

Frontline Healthcare Workers



You are not Alone
Free Support Network

FREE confidential individual counselling sessions available for all healthcare workers

Free Support • Pro Bono Therapy • Resources • Training • Psychoeducation

www.healthcareworkerscarenetwork.org.za

24 hour Helpline **0800 21 21 21**

SMS 43001



**HEALTHCARE WORKERS
CARE NETWORK**

Caring for the Carers by the Carers

 @HealthcareWCN