



Press Release

16 October 2025

### **SADAG Launches Free In-Person Mental Health Support Group for Substance Use Recovery After Rehab in Benoni**

Recovery after rehab is not a single moment but a daily journey that is easier to walk with others beside you. The South African Depression and Anxiety Group (SADAG) is launching a new Free In-Person Mental Health Support Group for those affected by Substance Use. The Group will meet at St. Luke's Methodist Church, 1903B Xuma Street, Wattville, Benoni, Gauteng, on Tuesday, 28 October 2025 at 5pm, and thereafter on the second and fourth Tuesday of every month.

"I started this Support Group because I saw a lack in safe spaces for honest conversation about addiction and recovery. I wanted a place where people could come together without fear of judgement, to speak about their struggles and successes, and to learn from those who have walked similar paths," says Support Group Leader, Mamelete.

Meetings are offered in a gentle, non-judgemental environment where Members can share their stories, learn from each other and access information about local services and referrals. The Support Group aims to build connection, provide practical coping skills so that recovery feels less isolating and more achievable.

"After experiencing the impact of Substance Use on my own family and community, I realised the importance of support and community in navigating these challenges," Mamelete explains. "I began attending the local drug action committee, sector crime forum and other groups, and I saw firsthand the positive impact they made in people's lives. Inspired by this, I decided to start this Support Group to provide a safe space for others to share their stories and find support."

To join this Support Group, please contact Mamelete on 081 313 4299. To explore other SADAG Support Groups, visit [www.sadag.org](http://www.sadag.org), call 0800 456 789, or send an SMS to 31393 and a Counsellor will call you back.

If you or anyone you know is struggling with Substance Use, contact our WhatsApp Chat Line at 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.

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

Omphile Tshake

[media@anxiety.org.za](mailto:media@anxiety.org.za)

071 704 2403

Vuyolwethu Mnisi

[press@anxiety.org.za](mailto:press@anxiety.org.za)

066 215 3220

Hleliwe Makhanya

[Research@anxiety.org.za](mailto:Research@anxiety.org.za)

081 374 3649

THE SOUTH AFRICAN  
DEPRESSION AND ANXIETY GROUP

Join us at a FREE In-Person

**Support Group for Substance Use  
Recovery After Rehab**

When: Tuesday, 28 October 2025  
Where: St. Lukes Methodist Church,  
1903B Xuma Street, Wattville,  
Benoni, Gauteng  
Time: 5pm

For more info contact  
Mamelete 081 313 4299

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