



Press Release
16 October 2025

SADAG Launches a New Free Online Mental Health Support Group for Grief and Trauma

Living with Grief and Trauma can significantly impact a person's life, leaving ordinary days harder to bear and causing deep loneliness and confusion. The South African Depression and Anxiety Group (SADAG) is launching a new Free Online Mental Health Support Group for people living with Grief and Trauma. This Support Group launches on Tuesday, 21 October 2025, at 7pm every Tuesday and will meet online, making it accessible to people across South Africa.

The Support Group welcomes anyone over 18 years old, who has lost a loved one or who is living with Trauma. The Group provides a confidential space where people can meet others who understand how loss reshapes daily life. The Group's purpose is to reduce isolation by connecting people with similar lived experiences, providing emotional and moral support in a gentle, non-judgemental setting, and sharing practical coping strategies that help with everyday life. Through connection and mutual encouragement, the Support Group aims to help Members restore a sense of hope.

"Due to my own experiences with Trauma and loss of loved ones, not having a safe space to share my emotions and to learn how to cope, and knowing how it feels to be lonely, I decided to start my own Support Group to create the safe space which I once needed," says Support Group Leader, Zama. "I wanted to bring people with common lived experiences together, those who have faced Trauma and Grief, and those who are managing the loss of someone close, so they can support one another and learn coping skills from real experience."

For more information or to join the Support Group, please contact Zama on 083 701 9465. To explore other SADAG Support Groups, visit www.sadag.org, call 0800 456 789, or send an SMS to 31393, and a Counsellor will call you back.

"The Support Group is about bringing people together to share and learn from each other because every voice matters" Zama explains.

ENDS

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Mental Health Support Group for
Grief & Trauma


Time: 7pm
Where: Online
When: Tuesday, 21 October 2025



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