

# SADAG's Daily Facebook Expert Q&A's



Dr.Reddy's 

Coping with Anxiety and Depression  
during Covid19 Lockdown

## Managing working from home and how to stay motivated

Tomorrow at 1pm - 2pm



Many South Africans have been forced to work from home due to the 21 day lockdown which has left many feeling overwhelmed and completely disorientated. Employees are suddenly experiencing the "freedom" of working from home and may also be experiencing anxiety sparked by a lack of supervision and direction, having little time to adjust to a new way of working, fears of job losses, along with challenges of managing technology, keeping productive, staying connected and juggling family and work responsibilities.

Join the chat tomorrow at 1pm - 2pm as Neil Bierbaum (Author, Speaker and Life & Executive Coach) goes into detail on managing working from home and how to stay motivated. Neil will be sharing practical tips, tools and resources as well as links to free helpful downloads throughout the chat. Don't miss out.

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](mailto:media@anxiety.org.za) and we'll post it on your behalf. Then, just watch the chat for answers.

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

- Mental health patients urged to use essential service during lockdown. [Read more](#) in an article by Katlego at News Horn Media.
- Covid-19: How to deal with panic during the lockdown. [Learn more in an article](#) by Itumeleng Komana at Sandton Chronicle.
- South Africa's other Covid-19 pandemic – our silent mental health crisis. We are trying to protect ourselves against the virus, but how are we protecting ourselves against the psychological distress it wreaks? [Learn more in an article](#) by Kgaugelo Sebidi at Daily Maverick.

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](http://www.sadag.org) – To speak to a counsellor, call 0800 21 22 23 (7 days a week, 365 days a year, 8am - 8pm).



## 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 



Facebook Page: The South African  
Depression and Anxiety Group



Log in via: [www.sadag.org](http://www.sadag.org)

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