

SADAG's Daily Facebook Expert Q&A's

Coping with Depression and Anxiety during Covid19 lockdown

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Join SADAG's upcoming Daily Facebook Expert Online Q&A's

Every Day this week from 1pm - 2pm

SADAG have been running biweekly Facebook Friday online expert chats for 3-4 years already – but those were only twice a month. And since lockdown, with more people reaching out to us on social media and needing information, and with the rules that people should self-isolate we decided to run daily online chats to try meet the need and provide free expert advice for the thousands of people at home feeling anxious, worried, stressed and depressed during lockdown.

We have run daily chats from Monday to Friday with expert psychiatrists and psychologists covering a diverse range of issues related to mental health during COVID19 and lockdown. We have had between 5 000 – 14 000 people engaged per chat each day. Anyone can log in and engage, and get free professional help, advice and tips.

Don't miss this week's great line up of top experts covering topics such as substance abuse, students mental health, how to support a loved one, the mental health impact on frontline and healthcare workers, and a Q&A session with a psychiatrist to discuss meds, side effects, treatment and managing symptoms.

Join the LIVE chats this week with thousands of other South Africans from Monday to Friday from 1pm - 2pm on SADAG's Facebook page ([The South African Depression and Anxiety Group](#)).



SADAG's Daily Facebook Expert Q&A

**Making Mental Health Matter during
COVID19 lockdown 20 - 24 April
1pm - 2pm**

Monday - 20 April



Dr Hemant Nowbath (Psychiatrist) goes into detail about Substance Use and Abuse during the lockdown

Tuesday - 21 April



Candice Cowen (Clinical Psychologist) will be se discussing Students Mental Health during COVID19

Wednesday - 22 April



Reabetsoe Buys (Counselling Psychologist) explains how to support a loved one during COVID19

Thursday - 23 April



Zamo Mbele(Clinical Psychologist) gives tips on how Health Workers can manage their Mental Health during COVID19

Friday - 24 April



Dr Ryan Fuller (Psychiatrist) allows you to share your thoughts and feelings with "Ask the Dr"

Dr.Reddy's

Facebook Page: The South African
Depression and Anxiety Group
 Log in via: www.sadag.org

If you'd like to ask your questions anonymously, email them to media@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 – To speak to a counsellor, call 0800 21 22 23 (7 days a week, 365 days a year, 8am - 8pm).

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