

SADAG's FREE #FacebookFriday
Online Q&A

17 July 2020



'Ask the Dr'

with Psychiatrist, Dr Carina Marsay

1:30pm - 2:30pm



Facebook Page: The South African
Depression and Anxiety Group



Log in via: www.sadag.org

Facebook Friday Online Chat TODAY 1pm - 2pm

Impact of COVID-19 on your Mental Health

During the COVID-19 pandemic, the primary focus has been on people's physical health; how to avoid contracting the virus, how to know when you have the virus and what to do when you get tested. This, and the economic impact of COVID-19, have been at the forefront of pandemic-related issues but what has not been a major point of discussion is the state of people's Mental Health and how COVID-19 has impacted people's mental wellbeing. With the added pressures of keeping safe from COVID-19 and the possibility of not having a job or food, people in South Africa are feeling extremely stressed which may be leading to Mental Health issues such as Depression and Anxiety. Under the current circumstances, feeling stressed and anxious during these difficult times may be normal, but it is now more important than ever, for individuals to be looking after their Mental Health, whether they have been diagnosed with a mental health condition or not. We should not only be looking after our own mental health, but we should be looking after the mental health of those around us as well.

To support so many South Africans who need help, information and advice for their mental health during this time, SADAG will be hosting a **FREE online "ASK THE DR" Facebook Friday Q&A chat from 1:30pm - 2:30pm TODAY, Friday 17th of July**, on [SADAG's Facebook page](#) with Psychiatrist Dr Carina Marsay.

Dr. Carina Marsay is a specialist Psychiatrist with experience in treating Anxiety and Depression and other mental health disorders. She has an interest in Perinatal Psychiatry and is a member



of the International Marce Society, an organisation dedicated to perinatal mental health.

The 1:30pm – 2:30pm chat with Dr. Marsay, allows you to ask any of your questions related to mental health, symptoms, treatment, medication, self-help tips and tools, and get free expert advice in return. People from across South Africa can access the online chat in the post's comment box, and get 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 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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