

SADAG's #Facebook Friday Online Q&A

Friday, 22 May 2020



Learn more about the Mental Health impact of COVID 19 on new/pregnant moms



1-2PM: Dr Bavi Vythilingum (Psychiatrist) &
Sally Baker (Clinical Social Worker)



Facebook Page: The South African
Depression and Anxiety Group

Log in via: www.sadag.org

Join SADAG's Facebook Friday Online Chat TODAY 1pm - 2pm

Many have been experiencing Anxiety, Stress and Panic since the beginning of the COVID-19 lockdown. In an already stressful time, expecting a baby or having a baby during this pandemic can be particularly stressful, especially for first time mothers. No age group is immune to the virus and even newborn babies are at risk.

Now, during what is an already stressful period of time, feelings of Anxiety get exacerbated by the fear of possibly getting infected with COVID-19. Mothers' Mental Health is crucial at any point during and after pregnancy. It becomes especially important as the stress and fear of the virus may worsen the already existing fears that are normal for new or pregnant moms.

SADAG will be hosting a FREE LIVE Facebook expert online chat **TODAY** from **1pm - 2pm** on the **Mental Health impact of COVID19 on expecting and new moms.**

The online Q&A chat will be hosted on SADAG's Facebook page ([The South African Depression and Anxiety Group](#)) with Psychiatrist, Dr Bavi Vythilingum and Clinical Social Worker, Sally Baker. They will unpack the anxiety, the fear and the many questions that pregnant moms or new moms may be feeling during this time. They will also be sharing how to manage anxieties, self help tips and how to support a loved one.



If you are pregnant or a new mom, or you know someone close to you who is expecting a baby or they have small children - join the chat and learn more how you can support them through these stressful times.

If you'd like to ask your questions anonymously, email them to research@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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