



SOUTH AFRICAN  
SOCIETY OF PSYCHIATRISTS



SASA  
SOUTH AFRICAN SOCIETY OF ANAESTHESIOLOGISTS



PsySSA  
Psychological Society  
of South Africa

## Healthcare Workers Care Network

Dear Colleagues,

The SASA Wellness in Anaesthesia Support Group, has been working with SAMA (South African Medical Association), SASOP (South African Society of Psychiatrists) and SADAG (South African Depression and Anxiety Group) since early 2019, trying to set up a collaborative support structure to address Burnout and various Mental Health challenges experienced by our healthcare professionals.

With the onset of COVID-19, the mental health burden on healthcare professionals in general has increased many folds. This collaborative effort, spearheaded by the MHCare for Covid Gauteng (Drs Antoinette Miric, Thriya Ramasar and team) is now up and running, with members from SASOP and PsySSA (Psychological Society of SA) and other therapists volunteering to help support any healthcare worker that needs it.

There are many ways to access this support.

1. Click on this link: <http://samedical.co.za/lime/index.php/338121?lang=en>
2. Go through EMGuidance App (you need to download the App)  
You can swipe the “Latest Covid-19 Updates” tab to the left and click on the next tab: Mental Health Support for HCPs
3. Go through the Vula App

Support offered:

1. Leaders and managers – training, webinars and resources to help them devise strategies to support their team members  
Contact Antoinette at [careforgauteng@gmail.com](mailto:careforgauteng@gmail.com)
2. Individual healthcare workers (anyone working in healthcare) can access individual sessions (4 pro bono sessions with a therapist)
3. Dedicated Hotline (in the process of setting up – will update details when it becomes available) in collaboration with SADAG

Please make use of this support if you feel the need. We are here for YOU.

If you see anyone struggling within your team, please make them aware of this Care Network.

We hope to extend this even after the pandemic and have it available in the future.

Other initiatives are also in the pipeline. We will update you as soon as they become available.

Resources are available on the HWCN website (see HWCN FAQs) or on the SASA App Wellness Icon.

Please take care and stay safe.

Dr Caroline Lee

National Coordinator Healthcare Workers Care Network

[covidcareforsouthafrica@gmail.com](mailto:covidcareforsouthafrica@gmail.com)

Convenor Wellness in Anaesthesia Support Group

South African Society of Anaesthesiologists

082 7772136

[dreamdocsa@gmail.com](mailto:dreamdocsa@gmail.com)