



LIFELINE JOHANNESBURG BUILDING COMMUNITY HEART

LIFELINE FRONTLINE: INDIVIDUAL AND GROUP COUNSELLING, COACHING AND DEBRIEFING IN CYBER SPACE FOR FRONTLINE WORKERS

LifeLine Frontline is a free service offered by LifeLine Johannesburg for the duration of the lockdown. The service provides psycho-social support and is aimed specifically at frontline workers working in the health sector, emergency services, law enforcement including workers providing psycho-social services, community leaders as well as NPO staff providing services under the current stressful conditions.

LifeLine Frontline offers free counselling, coaching and debriefing sessions to frontline workers through WhatsApp, Skype and Zoom. We offer individual counselling, coaching and debriefing as well as group support and debriefing in cyber space. It is the same service we provide face-to-face, but now done remotely.

Fatigued and stressed frontline workers working long shifts can now have a full session either individually or as a group from the comfort of their own homes. Sessions are offered at the time that suits the client/s which includes after hours and weekends.

For bookings:

Send a message to the WhatsApp line: (+27)65 989 9238 OR

For more information on LifeLine and online bookings visit our website: <https://lifelinejhb.org.za>

For more information, contact Isabella Holden at (+27)82 813 2710.