



**Join the #FacebookFriday Online Q&A discussing all things related to the LGBTQI+ community and their Mental Health**

**Friday, 11 June 2021, 1pm - 2pm and 7pm - 8pm**

As a result of facing ongoing discrimination the LGBTQI+ community often struggle with Depression, Anxiety, trauma and issues with self-acceptance.

Like many others who experience prejudices and discriminations, the lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ+) community face many similar challenges, the difference lies in that this particular community is at particular risk for developing mental health issues due to increased risk of stigmatization. This is usually related to the prejudices that still exist today and the lack of education around this community.

LGBTQ+ individuals are more likely to experience a mental illness such as Depression or Anxiety and unfortunately, the stigma that surrounds being queer, leads to less people being willing to seek help when they are feeling helpless and hopeless.

The Pride community is a space where individuals who are LGBTQ+ can connect and support one another. This not only reduces isolation but increases visibility for those who are

struggling with their Mental Health. It is very important and powerful for individuals who are LGBTQ+ to see their identity in the community around them as it validates the fact that we all belong and we all are loved.

This week, SADAG's #FacebookFriday Q&A is in honor of PRIDE MONTH where we will be unpacking the Mental Health of the LGBTQI+ community.

**Join the online Q&A tomorrow, with Genevieve Louw from GALA Queer Archive, between 1pm-2pm, and again in the evening from 7pm – 8pm with Chris McLachlan, a Clinical Psychologist.**

The poster features a purple and teal color scheme. At the top left is the Facebook logo. To its right, the text reads 'SADAG'S FACEBOOK FRIDAYS ONLINE Q&A'. Further right is the SADAG logo, which includes the text 'THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP'. Below the text are five colorful emojis representing various emotions: a smiling face, a face with a downturned mouth, a face with wide eyes, a face with a sad expression, and a face with a neutral expression. In the center, a white speech bubble contains the text 'Pride Month: LGBTQI+ & Mental Health' in purple and teal, with a purple speech bubble below it stating '11 June 2021'. Below this, two time slots are listed: '1PM – 2PM' with 'Genevieve Louw GALA Queer Archive' and '7PM – 8PM' with 'Chris McLachlan Clinical Psychologist'. At the bottom, there are icons for a heart, a thumbs up, and a speech bubble, along with the text 'Dr.Reddy's', 'WWW.SADAG.ORG', and the SADAG logo with the text 'The South African Depression and Anxiety Group'.

[Click Here to join the Facebook Chat](#)

If you would like to ask any questions anonymously, please email them to [media@anxiety.org.za](mailto:media@anxiety.org.za) and we will post them on your behalf. Then, just watch the Facebook chat post for answers.

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 and a counsellor will call you back. SADAG is operational 24 hours a day, 7 days a week, 365 days a year.

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