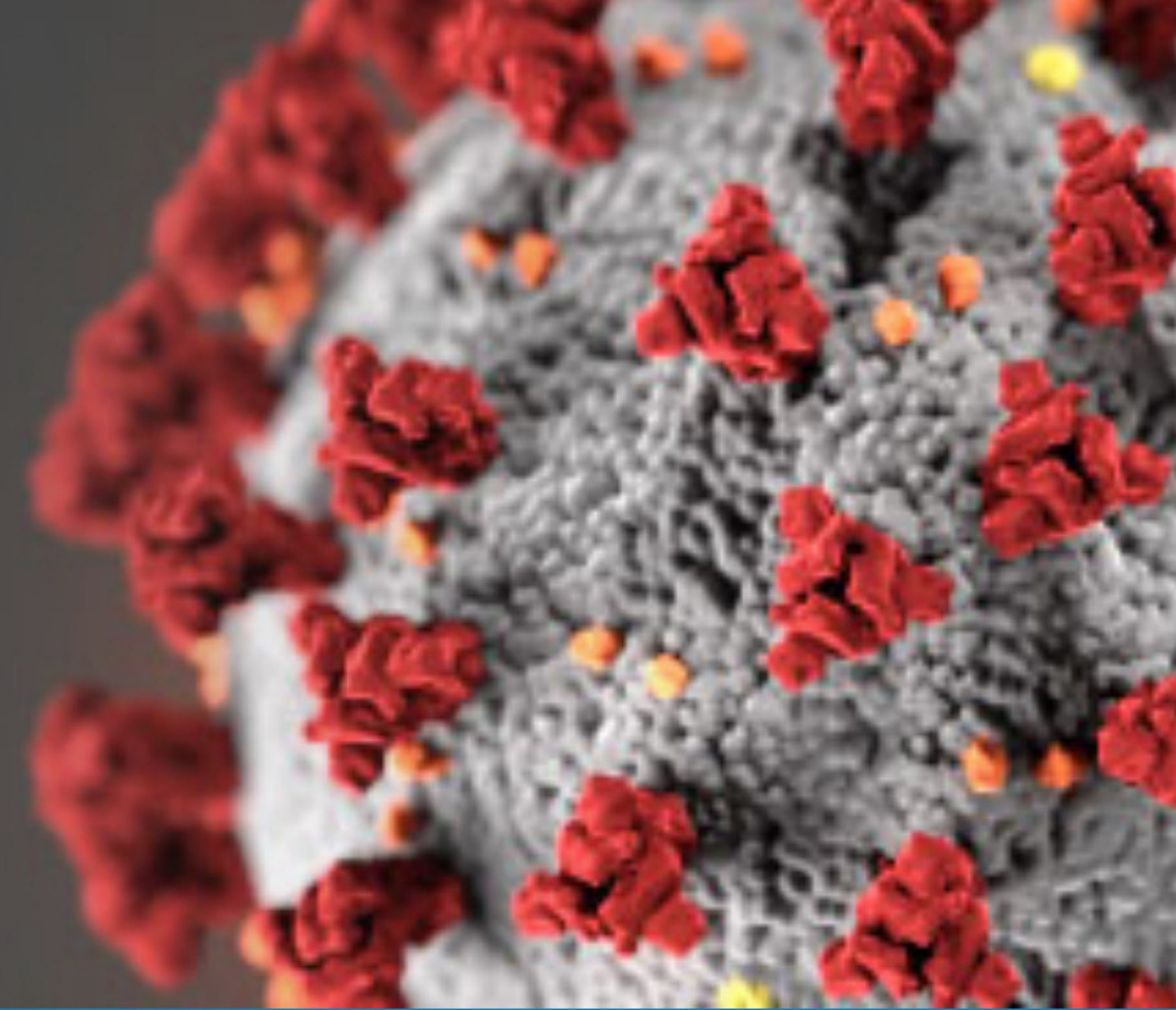


# TBH/SU COVID-19 RESILIENCY CLINIC



**Any Frontline Worker is welcome to contact Erine Bröcker:**



061 534 5878



erineb@sun.ac.za

Send a brief Whatsapp/Email/SMS and you will be contacted for support

CONFIDENTIALITY IS KEY to our service

**Are you a frontline worker?**

**Do you experience distress in response to this health crisis?**

**The TBH/SU COVID-19 Resiliency Clinic provides early mental health support to: FRONTLINE WORKERS at Tygerberg hospital and the Faculty of Medicine and Health Sciences to assist with the emotional challenges of this pandemic.**

## SERVICES

- FREE INDIVIDUAL VIRTUAL SUPPORT SESSIONS for TBH/SU Frontline Workers: Brief sessions (1-4) are provided via telephone/videoconferencing with a focus on: early intervention tools to cope with emotional difficulties related to COVID-19 care.
- FACILITATED PEER GROUP SUPPORT SESSIONS (20 min)
- RESILIENCE BOOSTERS (5 min) check-in at the request of clinical departments, wards and units.
- REGULAR VIRTUAL WEBINAR WORKSHOPS to offer information about stress management strategies and fostering a sense of well-being.

**MENTAL HEALTH IS AS IMPORTANT AS PHYSICAL HEALTH**