

7 WAYS TO MANAGE DEPRESSION, ANXIETY OR ADDICTIONS DURING COVID-19

In the time of COVID-19, people who are already living with depression, anxiety or an addiction may be feeling worse. This is understandable.

1. If you are on medication, don't change it without talking with your doctor.
2. If you have a counsellor, make a plan to talk over the phone or online.
3. If you don't have a counsellor, and are feeling bad, phone a helpline -see options below.
4. Explore the internet for help online.
5. Remember alcohol or drugs will make you feel worse afterwards.
6. Get support. Ask someone to come and stay with you. Or reach out to friends and family online or on the phone.
7. Look after yourself. Don't judge yourself. You can get through this.

Contacts (keep trying they may be busy)

- South African Depression and Anxiety Group (SADAG) www.sadag.org – has many helplines 0800 21 22 23 or 0800 456 789 or 0800 20 5026 and others
- Lifeline general 0861 322 322 and their AIDS Helpline 0800 012 322
- SANCA for Alcohol and Drug problems WhatsApp line 076 535 1701
- Childline 0800 055 555

For more info and helplines visit www.sidebyside.co.za