



SADAG's #FacebookFriday

Online Q&A

Friday, 27 March 2020

'Ask The Dr'

'Ask The Dr' Facebook Friday Online Chat

Friday 27 March

1pm-2pm & 7pm-8pm

So in a time of social distancing, self isolation and the rising anxiety and stress surrounding the news and updates on COVID-19 – more people feel anxious, scared and overwhelmed. It is important now more than ever to look after one's mental health too – whether you have a mental health issue or not.

To support so many South Africans who need help, information and advice for their mental health during this time – SADAG are providing FREE online 'Ask the Dr' Facebook Friday chat with two top Psychiatrists on Friday the 27th March via the SADAG Facebook page - "The South African Depression and Anxiety Group".

The 1pm - 2pm chat is with Psychiatrist, Dr Kim Laxton, and the evening chat from 7pm-8pm with Psychiatrist, Dr Uschenka Padayachey. The experts will be able to answer any questions related to mental health, symptoms, treatment, medication FAQs, self help tips and tools LIVE.

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.




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Online Q&A
Friday, 27 March 2020


'Ask The Dr'

Have you or your loved one recently been diagnosed with a Mental Illness? Do you have questions about medications, symptoms or treatment?

1-2 pm Psychiatrist, Dr Kim Laxton
7-8 pm Psychiatrist, Dr Uschenka Padayachey

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 Facebook Page: The South African Depression and Anxiety Group

 Log in via: www.sadag.org

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

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