

# SADAG INVITES TEACHERS & PARENTS TO FREE WEBINARS ON TEEN DEPRESSION & SUICIDE PREVENTION



Teen Suicide Prevention Week (14 – 21 February 2021) highlighted the importance of understanding Teen Depression and Suicide Prevention. As the COVID-19 pandemic has worsened across the globe and increased stressors, South African teens are at a high risk. Especially as they navigate a new world of online learning or delayed learning, Matric results coming out, the school year starting late and feeling disrupted, social isolation, loss, grief, trauma, with increased anxiety and depression. If you are a Parent or a teacher, don't miss the FREE Connect sessions this week.

**TEEN**  
*SUICIDE*  
**PREVENTION**  
14 - 21 FEB 2021

**FREE  
TEACHERS CONNECT  
WORKSHOP**

**TALK. LISTEN. ACT**

WHEN WEDNESDAY 24 FEB  
TIME 3:30PM - 5PM  
REGISTER VIA LINK OR  
WWW.SADAG.ORG

THE SOUTH AFRICAN  
DEPRESSION AND ANXIETY GROUP

YOU ARE NOT ALONE. THERE IS HELP. THERE IS ALWAYS HOPE.

SUICIDE HELPLINE  
0800 567 567 | SMS 31393 | WWW.SADAG.ORG

## FREE Teachers Connect Webinar

With schools going back/online and the rough start to 2021, SADAG is hosting a free **TEACHERS CONNECT WEBINAR** on **Wednesday 24 February 3:30pm - 5pm** which is open to all teachers, educators or anyone working with youth. Join experts on how to identify suicide and depression in teens, debunking myths, teen suicide safety plan, and how to get help. To book your free seat click below.

Teachers RSVP Here

## Free Parents Connect Webinar

SADAG will be helping Parents with practical tools and information on how to identify depression, suicide warning signs and how to get help. The **FREE online CONNECT Webinar for Parents** will take place on **Thursday the 25 February from 12pm – 1pm**. During the Webinar there will be time for a expert Q&A to provide specific help and answers for parents who have dealt with any kind of these issues at home. Click the button below to book your seat.

**TEEN SUICIDE PREVENTION**  
14-21 FEB 2021

**FREE PARENT CONNECT WEBINAR**  
**TALK. LISTEN. ACT**

WHEN THURSDAY 25 FEB  
TIME 12PM - 1PM  
REGISTER VIA LINK OR  
WWW.SADAG.ORG

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Parents RSVP Here

For more information on Teen Depression and Suicide Prevention including brochures, videos, articles, and posters, please visit [www.sadag.org](http://www.sadag.org) for more info.



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