



SADAG'S
#FACEBOOKFRIDAY
ONLINE Q&A
SUICIDE PREVENTION

Friday, 13 September 2019

Facebook Friday Online Chat tomorrow on Suicide Prevention.

Friday, 13 September at 1pm and 8pm

These recent suicides reported in the press, as well as the alarming figures from the Suicide Helpline, highlight the urgent need within this country to ensure that we continue sharing as much information on Suicide Prevention as we possibly can.

Join the Facebook Friday FREE Q&A tomorrow, the 13th of September at 1pm - 2pm and 7pm - 8pm will focusing on Suicide Prevention. Learn more about the warning signs, how to talk about suicide to your teen, friend or loved one, as well as depression, practical steps to making a safety plan & getting help.

We're urging parents, teachers, community members, colleagues, & families to participate in this FREE Facebook chat from the comfort of your home, at work, or anywhere you can go online. The great advantage is that people have direct access to top experts without paying consultation fees. Psychologists, Liane Lurie and Tamara Zanella will be answering all your questions

SADAG's #FacebookFriday

Online Q&A

SUICIDE PREVENTION



Friday, 13 September 2019
Suicide Prevention

Learn more about the warning signs, how to talk about
suicide & depression, making a safety plan & getting help



1-2PM: Liane Lurie (Psychologist)

7-8PM: Tamara Zanella (Psychologist)



Facebook Page: The South African
Depression and Anxiety Group

Log in via: www.sadag.org

To log on for the live #FacebookFriday online Q&A click the button below.

[click here](#)

If you'd like to ask your questions anonymously, email them to media@anxiety.org.za and we'll post it on your behalf. Then, just watch the chat for answers.

SADAG also provides FREE telephonic counselling, 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 567 567 7 days a week, every day of the year from 8am - 8pm.

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