



Facebook Friday Online Chat TODAY 1pm - 2pm

Some feelings of Anxiety and Stress are normal, especially since we find ourselves in particularly stressful times. COVID19 has had a significant impact on the Mental Health of many people across the globe, and while everyone experiences feelings of anxiety and panic at certain times, some individuals experience Anxiety and Panic to such an extent that it is unbearable and starts to impact their daily functioning.

Anxiety is a natural response to a stressful or dangerous situation but those who have Panic Disorder experience symptoms such as a sense of impending doom or danger, fear of loss of control or death, rapid, pounding heart rate, sweating; trembling or shaking, shortness of breath or tightness in your throat, chills or hot flashes.

Most of us feel some amount of stress and anxiety in our lives which is normal, even helpful. But when the anxiety becomes overwhelming, persistent, or interferes with your daily activities, this may indicate a problem and it is advisable to seek help.

For Panic Awareness Day, SADAG will be hosting a **FREE online Facebook Friday Expert Q&A from 1pm - 2pm TODAY, Friday 10th of July**, on [SADAG's Facebook page](#) with **Clinical Psychologist and Cognitive Behavioural Therapy (CBT) expert, Dr Colinda Linde**, who will be answering all your questions about Anxiety and Panic Disorder, as well as sharing helpful tips for you or a loved one to manage with panic attacks and anxiety during COVID19.



SADAG's #FacebookFriday Online Q&A

Panic Awareness Day Friday, 10 July, 1pm - 2pm



Clinical Psychologist and CBT Expert, Dr Colinda Linde, will be unpacking what Panic Disorder is, signs and symptoms and how to cope. She will be sharing practical self-help tips & techniques to help with panic, anxiety and stress, especially during COVID19.

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



Join the online chat this afternoon with Dr. Linde as she discusses the signs and symptoms of panic and anxiety, self-help tips and techniques to help ease panic, anxiety and stress during COVID19. 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.

For more resources, online videos, breathing techniques, self help tips and helpful apps - please visit SADAG's website www.sadag.org with tips, tools and resources to help you or a loved one manage anxiety, panic and stress.

SADAG provides FREE telephonic counselling, support, information and nationwide referrals to Support Groups, Psychologists, Psychiatrists, Clinics and more. To speak to a counsellor call 0800 21 22 23 or SMS 31393 (7 days a week, 365 days a year).

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