



Universal
Healthcare



Do you take as much care of your mental health as you do of your physical health?

Growing up, we become accustomed to going to see a doctor when we have a concern about our physical health. When we experience a mental health related concern however, most of us do not seek out support and treatment with the same level of urgency. The importance of taking care of both our mental and our physical health should not be underestimated.

Help is available to address:



Stress



Anxiety



Depression



Trauma



Substance abuse



**Any other counselling need
that you may experience**

Counselling through your psychosocial counselling benefit is available to you 24 hours a day, 7 days a week, 365 days a year.

This counselling:



**Is provided by registered
counselling professionals (psychologists, social
workers and registered counsellors)**



Is completely confidential

Access your psychosocial counselling benefit and take a positive step towards looking after your mental health today.

**To take advantage of this benefit:
Call toll-free on 0800 390 003 / Send a 'Please call me' to *134*952#**