

hey there.

ARE YOU STRUGGLING?

DO YOU NEED SOMEONE TO TALK TO?

Reach out today for confidential support through our mental wellness helpline.

Call 087 210 0880 or dial *120*709# to speak to a professional.

YOUR MENTAL WELLNESS MATTERS

You're not alone.

Our mental wellness helpline is a confidential service that gives you the chance to speak to a trained professional in a safe and private space.

WHO CAN USE THE MENTAL WELLNESS HELPLINE?

Some examples of the issues the helpline service may provide support and advice for include, but are not limited to:

- I've been uneasy at work
- I'm experiencing challenges with my family
- I live in a stressful environment
- I'm experiencing challenges in my relationships
- I need help setting goals for myself
- My life isn't in the place I want it to be
- I'm struggling to sleep
- My eating habits have changed
- I don't feel happy
- Something just feels wrong
- I'm worried all the time
- I have a broken heart
- I was sexually assaulted
- I lost someone very close to me
- I'm a victim of bullying
- I am a victim of a violent crime
- I'm feeling hopeless
- I struggle to control my mood
- I have a problem with drugs and alcohol
- I am always fearful



If you are struggling with mental health concerns, don't hesitate to reach out for help. Our Mental Wellness Helpline provides a safe and confidential space to talk about your concerns and access resources and support.

We may be able to provide support and advice for other mental wellness issues as well or even refer you to a professional psychologist if it is necessary.

*Additional costs may apply



WHAT MAKES THIS HELPLINE UNIQUE?



We offer 24 hour telephonic mental wellness support and with trained counsellors



This helpline is intended for you as well as your whole family



You will have up to 30 minutes of counselling per session



It is completely private and entirely confidential



IT'S SOMEONE TO TALK TO

It doesn't matter if you're young or old, it doesn't matter what your background is or where you've come from. It doesn't matter what has happened to you in your past. This helpline is for anyone feeling overwhelmed or stressed. Our professional counsellors can guide you to a better place.



IS INTENDED TO BE A FIRST LINE INTERVENTION

If you are in intense emotional pain you are often unable to access your effective decision making capabilities. Speaking to someone can assist you to understand your issues better and find tools to cope. If you agree with this statement, this helpline may be for you.

WHAT IS ANXIETY?

Anxiety affects hundreds of millions of people around the world, and SA's anxiety numbers are higher than average. This is no surprise considering the hectic stuff we have to do every day, just to get to month-end with our kids fed, our homes dry, and bills paid. While there is the usual level of strain that comes with these responsibilities, sometimes it can build up and turn into something else. When there is too much pressure, our brains often struggle to tell the difference between things we need to stress over, and little things that are irritating, but not serious. It can show up in many ways, from losing your temper over something that normally wouldn't matter, to even feeling nervous or shaky for what seems like no reason.

That nervous, shaky feeling is Anxiety. The unexpected anger can also be anxiety. All of us feel a bit anxious sometimes. Whether it's waiting for test results, the pay-check at the end of the month, or that call from the date on Friday, that's perfectly normal. We need to check up on it when it becomes MORE than a bit. When it starts to feel like everything is too much. When it's piling up on top of you and every time the next thing lands, it's like it's landing in your chest. Check in. Don't wait until you feel like you can't breathe.

WHAT IS DEPRESSION?

Depression can hide in plain sight, it can creep up on you when you're not expecting it. We tend to think of it as a huge cloud that stops you doing important things, but in reality, you can still look like you're doing the things you need to do. Inside however, things aren't going so well. There can be a lot of negative, critical self-doubt and it can leak into every aspect of your life. It can keep you awake at night, or it can have you sleeping all day to try and shut it out. It can take the joy out of seeing friends, it can suck the satisfaction out of doing a good job.

Thoughts of self-harm or suicide can sneak in throughout the day and it can seem like the only way out of the constant self-doubt. Depression can dress up as exhaustion. All that negativity actually takes a lot of energy, and it can feel like you just need a break. A permanent one.

Everyone has different levels of normal, which is why it's important to check in with mental health professionals who can help you get a handle on what YOU need for you. They will never tell you to get over it, or grow up, or to man up. As much as our friends and family may love us and genuinely want to help, it's not something that everyone understands and can talk about. That's what the Helpline is for.

WHAT IS SUBSTANCE MISUSE?

Many of us have seen the results of addiction first hand, but it can be difficult to separate the extreme side from the seemingly innocent beginnings. Treating addiction is a long, hard, and dangerous road. Pre-empting addiction, addressing substance misuse before it becomes abuse, has much higher success rates. Telling the difference is really important. Many of us look forward to relaxing after work, sometimes that comes with a drink or a smoke. This is normal. If the thought of that drink or smoke keeps invading your mind throughout your day, interrupting your concentration, and causing you to feel like you can't wait to get home to the substance not the relaxation, then it's time to think about how much control you really have over the situation. Of course, if you're already at the point where you're doing it at work, then it's definitely time to reassess your situation.

Checking in with the confidential Mental Wellness Helpline will give those next steps a much higher chance of success. No one starts down the road of substance abuse for nothing. It's a symptom that indicates the need for further examination. The professional advice available on the helpline will help you to examine the cause, so you can get the right help.

DO YOU FEEL SOMETHING IS NOT RIGHT BUT YOU DON'T KNOW WHAT IT IS?

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