



LEARN ABOUT TESTING POSITIVE FOR COVID-19 AND MANAGING THE ANXIETY AND STRESS ASSOCIATED TO TESTING FROM A PSYCHIATRIST WITH FIRST HAND EXPERIENCE

Join the #FacebookFriday Online Q&A 31 July 2020 @ 1pm



We are currently living in a frightening time – We are living in a world where quarantine, social isolation and feelings of uncertainty have become the norm. While these terms get thrown at us on a daily basis, these factors can also lead to a person feeling extremely lonely, disconnected and ultimately increases Anxiety and Depression

Many individuals face stress and Anxiety as more and more people are coming into contact with COVID-19 and need to get tested. Getting tested or testing positive for COVID-19 in itself can be an extremely stressful experience, and while many have gone through this experience, the impact that this experience has on Mental Health, is still largely unknown. We need to hope for life to return “back to normal” but while the presence of HOPE can decrease the experience of trauma and stress, we still need practical ways in which we can cope with these new realities of life.

SADAG will be hosting a FREE online Facebook Friday Q&A from 1pm - 2pm, Friday 31st of July, on SADAG’s Facebook page with Psychiatrist, Dr Lerato Dikobe on COVID-19 testing anxiety. Dr Dikobe, will be sharing her experience on testing positive for COVID-19. She discusses how to deal with the Anxieties & Stresses that come with it and also how to stay positive in such a situation. She will also share ways in which family and friends can stay supportive during self-isolation in order to avoid loneliness during this time.

SADAG's FREE #FacebookFriday Online Q&A

Learn more about the experience of testing positive for COVID-19, the stress & anxiety of testing, self-isolation and social distancing from an expert psychiatrist who has experienced it first hand



31 July
1pm - 2pm

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Log in via: www.sadag.org

Facebook Page: The South African
Depression and Anxiety Group

Psychiatrist Dr. Lerato Dikobe



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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