

SADAG's Daily Facebook Expert Q&A's



Dr.Reddy's 

Coping with Anxiety and Depression during Covid19 Lockdown

Daily Online Facebook Expert Chats

Since everyone is now in lockdown, and with strict rules and guidelines about not leaving the house and strict self-isolation. Many may be experiencing heightened anxiety or depression as everything is now settling in, the idea of social distancing and social isolation comes into effect and with that sometimes feelings of loneliness, anxiety, stress and even depression. To help provide online expert help during this time, **SADAG are launching a daily Facebook Expert Chat where you can speak to a mental health professional LIVE on our Facebook page from 1pm - 2pm and get FREE expert advice on any questions you may have on mental health and Covid19 during lockdown.** We will be kicking off the first chat today at 1pm with Clinical Psychologist, Neil Amoore.

The outbreak of COVID-19 may be stressful for many people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults, teens or even children. SADAG are providing the FREE online Facebook chats with top experts via the SADAG Facebook page - "The South African Depression and Anxiety Group" every weekday this week.



Monday

Clinical Psychologist, Neil Amoore discusses coping with Anxiety & Depression during Covid Lockdown.



Tuesday

Clinical Psychologist, Charity Mkone shares details on surviving the Anxiety of a nationwide shut down.



Wednesday

Clinical Psychologist, Nkateko Ndala- Magoro sheds light on Isolation & Depression.

Thursday

Psychologist, Sthembiso Biyela allows you to share your thoughts & feelings with a "Ask the expert" chat.



Friday

Clinical Psychologist, Dessy Tzoneva explains how one can survive loneliness during nationwide lockdown.

People around the country can access the online chat and get free expert advice from the safety of their homes via their computers or cell phones. If you'd like to ask your questions anonymously, email them to media@anxiety.org.za and we'll post it on your behalf. Then, just watch the chat for answers.

SADAG also provides FREE telephonic counselling, 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).

Make use of the SADAG Online Toolkit at (www.sadag.org) to access free resources, online videos, reliable resources, coping skills, online tools and info on social distancing, self-isolation and more.

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