



SADAG's FREE #FacebookFriday

Online Q&A

3 July 2020

Helping Children & Teens cope with Anxiety

1-2pm: Clinical Psychologist- Louise Hartwig



Proudly
sponsored by

Dr.Reddy's



Facebook Page: The South African
Depression and Anxiety Group



Log in via: www.sadag.org

Although children and teens may not be flagged as being high risk in the COVID-19 pandemic, they are still however faced with many new challenges that may cause them to feel stressed and anxious. Most adults are able to easily understand the changes that are being implemented into their daily lives, children especially, may not fully understand why they are needing to wear masks to school or why they can't play with their friends during break.

Teens on the other hand, may understand the reason for protective measures when leaving home, but what may be more stressful is the fact that the school year has now had many interruptions which may influence their academic performance causing students to feel stressed and anxious.

SADAG will be hosting a **FREE online Q&A from 1pm-2pm tomorrow, Friday 3rd of July**, on [SADAG's Facebook page](#) with Clinical Psychologist, Louise Hartwig. With schools and other services being re- opened, Louise will be answering questions LIVE on how **children and teens can manage the different anxieties and stresses they are currently facing due to COVID19.**

If your child or teen, has been stressed and anxious during the COVID-19 pandemic, and are struggling to cope with the realities of Social Isolation and Lockdown, join the chat to learn more about how you can help yourself and your children cope more effectively during COVID-19. If you'd like to ask your questions anonymously, email them to research@anxiety.org.za and we'll post it on your behalf. Then, just watch the chat for answers.



**SADAG's weekly
Educators and Teachers
Connect & Recharge Session**

Mental Health and COVID-19

Every Wednesday, 5pm - 6pm

Educational Psychologist in Private Practice and former teacher, Dr. Gloria Marsay, hosts a weekly recharge session for Teachers and Educators.

Dr. Marsay helps educators restore themselves personally in preparation for the new challenges of the learning environment

Email help@sadag for any inquiries

SADAG, along with Dr. Gloria Marsay, are also hosting **weekly Recharge and Reconnect sessions for Teachers and Educators every Wednesday from 5pm - 6pm** who may also be feeling anxious or stressed due to the new learning environments. Dr. Marsay teaches educators how to reconnect with themselves, so that feelings of stress and anxiety do not overwhelm them. For inquiries, please email help@sadag.org. We encourage all teachers and educators to participate in the FREE online session to connect, share resources and build coping tools.

SADAG provides FREE telephonic counselling, support, information and nationwide referrals to Support Groups, Psychologists, Psychiatrists, Clinics and more. Online resources such as brochures, articles and self-help videos can be found at www.sadag.org – To speak to a counsellor call 0800 21 22 23 or the 24-hour Department of Social Development Substance Abuse Helpline 0800 12 13 14 or SMS 32312 (7 days a week, 365 days a year).

©2020 SADAG | P.O. Box 652548 Benmore • Johannesburg, 2010 • South Africa

[Web Version](#) [Preferences](#) [Forward](#) [Unsubscribe](#)

Powered by
GoDaddy Email Marketing ®