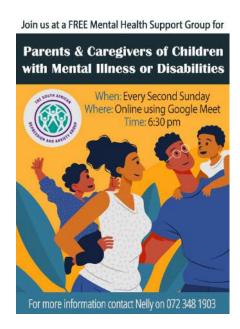


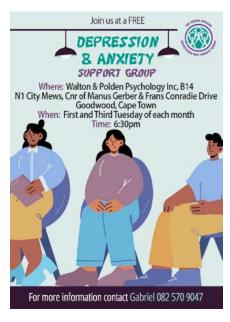
SADAG Launches 10 NEW Support Groups

SADAG has over 160 Support Groups around the country, offered both online and in person. We are constantly adding new Support Groups to our portfolio to increase Mental Health Aftercare resources in South Africa.



















Keep up to date with info on new Support Groups that are launching by subscribing to our newsletter or visiting the Support Group Tab on our website.

Meet Our Newest Support Group

Leaders

Join us this coming Friday for our weekly Live "Ask The Expert" Session where we'll be talking to our Newest Support Group Leaders about their upcoming launches in the month of March. Joining us is Daleen, launching a Face-to-Face Depression and Anxiety Support Group in Polokwane, Nala who is launching an online Support Group for Professional Mammas and Kopano, launching a Support Group for First Time Moms. Please tune in on Friday at



1PM on our Facebook Page as they tell us more.



Interested in giving back? We're on the hunt for Guest Speakers!

On occasion, Support Group Leaders will identify specific topics that the group would like to be covered, and professional guest speakers offer assistance in hosting these sessions.

If you are a Mental Health Practitioner and would like to offer your services please email supportgroups@anxiety.org.za

Who Should Join a Support Group

A Support Group is never the first line of intervention when treating a Mental Illness, rather Support Groups offer supplementary support in an environment where others can really understand what you are going through.

In the majority of cases Support Groups are run by patients and ex-patients themselves, they are not Mental Health practitioners and are not able to provide medical advice. Remember, a Support

Group is not the same as group therapy.

If you have consulted with a Mental Health practitioner, have received a diagnosis, and are managing your Mental Illness, a Support Group can be an incredible support in maintaining your mental health.

If you would like to find out more about who should join a Support Group click here.



SADAG SUPPORT GROUPS

For more info about **Starting** a Support Group email supportgroups@anxiety.org.za

To find out more about Joining a Support Group call 0800 456 789.

SADAG provides FREE telephonic counselling, support, information and nationwide referrals to Support Groups, Psychologists, Psychiatrists, Clinics and more. To speak to a counsellor call our 24hour toll free Cipla Mental Health Helpline 0800 456 789 or SMS 31393 (7 days a week, 365 days a year)

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