

SADAG'S #FACEBOOKFRIDAY ONLINE Q&A
21 August 2020
1pm - 2pm

Gender Based Violence and Mental Health

Identify if you or a loved one are experiencing Gender Based Violence. Learn how and where to get help and manage it's impact on your well-being and Mental Health.

1pm-2pm
Clinical Psychologist Phumzile Mthembu and
Tears Foundation Founder Mara Glennie

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

Dr.Reddy's

Gender-based violence (GBV) is an issue faced by people all over the world. GBV refers to violence that targets individuals or groups on the basis of their gender. This includes acts that inflict physical, mental or sexual harm or suffering, the threat of such acts, coercion, and other deprivations of liberty., GBV is largely under reported because of stigma and lack of access to resources and support systems. While women and girls are the most at risk and the most affected by gender-based violence, boys, men, and sexual and gender minorities also experience gender-based violence. GBV can have serious physical, mental, economic, and social repercussions.

Clinical Psychologist Phumzile Mthembu and Tears Foundation Founder Mara Glennie will be shedding light on how to identify if your loved one is experiencing Gender Based Violence. Learn how and where to get help and manage it's impact on your well-being and Mental Health. Many have been experiencing Gender Based Violence across South Africa during the COVID-19 pandemic. Join SADAG's #FacebookFriday LIVE chat tomorrow, Friday 21 August, between 1pm-2pm as we offer FREE help, support and unpack all the GBV challenges that South African's have been facing. Join the chat via the [SADAG Facebook page](#).

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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