

SADAG's Daily Facebook Expert Q&A's



Dr.Reddy's 

Coping with Anxiety and Depression during Covid19 Lockdown

The impact of Social Media during lockdown and helpful apps

Tomorrow at 1pm - 2pm



COVID-19 is causing anxiety, panic and unrest across the globe with new guidelines and recommendations being published and changed frequently, its dominating press headlines, its all over the TV and radio, it is what everyone is talking about – it is hard to escape it, especially on social media. The overload of social media could be impacting our mental health – as there is such a thing as too much information. And yet, social media and apps could actually help our mental health too with online resources to help us with stress relief, mindfulness, sleep, meditation, self-care, panic and anxiety.

McCoubrey says “we have to at least learn about these support tools, which are globally popular and have delivered some powerful assistance to a generation that feels comfortable using technology. It’s not for every patient, we get that totally, but it may work for some.”

Join the chat tomorrow at 1pm - 2pm with the Founder of MySocialLife, Dean McCoubrey and learn more about the impact of social media during lock down and how various apps can actually benefit patients during this difficult time.

People from all around the country can access the online chat and get free 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 media@anxiety.org.za and we'll post it on your behalf. Then, just watch the chat for answers.

For many people the current nationwide lockdown may be worsening or intensifying symptoms of panic, stress and anxiety, so it is important to take extra care during this time with more support and self care steps to ensure your mental wellness.

Here are some new local articles on mental health and COVID19:

- Words from the frontline as the first week of lockdown draws to a close. [Learn more](#) about the effects of Covid19 to SA in an article by Christi Nortier at Daily Maverick.
- Three weeks indoors can present a few challenges that impact on the social and economic lives of many who may not have anywhere to turn to for help during the period. [Get a Lockdown Toolkit](#) with emergency numbers to call when you need help. in an article by Eye Witness News (EWN).
- Covid-19 and Helpful tips to manage your stress during this difficult time. [Read](#)

[more in an article](#) by the Rosebank Killarney Gazette.

SADAG also provides FREE telephonic counselling, information and nationwide referrals to Support Groups, Psychologists, Psychiatrists, Clinics and more. Online resources such as brochures, articles and self-help videos can be found at www.sadag.org – To speak to a counsellor, call 0800 21 22 23 (7 days a week, 365 days a year, 8am - 8pm).



The graphic features a purple header with the SADAG logo (a green circle with three figures) and the text "SADAG's Daily Facebook Expert Q&A". Below this is a white section with a purple border containing the text "Making Mental Health Matter during Covid19 lockdown 1pm - 2pm". The main content is a list of five days, each with a circular profile picture of an expert and a short description of their topic. At the bottom, there is a green footer with the Dr.Reddy's logo, a Facebook icon, and the text "Facebook Page: The South African Depression and Anxiety Group" and "Log in via: www.sadag.org".

SADAG's Daily Facebook Expert Q&A

Making Mental Health Matter during Covid19 lockdown 1pm - 2pm

Monday
Dr Colinda Linde (Clinical Psychologist) shares details on Panic & Anxiety during lock down

Tuesday
Dean McCoubrey (Founder of MySocialLife) explains the impact of social media during lock down and how various apps can actually benefit patients

Wednesday
Neil Bierbaum (Author, Speaker and Life & Executive Coach) goes into detail on managing working from home and how to stay motivated

Thursday
Dr Carina Marsay (Psychiatrist) allows people to share their thoughts and feelings with "Ask the Dr" chat

Friday
Buyisile Mncina (Counselling Psychologist) gives tips on helping children cope with the Anxiety around Covid

Dr.Reddy's

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