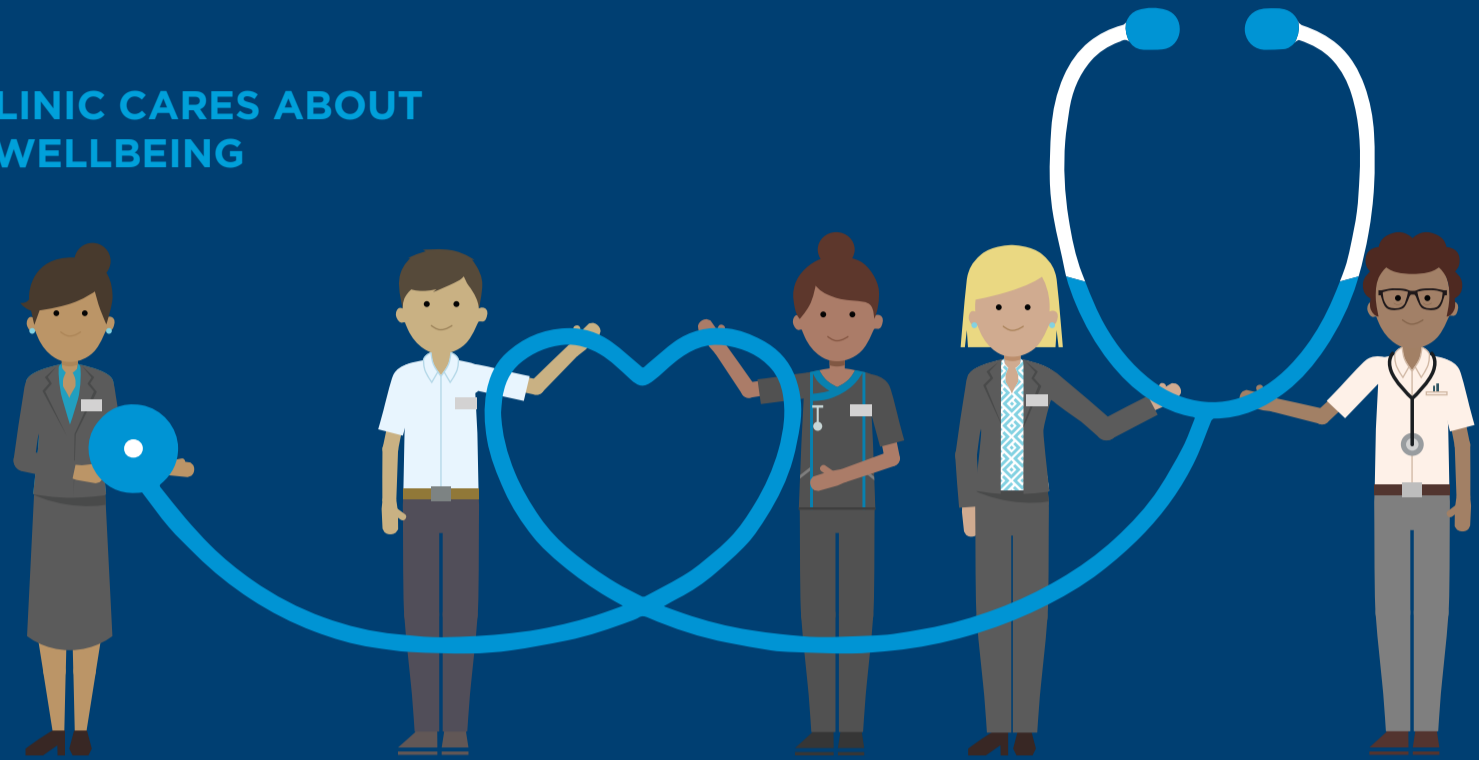


THE CARE YOU NEED



MEDICLINIC CARES ABOUT YOUR WELLBEING



**FEELING EMOTIONAL AND PHYSICAL STRAIN?
REACH OUT FOR WELLBEING SUPPORT TODAY.**

Counselling is completely confidential and helps you to:

- Explore and acknowledge how the situation affects you
- Normalise your response and see that you are not alone
- Find relief in talking and expressing
- Discover healthy coping skills
- Gain new perspective and rebuild your sense of self

**Practice self-care. Reach out for counselling to support your wellbeing.
Please phone one of the helplines below:**

- **INCON EAP helpline:** 0800 205 305
- **Healthcare Workers Care Network:**
Call 0800 21 21 21 or SMS 43001 to request help.
- **South African Depression and Anxiety helpline:**
Call 011 234 4837 (between 08:00 and 20:00).
- **Cipla Mental Health helpline:** 0800 456 789 (24 hours)
- **Lifeline:** 0861 322 322



Scan the QR code to access wellbeing and resilience self-care information and tools.

EXPERTISE YOU CAN TRUST.

www.mediclinic.co.za