

**ALCOHOL, TOBACCO AND  
SUBSTANCE USE DURING COVID-19****Unpacking the implications and  
effects on mental health**

Friday 15 May 2020 from 1 pm - 2 pm

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The COVID-19 pandemic and lockdown have left many ordinary South Africans feeling overwhelmed, anxious, stressed and depressed. For those who depend on alcohol, tobacco or drugs as a psychological coping mechanism may find their daily lives even more challenging, following the government's ban on the sale of alcohol and tobacco products.

- What is the impact of alcohol, tobacco and substance use on mental health?
- How to deal with the withdrawal symptoms?
- How can one prevent a relapse?
- How can one manage anxiety and mental health during lockdown now that alcohol and cigarettes are not allowed to be sold at the shops?
- How can one provide support to family members, friends and colleagues who are dependent on alcohol, cigarettes and drugs?

[Click here](#) to join free live webinar. Guest speakers will unpack the implications and effects of alcohol, tobacco and substance use on mental health and will provide some relief measures to help alleviate the anxiety and distress during lockdown. Questions are welcome during the live webinar.

## Webinar Guest Speakers



Dr Hemant Nowbath, Psychiatrist

Hemant is a psychiatrist in private practice in Durban. He sees no ethical conflict between the socialist ideology of his youth and his current taste for good whisky and golf. A Wits undergraduate, he specialised in Natal. Despite an undistinguished academic career, bereft of any honours, he sits on the executive of the South African Addiction Medicine Society and the Durban Chess Club.



Neil Amore, Clinical Psychologist

Neil is a Clinical Psychologist with a private practice in Benoni. Part of the family includes other psychologists, OTs & Speech therapists. He specialises in addiction, mood disorders & personality disorders. He has extensive experience, having worked in the field of trauma & PTSD amongst army and police, gambling association and more importantly, the establishment of Substance Abuse Network of SA.

## About Dr. Reddy's and SADAG

SADAG sponsored by Dr. Reddy's is hosting a series of M&G webinars to provide tips, tools, and coping measures for dealing with the psychological impact of COVID-19 and its unclear future. Their goal is to support all South Africans, of all ages, and especially those who already have existing health conditions, disabilities or a psychological diagnosis. <https://www.drreddys.com/>  
<http://www.sadag.org/>

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