



Press Release

5 November 2025

SADAG Launches a New Support Group in Cape Town for People Who Have Lost a Loved One to Suicide

Join us at a free In-Person

Support Group for Survivors of Loved Ones to Suicide

Where: Kraaifontein Library Hall,
Brighton Road, Windsor Park, Cape Town
When: Saturday, 15 November 2025
Time: 9:30am

For more info & to RSVP contact
Marcel 070 351 6320

The South African Depression and Anxiety Group (SADAG) is launching a new In-Person Mental Health Support Group for people who have lost a loved one to Suicide. The Support Group will hold its first meeting on Saturday, 15 November 2025, 9:30am, at Kraaifontein Library Hall, Brighton Road, Windsor Park, Cape Town. Thereafter, meetings will take place once a month on Saturdays.

This Support Group is for people over the age of 18 who are navigating the unique Grief and isolation that follows the loss of a friend, family member, or colleague to Suicide.

Support Group Leader Marcel's motivation to create this space is deeply personal. "In 2020, I lost my fiancé to Suicide," she shares. "Due to the forced lockdown during COVID, I was

totally isolated and without help from counsellors or therapists and only found one online Support Group to help.”

Through her own healing, Marcel grew a deep commitment to create a space for others looking to navigate their Grief. After completing SADAG’s Support Group Leader Training, she was ready to create the kind of support system she once needed.

The Support Group is guided by four core values: empathy, support, safety, and solidarity. “We offer care and understanding based on our own personal experience,” Marcel says. She also emphasises the importance of using respectful language, stating, “when dealing with such sensitive topics, it’s important to be mindful not to use phrases like ‘commit Suicide’, rather we should say ‘died by Suicide’ to honour the complexity of each person’s story and to reduce stigma.”

To join this Support Group or for more information, please contact Marcel on 070 351 6320. To explore other SADAG Support Groups, visit www.sadag.org.

If you or anyone you know is struggling with Grief, contact our WhatsApp Chat Line at 087 163 2025, 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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