud to launch a new Free Online Mental Wellness at Work Support Group, offering a safe space for adults to connect, share, and heal together. The first meeting will take place on Friday, 31 October 2025 at 7pm, and thereafter, meetings will take place weekly on Fridays.

This Support Group is open to anyone who's feeling the weight of Stress, whether it's Burnout at work, emotional strain at home, or simply the need to be heard. The meetings are gentle, inclusive, and rooted in lived experience. "Eight years ago, I was dealing with Stress

at work that led to constructive dismissal,” says Support Group Leader Esme, a qualified Employee Assistance Program facilitator. “There was no one to support me, and that’s where my passion started.”

“I want to be a support for people who are trying to stay productive at work while carrying so much at home,” says Esme. “We can support each other through the daily challenges, whether it’s workplace Stress, family pressure, or just needing someone to talk to.” The Support Group also offers dedicated support for people with disabilities in the workplace, a cause close to Esme’s heart. “As someone living with a disability, I know how isolating it can feel,” she shares. “This Support Group will be a place where people can relate, connect, and learn how to cope together.”

Meetings will be held online in a non-judgemental environment, and people will have the opportunity to share their stories, learn practical coping tools, and build a sense of community that makes the hard days feel a little lighter.

To join the Support Group or learn more, please contact Esme on 073 631 4840.

To explore other SADAG Support Groups, visit www.sadag.org, call 0800 567 567, or send an SMS to 31393 and a Counsellor will call you back.

ENDS.

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