

## Mental disorders include:

- depression,
- bipolar affective disorder,
- schizophrenia and other psychoses,
- dementia,
- intellectual disabilities and
- developmental disorders including autism.

## YOUR MEDICAL SCHEME BENEFITS:

Some mental illnesses are PMB conditions, meaning that treatment will be paid from the risk pool account, subject to certain treatment protocols. If you suffer from a mental illness, contact our claims department to determine what your treatment benefits are!

**WCMAS**

**One third** of all South Africans have mental illnesses



**48%** of new mothers suffer from postnatal depression

There are many different mental disorders, with different presentations. They are generally characterized by a combination of abnormal thoughts, perceptions, emotions, behaviour and relationships with others.

## SIGNS AND SYMPTOMS OF MENTAL ILLNESS:

- Recent social withdrawal;
- Unusual drop in performance;
- Problems with concentration, memory or logical thought;
- Heightened sensitivity to sights, sounds, smells or touch;
- Vague feeling of being disconnected from oneself;
- Suspiciousness or a strong nervous feeling;
- Peculiar behaviour;
- Dramatic sleep and appetite changes;
- Rapid shifts in feelings or mood swings

## Who is at risk?

Determinants of mental health and mental disorders include not only individual attributes such as the ability to manage one's thoughts, emotions, behaviours and interactions with others, but also social, cultural, economic, political and environmental factors such as national policies, social protection, standards of living, working conditions, and community support.