



SADAG's FREE #FacebookFriday

Online Q&A

19 June 2020

## Join SADAG's Facebook Friday Online Chat TODAY 1pm - 2pm

Since the beginning of the COVID-19 pandemic, most of the world have been cut off from what was previously defined as "normal", including any social interaction. Many expected there to be some medical and economic challenges during the pandemic, but very few expected the lockdown to have such an imposing impact on Mental Health. Humans are innately social beings, and especially for a country like South Africa, this time of isolation has been particularly difficult.

In order to protect ourselves and others from COVID-19, we have physically isolated ourselves and that has brought with it, social isolation. Social isolation and lack of consistent human contact can lead to feelings of loneliness, fear of others, negative self-esteem, conflictual familial relationships and ultimately Depressive symptoms. In times of stress, fear and anxiety, many reach out to those who are closest to them for love and support but with an ever-increasing rate of COVID-19 infections, any kind of social interaction has become very difficult and even risky. It has also become very difficult for those who have Depression to maintain a stable therapeutic relationship with psychologists and other health professionals, which can lead to a relapse in symptoms.

**Today's Facebook Friday online Q&A chat from 1pm - 2pm** will be hosted on [SADAG's Facebook page](#) with Clinical Psychologist, Sian Green. With so many people practicing social distancing and self-isolation, Sian will be discussing how to manage **Depression and Isolation during COVID-19**. She unpacks the signs & symptoms of Depression and what coping skills to implement during self- isolation.

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## How to Manage Depression and Isolation during COVID19



1-2pm: Clinical Psychologist- Sian Green



Facebook Page: The South African  
Depression and Anxiety Group



Log in via: [www.sadag.org](http://www.sadag.org)

If you, or someone you know, have been diagnosed with Depression and are struggling to cope with symptoms and the realities of Social Isolation, join the chat to learn more about how you can help yourself and others cope more effectively and support each other during these stressful times.

If you'd like to ask your questions anonymously, email them to [research@anxiety.org.za](mailto:research@anxiety.org.za) and we'll post it on your behalf. Then, just watch the chat for answers.

SADAG also provides FREE telephonic counselling, support, information and nationwide referrals to Support Groups, Psychologists, Psychiatrists, Clinics and more. Online resources such as brochures, articles and self-help videos can be found at [www.sadag.org](http://www.sadag.org) – To speak to a counsellor call 0800 21 22 23 (7 days a week, 365 days a year, 8am - 8pm).

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