



The COVID-19 pandemic has brought significant changes to all areas of life and has raised concerns for mental health. Lockdown and social distancing meant that people cannot easily access face-to-face therapy sessions with mental health service providers.

SADAG is conducting vital research about patients' and professionals' experiences of online and tele-counselling over the past months. We are urgently looking for patients and professionals who have used telephonic or virtual online means for counselling and consultation to share their own experiences.

If you have had to do online or remote sessions with your mental health professional – perhaps your psychologist or psychiatrist – we would like to learn more about your experience, understand the benefits and learn more about the challenges.

With the increasing mental health burdens of the COVID-19 pandemic and a national mental healthcare system that is overburdened and under-resourced, it is crucial that we get all the information we need to advocate with funders.

We would like to invite you to take part in our short 6-7 minute survey on your recent experiences as a client or patient making use of online, live (i.e. in 'real time') telehealth services in South Africa during Covid-19.

If you have done online, remote or virtual counselling sessions during COVID19, please take a few minutes to fill in this short survey by clicking on the button below:

Survey

If you are a MENTAL HEALTH PROFESSIONAL involved in remote, online consultations or telehealth sessions, we need your help to complete the professional survey. Please [_Click Here for the Professional Survey._](#)

We thank you for your support.

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