

SADAG SUPPORT GROUPS

SADAG Launches a FREE Online Support Group for Issues Faced by Transgender People

The South African Depression and Anxiety Group (SADAG) is proud to announce the launch of a new Support Group aimed at providing emotional support on Issues Faced by Transgender People. The FREE Support Group starting on Monday, 11 September at 7 p.m., is designed to create a safe and nurturing environment where individuals can connect, share their experiences, and find comfort among others facing similar challenges for young adults between the ages of 18-35. The Support Group will meet virtually every second Monday at 7 p.m. after the first launch.

Young Transgender People face a lot of challenges, and they need a safe space of support to express their feelings and emotions. Coping with the emotional, psychological, and practical aspects of transitioning can be overwhelming, often leaving trans people feeling isolated and stressed. SADAG recognises the crucial need for a platform where they can come together, share their stories, and lean on one another for strength.

Pranav Odyan, the Support Group Leader, says "I am a trans man and I know the z and issues faced coming out or being transgender. By creating this Support Group I'll be

able to create a safe space where other Transgender People can talk about their problems and get advice or information on transitioning and coming out."

If you have patients you believe could benefit by joining this Support Group, please ask them to WhatsApp Pranav on 081 215 3334 for more details. For more information about our other Mental Health Support Groups, visit SADAG's website for details at www.sadag.org, call 0800 21 22 23, or SMS 31393 to speak to a counsellor. **MHM**

Join us at a FREE Online
Support Group for Issues Faced
by Transgender People
FOR YOUNG ADULTS 18-35
When: 11 September 2023
Where: Online
Time: 7 pm

For more info WhatsApp Pranav on 081 215 3334