

What to do when you want to contact the Wellness Team

Different scenarios:

1. You would like to chat to someone regarding a personal issue
2. You would like to chat to someone regarding someone else you are concerned about

Call a team member



Wellness Team members on call:

Ms Natalie Zimmerman SASA CEO: 082 331 7846 ceo@sasaweb.com
Dr Caroline Lee (Gauteng): 082 777 2136 dreamdocsa@gmail.com
Dr Allan Hold (KZN): 0826557792 allanhold@me.com
Dr Bhavika Daya (KZN): 0837871177 bhavikadaya@gmail.com
Dr Megan Jaworska (Cape): 0823712383 madzia2908@gmail.com



Do you feel that you are well-supported in what has been troubling you?
Are you happy with the person you chatted to?

YES



With your permission,
you may be referred
to another team member
and/or mentor
and/or professional

NO



You may request to be
referred to another team member
and/or mentor
and/or profession

If at any time you feel unhappy or uncomfortable, please do not give up.
Please request to speak to someone else until you find someone you feel more comfortable to chat to.
We are here to help.
We do not mind if you want to speak to another team member.
We have resources that we can call on for help.
Please do not hesitate to ask.