

SADAG's Daily Facebook Expert Q&A's



Dr.Reddy's 

Coping with Anxiety and Depression during Covid19 Lockdown

Surviving loneliness during nationwide lockdown

Today at 1pm - 2pm



Whether you're at home with family, partners, sharing a home or going it alone, living in lockdown can take a huge toll on your mental health. Clinical Psychologist, Dessy Tzoneva will be touching on the effects of isolation and how you can survive loneliness during a nationwide lockdown.

Worrying about your own health, your loved ones' health and job or financial stress are valid worries for everyone too. Join the chat today at 1pm - 2pm and learn more about how to cope with loneliness and a nationwide lockdown.

People from all 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 and we'll post it on your behalf. Then, just watch the chat for answers.

For many people the current nationwide lockdown may be worsening or intensifying symptoms of panic, stress and anxiety, so it is important to take extra care during this time with more support and self care steps to ensure your mental wellness:

- Managing your mental health during the coronavirus crisis. [Read more](#) in an article by 947.
- How to manage feelings of anxiety during isolation. [Get useful tips](#) for people to manage their anxieties and depression during the lockdown in an article by Berea Mail.
- Covid-19: How to keep your anxiety in check, [read more](#) in an article by Fourways review written by Itumeleng Komana.

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, 365 days a year, 8am - 8pm).

Next weeks upcoming chats



SADAG's Daily Facebook Expert Q&A

**Making Mental Health Matter during
Covid19 lockdown
1pm - 2pm**



Monday

Dr Colinda Linde (Clinical Psychologist) shares details on Panic & Anxiety during lock down



Tuesday

Dean McCoubrey (Founder of MySocialLife) explains the impact of social media during lock down and how various apps can actually benefit patients



Wednesday

Neil Bierbaum (Author, Speaker and Life & Executive Coach) goes into detail on managing working from home and how to stay motivated



Thursday

Dr Carina Marsay (Psychiatrist) allows people to share their thoughts and feelings with "Ask the Dr" chat



Friday

Buyisile Mncina (Counselling Psychologist) gives tips on helping children cope with the Anxiety around Covid

Dr.Reddy's

Facebook Page: The South African
Depression and Anxiety Group

Log in via: www.sadag.org

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