

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



Dr.Reddy's 

Coping with Anxiety and Depression during Covid19 Lockdown

## Shedding light on Isolation and Depression

Today at 1pm - 2pm



Counselling Psychologist, Nkateko Ndala-Magoro will be answering any questions related to mental health, isolation, coping with signs and symptoms of depression as well as self-help tips to help you and your loved ones manage through this difficult time.

We know that this is a challenging time for you and your family. Let's support one another, our families and loved ones, friends and our communities, even if it can only be at a distance. I ask you to reach out to those you know who might be particularly affected by the enforced social isolation. These are

challenging times for our mental health.

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](mailto: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:

- Protect your mental health during the COVID-19 lockdown. [Read more](#) in a informative article by Mediclinic Info hub.
- **Covid19Lockdown: Durban psychologists step up offer of free mental health services. [Read more in an article by Highway Mail.](#)**
- How to keep housebound kids busy during a pandemic. [Learn more](#) about daily structure and schedules in an article by Robert Preidt in WebMD.
- How to make the most of Online Therapy during COVID-19. [Read more](#) by Clinical Psychologist, Seth J. Gillihan.



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

#### Tuesday



Charity Mkone (Clinical Psychologist) shares details on surviving the Anxiety of a nationwide shut down.

#### Wednesday



Nkateko Ndala- Magoro (Counselling Psychologist) sheds light on Isolation & Depression.

#### Thursday



Sthembiso Biyela (Clinical Psychologist) allows you to share your thoughts & feelings with a "Ask the expert" chat.

#### Friday



Dessy Tzoneva (Clinical Psychologist) explains how one can survive loneliness during nationwide lockdown.

Dr.Reddy's 

 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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