



Join today's

## 'Ask The Dr' Facebook Friday Online Chat

1pm-2pm & 7pm-8pm

Have you recently been diagnosed with a Mental Illness? Do you have questions about medications, symptoms or treatment? Don't miss the FREE 'Ask The Dr' Facebook Friday online Q&A **TODAY** at 1pm - 2pm with Psychiatrist, Dr Terri Henderson who has a special interest in child and adolescences Psychiatry and 7pm - 8pm with Psychiatrist, Dr Jan Chabalala who has a special interest in African approaches to mental health. Both experts will be discussing medications, symptoms, how to manage side effects & avoiding relapse treatment and how to cope with a mental health diagnosis.

We encourage all mental health care users, their family members, loved ones, friends and colleagues to participate in this **FREE** Facebook chat from the comfort of your home, at work, or anywhere you can go online. The great advantage is that people have direct access to top experts without paying consultation fees.



**SADAG's FREE**  
**#FacebookFriday**  
**Online Q&A**

**Friday, 29 November 2019**

### **Ask The Dr**

Have you recently been diagnosed with a Mental Illness? Do you have questions about Medications, symptoms or treatment?

1-2 pm Psychiatrist, Dr Terri Henderson

7-8 pm Psychiatrist, Dr Jan Chabalala



**f** Facebook Page: The South African Depression and Anxiety Group

 Log in via: [www.sadag.org](http://www.sadag.org)

To log on for the live #FacebookFriday online Q&A click the button below.

[Click Here](#)

If you'd like to ask your questions anonymously, email them to [media@anxiety.org.za](mailto: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](http://www.sadag.org) – To speak to a counsellor, call 0800 21 22 23 7 days a week, every day of the year from 8am - 8pm.

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