



SOUTH AFRICAN
SOCIETY OF PSYCHIATRISTS



Healthcare Workers Care Network

Who are we?

We are a multi-disciplinary team offering mental health support to healthcare workers in South Africa. Our committee members are from the South African Medical Association (SAMA), the South African Depression and Anxiety Group (SADAG), the South African Society of Psychiatrists (SASOP), the South African Society of Anaesthetists (SASA), and are supported by the Psychological Society of South Africa (PsySSA). The [EMGuidance](#) App and the [Vulamobile](#) App are providing technical and logistical assistance and a innovative digital platform.

Who are the national coordinators?

Caroline Lee – covidcareforsouthafrica@gmail.com (SASA)

Antoinette Miric – careforgauteng@gmail.com (SASOP) (technical/database)

Rosanna Naidoo – RosannaN@samedical.org (SAMA)

What is the aim of the initiative?

To allow healthcare workers and managers of healthcare workers to access emotional support during the COVID-19 pandemic and beyond.

This initiative will develop as time passes, and the needs become apparent. Currently we are providing training, webinars, psychoeducational information to healthcare workers.

We are also offering individual and group support to healthcare workers and leaders and managers, drawing on our volunteer database. We are hoping to open a national telephone helpline, drawing from SADAGs vast experience.

Why work with managers and leaders?

There is solid evidence that psychologically savvy supervisors play a critical role in supporting the mental health of team members. Teams operating in even the most arduous of environments are more likely to function well, and avoid the onset of serious mental health difficulties, if their supervisors create the right team ethos.

This ethos should not be about “positive attitudes” or heroics. Sober assessment of challenges, knowledge that team leaders are advocates for the working conditions of their teams, including safety issues such as PPE, testing, and adequate sleep, and good communication create protective and productive environments.

Where can I access resources so that I know how to support healthcare workers?

Resources are available [here on this website](#) and here is a [link to a google drive](#) with many other resources and articles.

<https://covidcaregauteng.co.za/covidcare/resources/>

<https://drive.google.com/drive/u/1/folders/1-4MfDnDdgXxFSjn22ubn0IJ2n0WQeOdA>