



SADAG launches 22 FREE Mental Health Support Groups

Since the launch of our Annual Support Group Leader Training in June of this year, **SADAG have launched 12 new Support Groups, with 10 new launches taking place in the next few weeks!**

What is a Support Group

A Support Group is a gathering of people with common experiences and concerns who provide one another with emotional and moral support. They encourage a sense of community and a source of empathetic understanding in a non-judgemental environment.

Members of Support Groups often share their thoughts and feelings and learn from other people's sharing and life experiences.

One of the most valuable gifts we can offer someone is giving them space to share their feelings. Sharing experiences enables us to give each other mutual support, normalise our experiences and collect practical information and ways of coping.

Group members offer each other vital support to reduce the sense of isolation that can be associated with mental illness and emotional struggles.


To find out more about our different Support Group offerings click [here](#).

Our newest additions to the SADAG Support Group Network

Join us at a **FREE** online

Depression & Anxiety Support Group for Moms

When Every Second Wednesday
Where Online, using Skype
Time 6pm



THE LIBRARY SERVICE
COUNSELLING AND SUPPORT

For more info and to RSVP contact
Lisa 078 937 9834

Join us at a **FREE**

Depression & Anxiety Support Group

For young adults **18 - 35**

Where: Online, using Zoom
When: Wednesday Weekly
Time: 7pm - 8:30pm



THE LIBRARY SERVICE
COUNSELLING AND SUPPORT

For more info & to RSVP contact Sandrié 072 882 0062



THE LIBRARY SERVICE
COUNSELLING AND SUPPORT

- As'xoxe Madoda -

Ivory Park Counselling
Container **FREE**

Men's Mental Health Support Group


When Saturday, 13 August 2022
Where Thuthukani Centre,
Freedom Drive
Time 10:00am

For more info contact Given on 060 402 7697

Join us at a **FREE**

Women's Mental Health Support Group

When Every Second Thursday
Where Online, using Microsoft Teams
Time 6:30pm



THE LIBRARY SERVICE
COUNSELLING AND SUPPORT

For more info & to RSVP contact Sharon 072 367 3415

Join us at a **FREE**

Chronic Illness & Mental Health Support Group

When: Third Saturday of the month
Where: Newlands East Library Hall,
Garrick Crescent, Newlands East, Durban
Time: 2:30pm



THE LIBRARY SERVICE
COUNSELLING AND SUPPORT

For more info contact Denise on 0797077877

Join us at a **FREE** Online

Depression, Anxiety & Bipolar Support Group

When - Wednesday, twice a month
Where - Online, using Zoom
Time - 6:30pm



THE LIBRARY SERVICE
COUNSELLING AND SUPPORT

For more info contact Anthony on 078 223 2200

Join us at a **FREE Online**

Support Group for Managing Mental Health in the Workplace

When - First & Third Thursday of the month
 Where - Online, using Zoom
 Time - 6:30pm

For more info contact Dee on 071 641 2156

Join us at a **FREE Online**

HIV/AIDS & TB Mental Health Support Group

When Tuesday, twice a month
 Where Online, using Zoom
 Time 6:30pm

For more info contact Mildred on 081 364 7492

Join us at a **FREE Online**

Depression & Anxiety Support Group

When Wednesday, twice a month
 Where Online | Time 10am

For more info contact Karen on 071 672 0387

Join us at a **FREE**

Depression & Loneliness Support Group

When Friday, weekly
 Where UCCSA Church Hall, Kanarie St, Murraysburg
 Time 5pm

For more info contact Julian on 063 145 7677

Join us at a **FREE Online**

Depression, Anxiety & Bipolar Support Group

for young adults 18-35

When Thursday, twice a month
 Where Online, using Google Meet
 Time 7pm - 8pm

For more info contact Amy on 072 022 9288

Join us at a **FREE Online**

Chronic Illness & Mental Health Support Group

When: Last Wednesday of the Month
 Where: Online, using Google Meet
 Time: 6:30pm

For more info contact Denise on 0797077877

New Support Groups Launching

Don't forget to follow our Social Media Accounts to find out more about new Support Groups Launching as well as other events we have lined up.



Join us at a FREE Online

Depression, Anxiety & PTSD Support Group

For Young Adults 18 – 35

When Wednesday, 28 September 2022
Where Online, using Zoom
Time 5:30pm

For more info contact Marelize 071 342 9810



Join us at a FREE Online

Chronic Illness Support Group

When Wednesday, 28 September 2022
Where Online, using Google Meet
Time 7pm – 8:30pm

For more info contact Erna on 083 450 6451



Join us at a FREE

Depression, Anxiety, Bipolar Disorder & ADHD Support Group

When Saturday, 1 October 2022
Where AFM Strandfontein, Cnr Play Street & Dennegeur Ave, Strandfontein, Cape Town
Time 9am

For more info contact Taswill on 072 7007 254



Join us at a FREE

Post Traumatic Stress Disorder (PTSD) Support Group

When Saturday, 1 October 2022
Where Suite A1 Grand Palace Building Heunis Street, Secunda
Time 11am

For more info contact Melissa on 072 391 1653



Join us at a FREE

Depression, Anxiety & PTSD Support Group

When Wednesday, 5th of October 2022
Where Domus Dei – Randburg Suid, 30 Jean Rd, Blairgowrie, Randburg
Time 7pm

For more info contact Lee on 084 400 3226



Join us at a FREE Online

Chronic Illness & Mental Health Support Group

When ~ Thursday, 6 October 2022
Where ~ Online, using Google Meet
Time ~ 10:00am

For more info contact Anneline - Whatsapp Only +90 536 712 5690

SADAG Student Support Groups Running

Studying at any tertiary institution can be a massive adjustment as students enter the adult world and become more independent. This can be incredibly challenging for students trying to find a balance between their social lives, studying and sometimes working simultaneously.

Tertiary students are faced with making life-changing decisions such as what to study and what career they would like to follow. The weight of these decisions are heightened by anxiety due to workload, exam stress, deadlines and performing well. Support Groups provide a safe space for people facing similar life challenges to connect, learn, share and support one another.



FREE Online SADAG Peer Support Group
For all Fort Hare University Students

Leader: Veli & Nwabisile
Where: University Campus Dining Hall
When: Every second Wednesday
Time: 6:00pm – 7:30pm

For more info and to RSVP – 073 002 5780 or 078 884 8961



FREE Online SADAG Peer Support Group
For all tertiary students

- Leader: Tasmeera Essop
- Where: Google Meet
- When: Every Second Friday
- Time: 2:00pm – 3:00pm

For more info and to RSVP Tasmeera: 065 977 8080



+ FREE Online SADAG Peer Support Group
For all tertiary students

- Leader: Munene Mabunda
- Where: Online using Zoom
- When: Second Thursday of the month
- Time: 5:00pm – 6:00pm

For more info and to RSVP Munene: 078 137 3551



FREE Online SADAG Peer Support Group
For all Tertiary Students

- Leaders: Lerato, Mbalentle & Paballo
- Where: Online via Zoom
- When: Every Second Thursday
- Time: 6:30 pm – 7:30 pm

For more info and to RSVP 0723893663

FREE Online SADAG Peer Support Group
For all tertiary students

Leader: Thandi Ngomane
Where: Online Using Zoom
When: First Saturday of the month
Time: 6:00pm – 7:30pm

For more info and to RSVP Thandi – 073 315 9360




FREE Online SADAG Peer Support Group
For all Tertiary Students

- Leader: Charlize
- Where: Online using Microsoft Teams
- When: Every second Wednesday
- Time: 6pm

For more info and to RSVP Charlize – 064 054 8560




FREE Online SADAG Peer Support Group
For all Fort Hare University Students

- Leader: Cebisa
- Where: Psychology building
- When: Every Second Thursday
- Time: 7:00pm – 8:00pm

For more info and to RSVP Cebisa – 060 445 2916




FREE Online SADAG Student Support Group
For all Tertiary Students

Leader: Esethu Mbewane
Where: Online using Zoom
When: Thursday, Weekly
Time: 5pm – 6pm

For more info and to RSVP Esethu – 083 941 6003




If you are a student interested in joining a Student Support Group or would like to find out more about our free Peer Support Group Leader Training please call 0800 36 36 37 or email [Vuyi peersupport@anxiety.org.za](mailto:peersupport@anxiety.org.za) or find out more about groups running [here](#).

Healthcare Workers Care Network Support Group Meeting

Join our HWCN Team next Thursday the 29th of September at our monthly Support Group Meeting. To register click [here](#).

“It is critically important right now to be as supportive as possible of doctors, nurses, healthcare support staff and allied medical personnel,” says Dr Caroline Lee, Convenor of the SA Society of Anaesthesiologists Wellness in Anaesthesia Support Group. “These are dedicated people



HEALTHCARE WORKERS CARE NETWORK
Caring for the Carers by the Carers

FREE SUPPORT GROUP MEETING FOR HEALTHCARE WORKERS

Feeling burnt out, numb and exhausted? No one really understands what you are going through? Depressed, anxious, irritable, sad or angry more than usual?

Join Us!



Thursday 29th September 6pm
Online using Zoom - To register <https://bit.ly/SGHWCN>

who are committed to see all of us through the COVID-19 crisis. But they are also stressed, exhausted, deeply worried, and at risk.”

Our monthly Support Group Meetings aim to provide a platform where Healthcare Workers can support and be supported by others.

SADAG Support Group Featured FaceBook Friday



Meta | @theSADAG

Facebook Fridays | **WORLD SUICIDE PREVENTION DAY**

Survivors of Loved Ones of Suicide: Starting a Support Group

Friday, 30 September
1:00pm

Dr.Reddy's

@theSADAG

Once a month SADAG dedicates its FaceBook Friday Lives to focus on some of our incredible Support Groups. In case you have missed them, check out the links below:

- The Power Of Women's Support Groups
- The Power of Bipolar Disorder Support Groups
- The Healthcare Workers Care Network Support Group

- The Power of Support Groups: Supporting a loved one with a Mental Illness

Next week Friday we will be unpacking the importance of Survivors of Loved Ones of Suicide Support Groups and what starting and running one entails. Join us on our [Facebook Page](#) on the 30th of September at 1pm.

Free SADAG Online Support Group Leader Training

If you, or someone you know, are interested in starting a Mental Health Support Group in your area, please email SupportGroups@anxiety.org.za to find out more about our Free Online Training

This 6-part online series covers everything from:

- What a Support Group is
- Who should join or start a Support Group
- Training and preparing you to become a volunteer Support Group Leader
- Launching your own Support Group

Training sessions are pre-recorded so you can work through them in your own time and at your own pace.



If you want any information on Support Groups including; who should start a Group, who should join a Group, videos, links, training information and updates on new Support Groups visit our Support Group tab on our website by clicking [here](#).

For any Support Group related queries please email SupportGroups@anxiety.org.za

