

SADAG Office	011 234 4837
Suicide Crisis Helpline	0800 567 567
Dr Reddy's Mental Health Helpline	0800 21 22 23
24 hr Cipla Mental Health Helpline	0800 456 789
Pharma Dynamics Trauma Helpline	0800 20 50 26
24 hr Discovery Medical Student Helpline	0800 323 323
Adcock Ingram Depression and Anxiety Helpline	0800 70 80 90
24 hr DSD Substance Abuse Helpline	0800 12 13 14
24 hr University of Cape Town Helpline	0800 24 25 26
24 hr University of Pretoria Careline	0800 747 747
University of the Western Cape Student Helpline	0800 222 333
Cipla Whatsapp Counselling 9am - 3pm	076 882 2775



Website: www.sadag.org



The South African Depression and Anxiety Group



TheSADAG

Making Mental Health Matter during COVID19

SADAG has been receiving more calls since the start of lockdown from people feeling anxious, lonely, worried and depressed. Many callers are stressed about a combination of issues including the spread of COVID-19, finances, relationship problems, job security, grief, gender based violence and trauma.

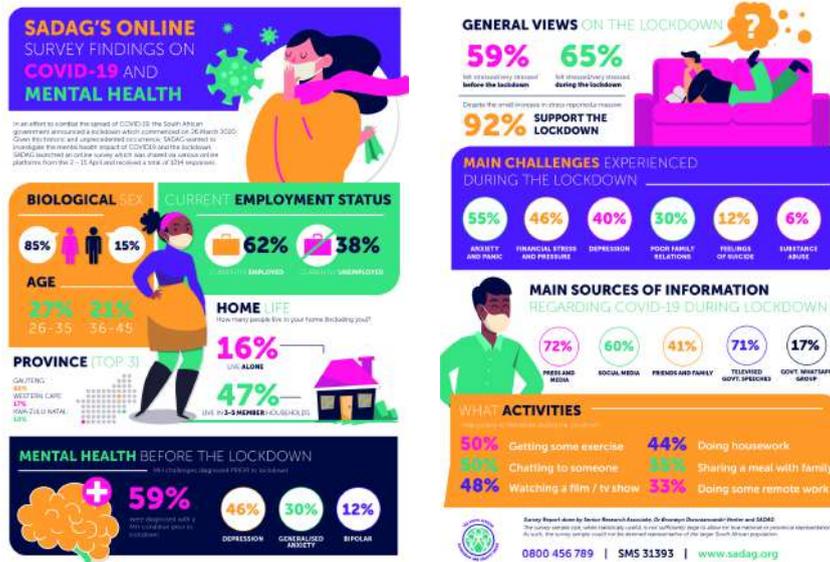
SADAG's team has worked tirelessly to ensure that all of our helplines and support services are still running throughout lockdown so that the hundreds of thousands of people who need our help can still get through to a counsellor via our helplines, sms, whatsapp, social media and online. During these challenging times, SADAG has tried to create more awareness about mental health, helpful coping tips and more resources to help people cope during the lockdown and beyond. We have done hundreds of press interviews, hosted daily online expert chats, shared articles on social media every day, and we have been hosted regular training sessions with our counsellors, new volunteers and support group leaders.

Please continue to check our website daily as we update the online toolkit with new handouts, information and resources to help with all mental health related issues, as well as follow SADAG on social media, [Facebook](#) and [Twitter](#), to keep up to date with press articles, webinars, online expert chats and updates to stay connected.

SADAG conducted an online survey on Mental Health during the COVID-19 lockdown to understand what people are dealing with and how they are managing during lockdown. We shared the online survey via Facebook and Twitter. Within 10 days there were 1200 participants (total 1214 respondents) who completed the short 7-minute survey asking participants about their home life, their mental health before and during lockdown, how they accessed information and what coping tips helped them to manage their mental health during the lockdown.

Please click below to view the key findings, download the high resolution infographics and see all survey results.

[Survey Results](#)



Don't miss SADAG's FREE 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 over 4 years – but those were only twice a month. Since the lockdown, with more people reaching out to us on social media and needing information, and with 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 engage 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 topics discussing helping children cope with lockdown, teaching parents to deal with home schooling sessions and manage discipline. Get more information on sleep disorders, anxiety around testing positive and coping with unemployment during lockdown. We encourage you to share the below poster with family, friends, colleagues, loved ones so that everyone can learn about managing their mental health during COVID19 and get free expert advice from the comfort of your own home.

Join the LIVE chats with thousands of other South Africans weekly 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 04 - 08 May
1pm - 2pm



Monday - 04 May

Joanna Kleovoulou (Clinical Psychologist) & Zaakirah Mohamed (Educational Psychologist) from Psychmatters share information on how parents can help children manage through COVID19, homeschooling, anxiety, sleep changes, etc



Tuesday - 05 May

Dr Bentley (International Sleep Expert) will go into detail about Sleep Disorders and tips on how to sleep better during COVID19



Wednesday - 06 May

Ashley Motene (Industrial - Organisational Psychologist) sheds light on how to deal with fears of job loss, job security, affected income and dealing with the stress of working from home and it's growing demand during lockdown



Thursday - 07 May

Boikhutso Maubane (Counselling Psychologist) explains how one can manage their anxiety around testing for COVID19 and testing positive for the virus



Friday - 08 May

Claudette Grundling (Industrial Psychologist) will be discussing unemployment and Mental Health during lockdown



Dr.Reddy's



Facebook Page: The South African
Depression and Anxiety Group



Log in via: www.sadag.org



Podcast Corner

- Cindy Poluta from Radio 702 and 947, decided to channel the anxieties of a lockdown through her newest podcast series, Locked and Down. With the help of Cassey Chambers, the SADAG Operation Director with 21 episodes by various experts including psychologists, psychiatrists, wellness coaches and financial experts. These series have provided the community with practical advice to cope in a time of fear, Anxiety, Grief, Depression, with financial strain and more. Click [here](#) to listen to all the Podcasts.
- Discovery SA have released a range of podcast series to help you understand how COVID-19 impacts physical and mental health and how to maintain our wellbeing. Also learn how to keep your children, teens, the elderly and all loved ones healthy through COVID-19. SADAG experts such as Dr Ryan Fuller, Dessy Tzoneva and Dr Colinda Linde shed light on various topics such as Dementia and COVID19, Coping with grief and Workplace Mental Health during COVID19.

Click [here](#) to listen.

- Since the closure of schools and learning institutions, there has been a surge for eLearning nationwide. COVID-19 has thrust most schools and higher education institutions into unplanned online learning roll-outs, where they are now forced to transition to some form of online class system and remote education to support the critical need of continued teaching and learning. On behalf of Mail & Guardian, we like to invite you to attend this

free webinar on Thursday, 7th May at 1pm focusing on eLearning amid COVID-19. All are welcome. Click [here](#) to RSVP.

- Join The Mums Support Network on Wednesday the 6th of May as they commemorate World Maternal Mental Health Awareness Day, with a special talk just for all the precious mums, learn to love yourself and be kind to yourself too. It is FREE OF CHARGE. Contact below for meeting ID and password:
Email alexandra@mumsupport.co.za
Or whatsapp 083 788 0689.



University of Kwazulu-Natal help students deal with fear & anxiety during COVID19

To help deal with the fear and anxiety many people in South Africa are feeling due to the pandemic, UKZN's Department of Psychology, an adult-education specialist and the Centre for Rural Health have created an informative video.

The project was commissioned by Professor Inge Petersen and led by Ms Gugu Gigaba, who, together with Dr Ruwayda Petrus, Ms Ntokozo Mntambo and Ms Gill Faris, was responsible for developing the content of the video.

The short video is about someone responding to the lockdown and helping that person to put into words what they are thinking and feeling, and how it affects their behaviour. The text is in English, while the voice-over is in isiZulu, making it accessible to a wider audience.

[Click here](#) to view the new video.



Articles on COVID19 and Mental Health in South Africa

- Covid-19 lockdown: SADAG conducts online survey to gauge people's mental health. [Read more](#) in an article by Roseband Killarney Gazette.
- Coronavirus thoughts: fun ways to keep staff motivated (& alleviate boredom of working in isolation). [Read more](#) in an article by All4Women.
- Anxiety can be managed without alcohol during lockdown. There is much to be gained from an alcohol-free few weeks – less calories consumed to compensate for not being able to exercise as before, saving money, and improving general health and immunity. [Read more](#) by Benoni City Times.
- Expert advice on how to avoid feeling depressed during lockdown. Get tips on how to safeguard your mental health during the coronavirus pandemic in [an article by Jacaranda FM](#).
- Coronavirus: First the virus, then the aftershock. A mental-health expert has warned of a crisis from “aftershocks” of the Covid-19 coronavirus. [Read more](#) in an article by Suthentira Govender at Sunday Times



Mental Health Care for COVID-19 Health Care Workers

This is a group of volunteer mental health professionals offering a dedicated mental health

service to clinical and administrative managers, unit heads, and clinical team leaders in Gauteng hospitals and clinics.

Health care workers (HCWs) on the front line who are directly involved in the diagnosis, treatment, and care of patients with the Corona virus are at risk of developing psychological distress and other mental health symptoms. International research highlights significant adverse psychological reactions in HCWs to both previous epidemics and especially the current Covid19 pandemic.

Their psychologists and psychiatrists are able to provide coaching and consultations to team leaders and managers to help them cope with their own, and their team members' stress levels during this difficult time.

They are available to provide information, to discuss group support, psychological containment and strategies to deal with staff and patients' distressing emotional states during this time. They also have a list of colleagues who have volunteered free online or telephonic counselling sessions for individuals, should they need psychological 'first aid'.

For more information please visit <https://covidcaregauteng.co.za/>



Helplines available for University Students during COVID19.

Through the uncertainty SADAG has continued to provide help through the Dedicated University Helplines, 24 hours 7

days a week, and remains committed to helping students with crisis management and interventions in this difficult times.

We are also working very closely with the various universities' Student Wellness Centre's so that we may assist students with coping skills to help them with their stress and anxiety that has been experienced due to the pandemic COVID19

- University of Cape Town – 0800 24 25 26
- University of Pretoria – 0800 747 747
- University of the Western Cape – 0800 222 333
- Tshwane University of Technology – 0800 68 78 88



International Survey - COVID19: how has your mental health been affected?

The World Dignity Project is partnering with The Global Mental Health Peer Network to run research on the mental health impacts of the

COVID19 pandemic. They want to understand impacts, coping strategies and sources of support for individuals, families and professionals who may be directly or indirectly affected by coronavirus. The mutual goal is to identify and campaign for changes, where needed, to ensure the dignity of those with lived experience mental health issues is protected in future pandemic situations, and

that the right resources are put in place for the mental health and wellbeing of all affected individuals. Research does not ask for personal data and results will be shared later in the year.

Please help The World Dignity Project and the Global Mental Health Peer Network to learn what is needed so they can campaign for future mental health resources.

This is a 15 minute survey.

Click below to participate:

Survey



Empowering Support Groups leaders during COVID19

As always, but perhaps now more than ever, SADAG is eternally thankful to all of our Support Group

Leaders and their members.

After the president's first address regarding Covid-19, we recommended that all SADAG Support Groups were suspended in their normal capacity (meeting face-to-face) until further notice, not long after that the National lockdown was announced and things came to a grinding halt.

However, as is the unique and resilient nature of each Support Group, its Leaders and its Members, many groups adapted quickly and found alternative solutions, ways and means to continue. In the days and weeks that have followed since lockdown was implemented Support Groups have found different ways to communicate with, and support each other.

A WhatsApp group for Support Group Leaders was formed and ideas and ways of moving forward were discussed and brain stormed. Many of our groups are hosting successful virtual meetings via WhatsApp, Zoom, Skype and House Party to stay connected with their members (old and new) throughout lockdown.

Our Support Group Leaders have been arming themselves by attending weekly Support Group Meetings for Support Group Leaders, partaking in expert webinars, training sessions and engaging with articles and information to be able to help and support their members as soon as they can open

Thanks to everyone for your continued commitment and contribution to mental health in South Africa.

Covid 19 information around the world.

- How to make the most of online therapy during COVID-19. [Read more](#) in an article by Clinical



psychologist, Seth Gillihan in WebMD.

- COVID19. How long does the Coronavirus live on surfaces? Would you like to know? [Read more](#) in an article by WebMD.
- 5 Ways to help Teens manage anxiety about the Coronavirus. Adults can help by making sure adolescents don't overestimate the dangers or underestimate their ability to protect themselves. [Read more](#) by the New York Times.
- Obsessed with the coronavirus? I know you are because we all are. [Learn more](#) about the 5 emotional precautions to take during the Coronavirus Pandemic in an article by PsychCentral.
- Tips for better sleep during the COVID-19 Pandemic. Are you having trouble sleeping? You're not alone. The COVID-19 pandemic is impacting every aspect of life, so it's no surprise people are complaining of disturbing dreams, not falling asleep, not staying asleep, and waking not feeling rested. [Read more](#) in an article by WebMD.



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University of Pretoria Peer Support Groups

UP Peer Support Group Project has been adapted to use a virtual approach where we have had ongoing virtual meetings with the UP Peer Support Group leaders. We have moved the groups to a virtual platform where information is shared with the group members and we planning to have talks where group members can ask questions and engage with the relevant experts to provide additional tips on how to cope and better manage the possible stressors and anxiety caused by the pandemic COVID19



The Collaborative Outcomes study on Health and Functioning during Infection Times (COH-FIT)

Currently largest study of its kind measuring the impact of the COVID-19 pandemic on physical and mental health worldwide. The COH-FIT project is being launched by a network of over 200 international investigators, led by Prof. Christoph Correll, USA/Germany, and Dr. Marco Solmi, Italy, and aims to collect information from over 100,000 participants altogether from the general public in 25 languages of > 40 countries and on 6 continents. It has been endorsed by major international scientific societies

The generated information will provide guidance on where resources should be allocated to make the biggest difference.

To help the global population during these hard times, please take the survey at www.coh-fit.com.

Reliable Resources

Find a credible sources below:



Please keep in mind that we as a society need to avoid sharing fake news during this time.

Help protect other a round you by sharing accurate news from: <https://sacoronavirus.co.za/> and making use of the WhatsApp Support Line: 0600-123456.

Find the latest information from WHO on where COVID-19 is spreading [right here](#).

The NICD is a resource of knowledge and expertise in regionally relevant communicable diseases to the South African Government, to SADC countries and the African continent. [Click here](#) for updates.

Its okay not to feel as good as you usually do during these unpredictable and difficult times. SADAG are always here to help you. There is always help, there is always hope.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you are struggling to cope, please call 0800 456 789/ 0800 21 22 23 or visit www.sadag.org for self-help tips to manage Panic and Anxiety during this stressful time.

**Best Wishes,
Zane Wilson
Founder, SADAG**

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