

SADAG's FREE
#FacebookFriday Online
Q&A



26 April 2019
Substance Abuse

**Learn more about Drug Abuse, Binge Drinking, Gambling
Addiction, Substance Abuse in the Workplace, Treatments
& how to help a loved one.**



1PM: Psychiatrist - Dr Lize Weich
7PM: Clinical Psychologist - Fehmeeda Akoob



**Facebook Page: The South African
Depression and Anxiety Group**



Log in via: www.sadag.org

Substance Abuse Facebook Friday Online Chat

Friday 26 April 2019

1pm & 7pm

In our country people sometimes deal with the effects of Substance Abuse on a daily basis, often many struggle to cope. Some people living with Mental Illness or suffering from a previous Trauma find themselves turning to substances in a misguided attempt to treat the symptoms of their illness or reduce the side effects of their prescribed medication. Unfortunately while some may feel a sense of relief at first – using substances interferes with psychiatric medication, which may lead to relapse and hospitalisation. Substance Abuse can have an impact on our communities and families. It has many negative effects on the youth themselves.

Join the FREE #FacebookFriday Online Q & A this Friday the 26th of April to learn more about Drug Abuse, Binge Drinking, Gambling Addiction, Substance Abuse in the Workplace, Treatments & how to help a loved one. Addressed by experts Dr Lize Weich at 1pm and Fehmeeda Akoob at 7pm.

To join the chats, LIKE SADAG's Facebook Page: The South African Depression and Anxiety Group or go to www.sadag.org. Facebook Users that would like to remain anonymous can send an email to media@anxiety.org.za and SADAG will ask on their behalf.

If you or a loved one are struggling to cope, call 0800 12 13 14 or sms 32312 to speak to a counsellor or visit www.sadag.org for more info. The Ke Moja Substance Abuse Online Counselling platform is available every day from 10am till 2pm.



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