

# Today's Facebook Friday Online Chat tackles Compassion Fatigue

**SADAG'S #FACEBOOKFRIDAY ONLINE Q&A**  
6 November 2020

**Tackling Compassion Fatigue**

**1-2pm Nkateko Ndala - Magoro  
Counselling Psychologist**

**7-8pm Elevia Aderinoye  
Clinical Psychologist**

Facebook Page: The South African Depression and Anxiety Group

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

Dr.Reddy's

## Join 1pm-2pm & 7pm - 8pm expert Q&A on how to cope with Compassion Fatigue

2020 has been a difficult year for many and with the year coming to an end people are starting to feel tired, burnt out and anxious. Compassion fatigue is the physical and mental exhaustion and emotional withdrawal experienced by those who care for sick or traumatized people over an extended period of time. Unlike burnout, which is caused by everyday work stresses, compassion fatigue results from taking on the emotional burden of a persons pain, agony or trauma. Also known as “second hand shock” or “negative cost of caring”. Compassion fatigue can take a physical, emotional and spiritual toll on people who experience it.

Clinical Psychologist Elevia Aderinoye says, “It is important to talk about compassion fatigue in our current times because many individuals are coming to the aid of people with trauma and emotional distress and the helper needs to be aware of the impact /after - shock of assisting in these situations.”

SADAG is hosting a FREE #FacebookFriday Online Q&A TODAY between 1pm – 2pm with Counselling Psychologist, Nkateko Ndala- Magoro and again from 7pm – 8pm with Clinical ‘Psychologist, Elevia Aderinoye. They will be unpacking the signs and symptoms of compassion fatigue and how to deal with it.

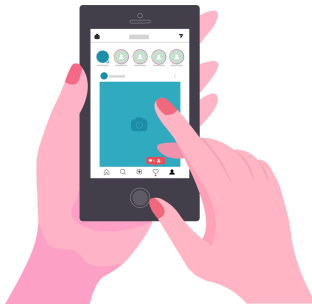


Clinical Psychologist Elevia Aderinoye



Clinical Psychologist Nkateko Ndala – Magoro

To join these expert chats, LIKE SADAG’s Facebook Page: [The South African Depression and Anxiety Group](#) or go to [www.sadag.org](http://www.sadag.org). Facebook users that would prefer to remain anonymous, can send their questions via a private message for SADAG to ask on their behalf.



### How to get help

For telephonic counselling, guidance and support, contact SADAG on 0800 21 22 23. 0800 456 789, or SMS 31393. Open 7 days a week.

Facebook Page: [The South African Depression and Anxiety Group](#)

Website: [www.sadag.org](http://www.sadag.org)



