



Mental Health Awareness Month

Still time to make Mental Health Matter

SADAG want to keep you updated with what events are taking place now, before the end of World Mental Health Awareness Month. You can still create awareness for Mental Health this month. Take part in any event below and help us make Mental Health Matter.



Today's Facebook Friday focuses on Stress and Burnout

Join SADAGs #FacebookFriday Online Q&A on the 23rd of October as Occupational Therapist Juanita Donkin and Psychiatrist Dr Antoinette Miric discuss the signs and symptoms of Stress and Burnout. These experts identify how to get help, what to do if you are struggling to cope and how to help a friend, loved one or colleague.

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

SADAG'S
#FACEBOOKFRIDAY
ONLINE Q&A
23 October 2020

Stress and
Burnout

1-2 pm - Occupational Therapist Juanita Donkin
7-8 pm - Psychiatrist Dr Antoinette Miric

Facebook Page: The South African
Depression and Anxiety Group

Log in via: www.sadag.org

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.

[Click Here](#)



SADAG KZN Move for Mental Health

This World Mental Health Month, we encourage you to move for Mental Health. Join SADAG KZN this Saturday for an active FREE online Zumba session as we #moveformentalhealth.

KZN MENTAL HEALTH ADVOCACY GROUP
& SADAG KZN PRESENTS OUR 5TH ANNUAL

VIRTUAL MENTAL HEALTH WALK & WELLNESS FAIR ZUMBA

SATURDAY, 24 OCTOBER
2020 @ 9AM

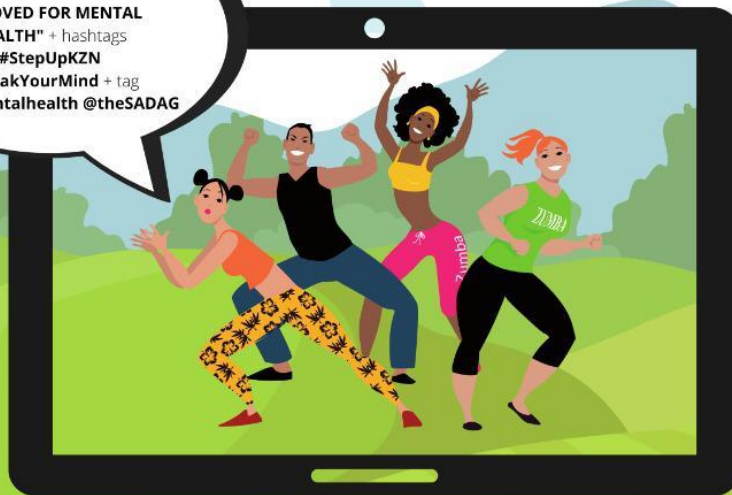
JOIN US, VIRTUALLY, ANYWHERE!

This **World Mental Health month**, we encourage you to move for mental health! Nurture your body and mind through zumba.



FREE ONLINE ZUMBA SESSION
with licensed zumba instructor Mrs Carmen Pillay

Remember to **post your photos**
+ **videos to social media** with
"I MOVED FOR MENTAL
HEALTH" + hashtags
#StepUpKZN
#SpeakYourMind + tag
@KZNmentalhealth @theSADAG



PARTICIPATION IS FREE!

[Click here to register](#)

Or contact us at MHadvocacygroup@gmail.com or 078 278 7047

[Register Here](#)



Akeso launches online 'note to self' Mental Health campaign on World Mental Health Day.

Akeso launched a 'note to self' Mental Health campaign for Mental Health Awareness Month, aiming to address some of the misconceptions around mental health and to promote understanding of these experiences.

All members of the public are invited and encouraged to leave mental health 'notes to self' via their online platform. Contributors are not asked for their name, so all comments are anonymous.



Leave a Note

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 21 22 23 7 days a week, every day of the year from 8am - 8pm.

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