



HEALTHCARE WORKERS  
CARE NETWORK

Caring for the Carers by the Carers



## Healthcare Workers Care Network Newsletter – June 2022

May was a busy yet productive month for the HWCN. We saw an increase in calls coming through to the line and received a total of 400 incoming calls and 16 requests for therapy from healthcare workers. We were also involved in two big initiatives: Nurse's Day and the #Socks4Docs campaign. Both of these initiatives aimed to highlight the importance of mental health provision amongst our frontline healthcare workers.

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### Nurse's Day 12 May 2022



For International Nurses Day on Thursday 12th May, HWCN highlighted the importance that Nurses' Mental Health Matters too.

International Nurses Day is an important day on the Health calendar to acknowledge the hard work, dedication, sacrifices and commitment that our South African Nurses do on

a daily basis despite the circumstance and challenges, where they risk their lives and mental health to serve and help others.



As \*Zanele, Nurse and ICU Unit Manager said, "Nurses are very proud and we want to help each and every person. To ask for help is difficult. I do think that we are more open to get help. For the past 2 years, we had to get help in order to be able to help others."

Our HWCN counsellors visited 5 Local hospitals and handed out tokens of appreciation to our frontline heroes.

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## Socks4Docs - Destigmatising Mental Health Amongst Healthcare Workers

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Healthcare Workers Care Network (HWCN) support the International #Socks4Docs Campaign to raise awareness and start the conversations around the Mental Health of Healthcare Workers across South Africa.

“As a doctor living with mental illness it gives me great joy and pride to observe this day because it validates my struggles and humanizes my journey in mental health as someone who has a dual role of being both a patient and

healthcare provider. Our role in society often hinders us from bringing our vulnerability to the fore and doing so makes us more relatable and easier to connect with”, says Medical Doctor, Author and Philanthropist Dr Samke Ngcobo.



Doctors around the country joined us in showing their support for Doctors' Mental Health by sporting their funky socks and using the hashtag #Socks4Docs

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## Material to be Sent Out

We have a lot of HWCN informational material to send out in the form of posters, flyers, and business cards. If you work at or know of a clinic/hospital or other healthcare organisation that would benefit from psychosocial support for staff members and would like to receive materials from HWCN, please email [sadagcares@anxiety.org.za](mailto:sadagcares@anxiety.org.za) with the relevant details. We would love to reach as many Healthcare Workers in need as possible.

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  
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@HealthcareWCN



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**FREE SUPPORT  
GROUP MEETING  
FOR HEALTHCARE WORKERS**

- Are you a Healthcare Worker?
- Feeling burnt out, numb and exhausted?
- No one really understands what you are going through?
- Depressed, anxious, irritable, sad or angry more than usual?

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