

Struggling to cope mentally during the COVID-19 pandemic?

HELP IS A CALL AWAY



**PLATINUM
HEALTH**

Platinum Health understands that our members may be suffering from anxiety and struggling to cope mentally during the COVID-19 pandemic.

This may be due to the unusual circumstances of our lives being disrupted and the changes in the way we relate, live and socialise.

Not being able to visit loved ones when they are sick, or the death of loved ones and not being able to say goodbye or attend their funerals.

The uncertainty of when the COVID-19 pandemic will end; and when life will get back to something that looks like normal.

Despite the challenges we are all facing now, we can still find purpose in our lives and be supportive of one another.

When faced with a difficult situation, focus on what you can change, accept matters that are beyond your control and always strive to live by your values.

WHERE TO TURN FOR HELP

EAP (employee assistance programme) Counsellors are available

24 hours per day, 7 days per week to offer counselling and support.

All calls are private and confidential.

CALL 010 133 0525

