



SADAG HELPS YOU NAVIGATE THE UPCOMING MATRIC RESULTS

The South African Depression and Anxiety Group (SADAG) extends its unwavering support to help parents, caregivers, and Matrics navigate through this important moment, when Matric Results are released later this week, nationwide. We understand that the outcome of Matric Results can bring about several different feelings, and we would like to offer assistance in coping with the highs and lows of this journey, giving tips on how to start those important conversations before the results are released, and share helpful resources that are available. SADAG are hosting various online **LIVE events on Facebook, Instagram and Tik Tok** this week to help start the conversation - see below for more details.

WEDNESDAY, 17 JANUARY, 6PM FACEBOOK LIVE



The release of final Matric Results is on January 19th, 2024. Parents and students are eagerly awaiting the outcomes. SADAG is hosting a **Facebook Live Online on Wednesday, January 17th, at 6 pm**. The LIVE session will equip parents and caregivers with practical strategies for how to start the conversation before the results are released, how to talk about options with your child, how to help them navigate the different feelings over the next few days, managing the stress and anxiety, and navigating the post-results period. **Clinical Psychologist, Chris Kemp and** Ferndale High School's Deputy Principal and Grade 12 Educator, Musa Chauke will join us LIVE.

If you're a concerned parent, a caregiver, or a supporter of a student feeling anxious about the results, make sure not to miss this conversation.

Join our discussion through our [Facebook Page](#) and feel free to post your questions in the comment section for the panel to answer LIVE. To join please click the button below:

[Click Here](#)

THURSDAY, 18 JANUARY, 1PM INSTAGRAM LIVE



The Live online will be on Thursday, 18th January at 1 pm **. The panel of guests will share resources, self-help tips, how to support a friend, and options available after the results - they will be answering your questions LIVE!

To join this Instagram discussion please click the button:

[Click Here](#)

FRIDAY, 19 JANUARY, 1PM & 6PM TIK TOK LIVE



So once the results are out - now what?!? What if you didn't get the results you were hoping for? What if you didn't get the university entrance? What if you failed a subject? What if you disappointed your parents and you don't know how to get over it. SADAG will be hosting two TIK TOK LIVES at 1pm and again at 6pm to help answer all the "What if's" and "Why's" and share helpful resources, different options, tips on navigating the conversations and how to cope with the next steps.

Join us online this Friday the 19th of January , our first LIVE will be at 1 pm and the second 6 pm. Post your questions while SADAG provides you with support, info and resources to help, and most importantly, a safe space to share and connect.

Please click the button below to link to our Tik Tok page:

[CLICK HERE](#)

If you or a loved one are feeling helpless, hopeless, or overwhelmed, and feel like you have no one else to talk to - please contact SADAG's toll-free 24-hour Helplines, which provide free telephone counselling, support and referrals and are available, 7 days a week:

0800 567 567 or 0800 456 789 or 0800 12 13 14 or SMS 31393 (24 hours), and a counsellor will call you back.

