

# SADAG's Daily Facebook Expert Q&A's



Dr.Reddy's 

Coping with Anxiety and Depression  
during Covid19 Lockdown

## Coping with Anxiety & Depression during Covid19 Lockdown

Since everyone is now in lockdown, and with strict rules and guidelines about not leaving the house and strict self-isolation. Many may be experiencing heightened anxiety or depression as everything is now settling in, the idea of social distancing and social isolation comes into effect and with that sometimes feelings of loneliness, anxiety, stress and even depression. To help provide online expert help during this time, SADAG are launching a daily Facebook Expert Chat where you can speak to a mental health professional LIVE on our Facebook page from 1pm - 2pm and get FREE expert advice on any questions you may have on mental health and Covid19 during lockdown. We will be kicking off the first chat on Monday 30 March with Clinical Psychologist, Neil Amore.

The outbreak of COVID-19 may be stressful for many people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults, teens or even children. SADAG are providing the FREE online Facebook chats with top experts via the SADAG Facebook page - "The South African Depression and Anxiety Group" every weekday next week.

Clinical Psychologist, Neil Amore has extensive experience with mood disorders (depression, anxiety and bipolar disorder) trauma and substance abuse. He will be able to answer any questions related to mental health, symptoms, treatment, FAQs, self-help tips and ready to unpack the anxiety around Covid19. People around the country can access the online chat and get free expert advice from the safety of their homes via their computers or cell phones.

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

SADAG's Daily Facebook  
Expert Q&A

Monday, 30 March 2020



## Coping with Anxiety & Depression during Covid Lockdown



12 - 1 PM: Neil Amooore (Clinical Psychologist)



Facebook Page: The South African  
Depression and Anxiety Group



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

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](http://www.sadag.org) – To speak to a counsellor, call 0800 21 22 23 (7 days a week, 365 days a year, 8am - 8pm).

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