

SADAG'S
FACEBOOK
FRIDAYS ONLINE Q&A

Women's Mental Health

12 March 2021

1PM – 2PM Dr. Laverne Mountany
Psychiatrist

7PM – 8PM Dr. Bavanisha Vythilingum
Psychiatrist

Dr.Reddy's **The South African Depression and Anxiety Group**
 WWW.SADAG.ORG

This weeks #FacebookFriday focuses on Women's Mental Health

12 March 2021

This week was International Women Day (8th of March) SADAG is highlighting Women's Mental Health by dedicating our weekly #FacebookFriday chat to Women's Mental Health issues. Expert Psychiatrist's Dr Laverne Mountany and Dr Bavanisha Vythilingum will be discussing women and mental health including answering questions on menopause, hormonal changes, pregnancy, Postnatal Depression (PND) and how it impacts a women's mental health..

Don't miss SADAG's #FacebookFriday LIVE chat Today between 1pm - 2pm and again at 7pm - 8pm as we offer FREE help, support and unpack all these challenges that South African Women are dealing with and giving them a platform to get free expert advice.

To join these expert chats, LIKE SADAG's Facebook Page: [The South African Depression and Anxiety Group](#) or go to www.sadag.org. Facebook users that

would prefer to remain anonymous, can send their questions via a private message for SADAG to ask on their behalf.

SADAG provides FREE telephonic counselling, support, information and nationwide referrals to Support Groups, Psychologists, Psychiatrists, Clinics and more. To speak to a counsellor call 0800 21 22 23 or SMS 31393 (7 days a week, 365 days a year).

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