

SADAG SUPPORT GROUP AWARENESS WEEK

Mon 25 Jan – Sat 30 Jan 2021



The South African Depression and Anxiety Group are excited to announce the launch of our Support Group Awareness Week. It is an opportunity to celebrate our unsung Support Group Leaders, salute their brave members, and let the public know that there is help out there.

One of SADAG's main objectives is to establish Support Groups in as many areas as possible, so that everyone, no matter where they live, has access to support. To date, SADAG currently has over 160 Support Groups throughout the country for various mental health issues.

For many people worldwide, COVID-19 has resulted in fear, anxiety and isolation. We have been blown away by people's interest in helping and connecting with others, offering to provide support and comradery in a time when we need it most. Be it online or face-to-face (where safe and in-line with Government Regulations), our Support Groups have shown incredible passion, resilience and strength. They have created a sense of community in a time where we have been encouraged to isolate and stay at home where possible. They have been an outlet where people who are struggling and feeling lonely and isolated can find a platform to connect.

Participation in Support Groups has been shown to reduce stress and increase social connectedness, factors that are believed to contribute to a strengthened immune system. Support Groups allow members a space for personal growth, and help to reduce feelings of social isolation, anxiety, and shame, while bridging the gap between community Mental Health needs and therapeutic treatment. In a country like South Africa that lacks Mental Health resources, compounded with the additional strain of the current pandemic, Support Groups are there to provide balance, support and improve treatment outcomes.

Follow Support Group Awareness Week on our [Facebook](#) and [Twitter](#) – follow @TheSADAG for regular updates and info.

Support

"Sometimes just being at a meeting with others who are on a similar journey is enough. It's not always about sharing your own story, but knowing that you are not the only one going through this pain, and you don't have to face it alone."

ALEXANDRA WALLIS
FOUNDER OF KZN'S MUMS SUPPORT NETWORK



THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP
SADAG SUPPORT GROUPS

Diversity

"I love the diversity in my Support Group. Even though we may have different opinions we are able to share and discuss difficult topics, such as Mental Health and family dynamics."

ZAMANDULO KHANYILE
SADAG SUPPORT GROUP LEADER
JABAVU, SOWETO



THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP
SADAG SUPPORT GROUPS



Facebook Friday (29 January) focused on POWER OF SUPPORT GROUPS

SADAG will be hosting a Support Group focused online chat session for the #FacebookFriday online Q&A at 1pm – 2pm and 7pm-8pm. Learn more about what happens at Support Groups, who can join and how you can benefit from them. We'd love to hear from you! Our guest speakers SADAG Support Group Co-Ordinator Krystle Kemp as well as Support Group Leaders Karen Robson and Heiby Warren are looking forward to engaging with you and answering any questions you may have. Click [here](#) to join the #FacebookFriday chat on the SADAG Facebook Page.



SADAG'S FACEBOOK FRIDAYS ONLINE Q&A

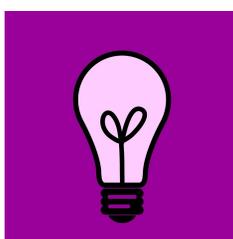
The power of Support Groups

29 January 2021

1pm – 2pm; Krystle Kemp & Heiby Warren
SADAG Support Group Co-Ordinator & Support Group Leader

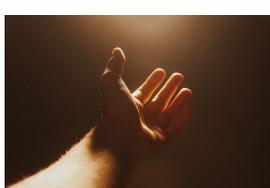
7pm – 8pm; Krystle Kemp & Karen Robson
SADAG Support Group Co-Ordinator & Support Group Leader

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



Join social media to learn more about our Support Groups

Tune into the SADAG Facebook Page and Twitter Page @TheSadag this week. Please join in on the conversations, get regular updates, get to know the SADAG Support Group Leaders and we answer all your questions around SADAG Support Groups in South Africa.



New Support Group Website Tab

There is a great Support Group Tab on the SADAG website dedicated to Support Groups; it includes information on:

- Who should join a Support Group
- How to start a Support Group
- Support Group updates
- New groups running
- Groups you can attend

A Support Group is a group of people who have the same personal experience of the same problems or life situations, and are there to help each other feel supported. If you would like to learn more about Support Groups or would like to share some information with a friend, family member or loved one click [here](#).



New Support Group Launch

Many of our Support Groups are currently reopening this week after the festive break, including Groups in Germiston, Eesterust, Ratlou Location and Bloemfontein.

We have two brand new Support Groups starting soon, one for Depression and Anxiety in Pineslopes, Johannesburg, the other in Mossel Bay.

[Click here to see all the New Support Groups starting.](#)



If you are interested in joining or starting a Support Group, please visit www.sadag.org, contact a counsellor on 0800 70 80 90 or sms 31393.

Listen

"Listening to my Group members as well as sharing my own experience has taught me the value in building and supporting each other. There is no pressure at all, just openness."

CAROLINE MALINDA
SADAG SUPPORT LEADER
ETWATWA/DAVEYTON





SADAG SUPPORT GROUPS

Contribute

"The Group carries the Group. This means that the responsibility of the success of the group lies with each and every member."

RONELDA
SADAG SUPPORT GROUP LEADER
CAPE TOWN





SADAG SUPPORT GROUPS

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