

#SuicideShouldntBeASecret
Understanding Teen Depression
& preventing Suicide:

Recognise various warning signs, how to talk to your teen and where to seek help to prevent Suicide

Friday 24th February



1pm: Zamo Mbele (Psychologist)

7pm: Candice Cowen (Psychologist)

- 🌐 Log in via our website www.sadag.org
- 📘 SADAG Facebook page: [The South African Depression and Anxiety Group](#)
- ☎️ Call us for more info: 0800 70 80 90 open 7 days a week, 8am-8pm

To join the live chat for helpful advice on recognizing the various signs and symptoms for Suicide and where to get help for you or your loved one this Friday, [click here](#) for our Facebook page.

Meet the Experts:



At 1pm-2pm with Zamo Mbele

Zamo Mbele is Clinical Psychologist who is based in Johannesburg and is a SADAG Board Member. He has worked predominantly within the public healthcare sector and currently works at the Tara Hospital. He is part of the multidisciplinary team at the Wits Donald Gordon Medical Centre. Professionally, his interests includes working with severe psychopathology, trauma therapy as well as adolescent psychotherapy.



At 7pm-8pm with Candice Cowen

Candice Cowen is a Clinical Psychologist working from a Cognitive Behaviour framework. She has a special interest in working with children and their families, her approach when working therapeutically is systemically collaborative, which means she works with both the child and their parents. Her approach is solution focused and skills based.

Making Mental Health Matter

South African Depression and Anxiety Group

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