



SADAG'S #FACEBOOKFRIDAY ONLINE Q&A

28 August 2020

1pm - 2pm



'Ask the Dr'

Have you recently been diagnosed with a Mental Illness? Struggling to cope during Covid19? Wondering about medication, treatment and selfcare?



1pm-2pm

Psychiatrist

Dr Uschenka Padayachey



Facebook Page: The South African Depression and Anxiety Group



Log in via: www.sadag.org

Dr.Reddy's 



'Ask The Dr' Facebook Friday Online Chat

1pm-2pm

In a time where so many people are self-isolating, may feel more anxious, finding themselves struggling to cope with COVID19 and in need of some Mental Health Support, SADAG are here to provide you with a FREE 'Ask the Dr' Facebook Friday Online Q&A with top Psychiatrist. From 1pm - 2pm Psychiatrist, Dr Uschenka Padayachey will be discussing self-help, coping with self-isolation and identifying signs of panic, stress and anxiety. Get guidance on managing your Mental Health, sticking to medication and remaining at ease during this stressful time.

We want to offer help and support to so many South Africans who feel scared, confused, anxious and overwhelmed. SADAG has received many calls from people who are feeling stressed and anxious. We encourage all mental health care users, their family members, loved ones, friends and colleagues to participate in this FREE Facebook chat from the comfort of your home, at work, or anywhere you can go online. The great advantage is that people have direct access to top experts without paying consultation fees.

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

[Click Here](#)

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.

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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