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FREE LIVE WEBINAR

COVID-19 AND FRONTLINE WORKERS

Managing mental health of frontline essential workers and healthcare professionals

Friday 22 May 2020 from 1 pm - 2 pm

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FREE LIVE WEBINAR - FRIDAY 22 MAY 1pm - 2pm

COVID19 and Frontline Workers

Managing mental health of frontline essential workers and healthcare professionals

The lockdown arising from the COVID–19 pandemic has not been universal. Essential workers, who are vital for the core functions of the economy and society, are still working. These heroic essential workers, which include healthcare professionals are braving the coronavirus frontlines everyday, risking their own lives to help others.

As the virus continues its relentless spread (and the worst is yet to come), the psychological stress on frontline workers will increase, compromising their mental health. Everyday they go to work, but are faced not only with protecting themselves, but also the fear of transmitting the virus to their families. They do this despite limited personal protective equipment (PPE)

[Click here](#) to join our free live webinar sponsored by Dr. Reddy's in association with the South African Depression and Anxiety Group (SADAG). We will discuss the proactive efforts and interventions required to address the impact of COVID–19 pandemic on the mental health of essential workers, particularly healthcare professionals. Questions are welcome at the live webinar.

The webinar will address:

- The importance of providing mental health support for essential workers during COVID–19 and beyond
- How essential workers can manage fear, anxiety and distress
- Ways to cope with despair, stress, hostility towards them, isolation from family, and lack of support
- How essential workers can prevent burnout, insomnia, depression, post-traumatic stress disorder (PTSD) and possible suicide
- What resources are available to help essential workers cope during the pandemic?

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Webinar Guest Speakers

Dr Antoinette Miric, Specialist Psychiatrist



She runs a private psychiatric practice in Johannesburg, South Africa. She started the initiative with colleagues – The Mental Health Care for COVID–19 Carers (Gauteng branch) in March 2020, with the South African Society of Psychiatrists. She has a passionate interest in the wellbeing of fellow healthcare workers and is working with SADAG on the Healthcare Workers Care Network (HWCN). Her special interests include the treatment of anxiety, mood and traumatic disorders.



Zamo Mbele, Clinical Psychologist

Zamo is a psychologist at both Tara and the WITS Donald Gordon Hospital. He is Vice Chairperson of the SADAG board and a Director of the Ububele Education Trust.

About Dr. Reddy's and SADAG

SADAG sponsored by Dr. Reddy's is hosting a series of M&G webinars to provide tips, tools, and coping measures for dealing with the psychological impact of COVID–19 and its unclear future. Their goal is to support all South Africans, of all ages, and especially those who already have existing health conditions, disabilities or a psychological diagnosis. <https://www.drreddys.com/>
<http://www.sadag.org/>

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