

**SADAG'S  
#FACEBOOKFRIDAY  
ONLINE Q&A**  
14 August 2020  
**1pm & 7pm**

**Women's Mental Health for  
Women's Month**

Helping women cope during COVID19. Female  
Experts share practical tools, tips and techniques  
focusing on Women's Mental Health.

**1PM -2PM Psychiatrist Dr Vythilingum Bavi**  
**7PM -8PM Clinical Psychologist Dessy Tzoneva**

Facebook Page: The South African  
Depression and Anxiety Group

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

Dr.Reddy's

Not only is Women's Mental Health highlighted for Women's Month but SADAG would like to unpack COVID19's impact on Women's Mental Health. Some of us have worried about getting sick or having a loved one get sick, missing University opportunities, losing a job, getting laid off, having to school kids online at home, loneliness, panic, and lack of control over when COVID19 will end. Many women have been struggling to cope whilst running households as the primary caretaker, holding on to jobs and some are facing gender based violence on a daily bases.

These stressors may result in sleep problems, headaches, tiredness, loss of concentration, irritability, sadness, lessened motivation, and feelings of depression. These emotions can impact work quality, anger towards others, struggling to cope with childcare and overall feelings of burnout.

The COVID-19 pandemic has placed an increased mental health burden on Women across South Africa. Join SADAG's #FacebookFriday LIVE chat tomorrow, Friday 14 August, between 1pm-2pm & 7pm - 8pm as we offer FREE help, support and unpack all these challenges that South African Women have been facing. Psychiatrist Dr Vythilingum Bavi and Clinical Psychologist Dessy Tzoneva discuss the Mental Health Impact on Women during the COVID-19 pandemic, give expert advice and coping skills as well as practical tools to better manage the symptoms. Join the chat via the [SADAG Facebook page](#).

If you'd like to ask your questions anonymously, email them to [research@anxiety.org.za](mailto:research@anxiety.org.za) and we'll post it on your behalf. Then, just watch the chat for answers. For more resources, online videos, breathing techniques, self-help tips and helpful apps - please visit SADAG's website [www.sadag.org](http://www.sadag.org) with tips, tools and resources to help you or a loved one manage anxiety, panic and stress. 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 (7 days a week, 365 days a year).

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