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Break the Silence; get Support and Guidance

#MentalHealthAwarenessSupportAndGuidance

WORLD MENTAL HEALTH DAY 2020

WHAT IS MENTAL HEALTH DAY?

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health (WHO).

From the OD and Employee Wellness Division we hope to raise awareness on mental health and to further offer support and guidance to those who need it.

Please join us this Mental Health Awareness day by helping us in our efforts in:

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HOW OD AND EMPLOYEE WELLNESS CAN SUPPORT YOU DURING MENTAL HEALTH AWARENESS MONTH:

- Self-Care Workshop
- I am Thriving - Mental Health Campaign
- Well-being Webinars
- #StayWellStayStrong
- I am Employee Wellness Short Learning Programme
- Workout@Home Online Edition
- Employee Assistance Programme (CareWays)
- Emotional Resilience Study
- Emotional and Psychological Debriefing Sessions
- How to Tame your Monsters Workshop
- CopingCovid Presentations
- Psychometric Assessments and feedback
- Individual Development Plan

CONTACT US FOR MORE INFORMATION ON THE ABOVE INTERVENTIONS:

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051 401 2537

Suicide is claiming the lives of close to 800 000 people every year -1 person every 40 seconds

1 IN 3 SOUTH AFRICANS WILL OR DO HAVE A MENTAL HEALTH ISSUE

#SUPPORT

OTHER SOURCES OF SUPPORT:

- The South African Depression and Anxiety Group
  http://www.sadag.org/
- World Health Organization
  https://www.who.int/campaigns/world-mental-health-day/world-mental-health-day-2020
- CareWays
  ewp@lifehealthcare.co.za

www.ufs.ac.za

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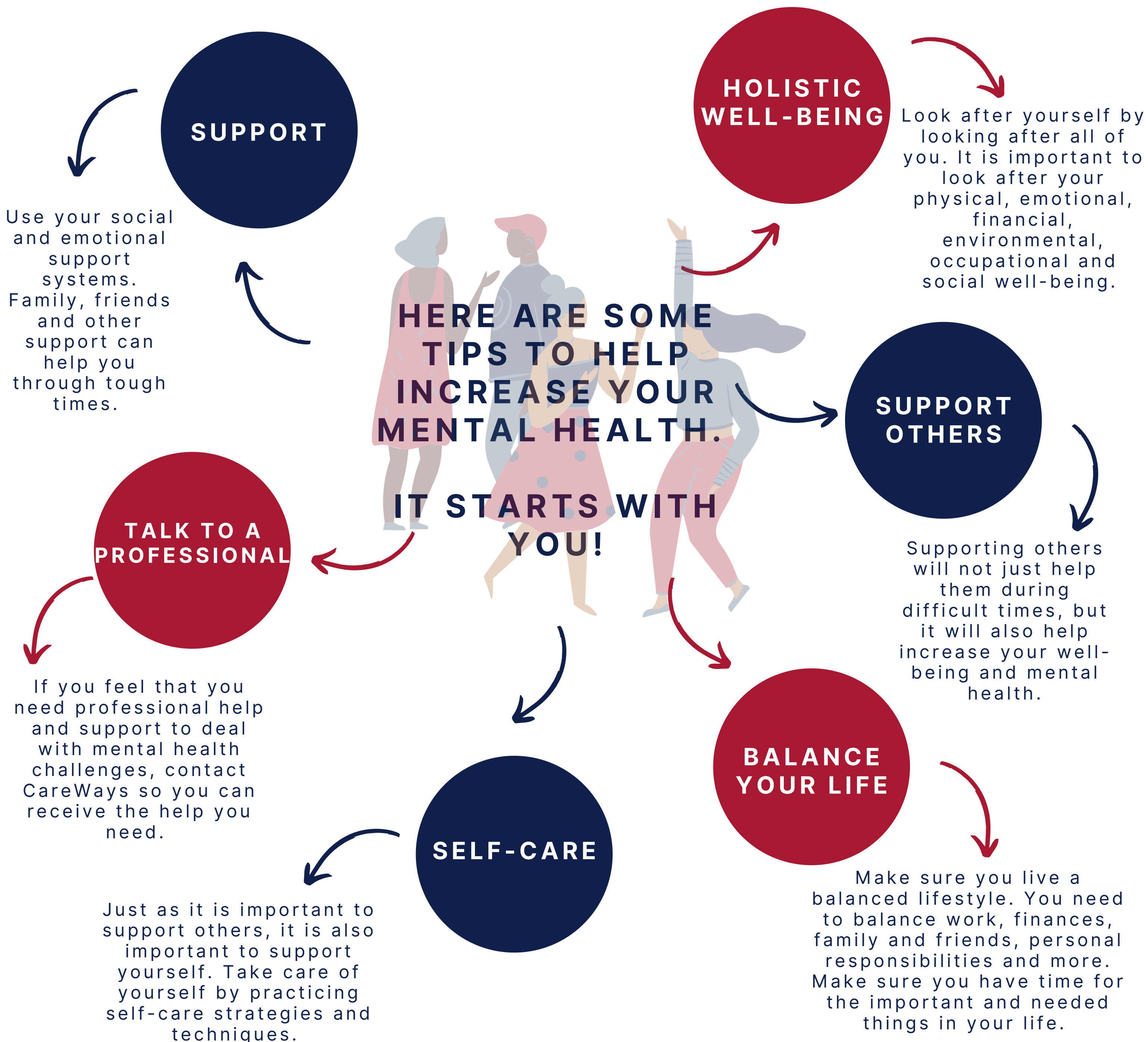VRYSTAAT
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INVEST IN YOUR MENTAL HEALTH

SUPPORT

Use your social and emotional support systems. Family, friends and other support can help you through tough times.

HOLISTIC WELL-BEING

Look after yourself by looking after all of you. It is important to look after your physical, emotional, financial, environmental, occupational and social well-being.

HERE ARE SOME TIPS TO HELP INCREASE YOUR MENTAL HEALTH.

IT STARTS WITH YOU!

SUPPORT OTHERS

Supporting others will not just help them during difficult times, but it will also help increase your well-being and mental health.

TALK TO A PROFESSIONAL

If you feel that you need professional help and support to deal with mental health challenges, contact CareWays so you can receive the help you need.

SELF-CARE

Just as it is important to support others, it is also important to support yourself. Take care of yourself by practicing self-care strategies and techniques.

BALANCE YOUR LIFE

Make sure you live a balanced lifestyle. You need to balance work, finances, family and friends, personal responsibilities and more. Make sure you have time for the important and needed things in your life.

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