

# *Struggling to cope mentally with COVID-19?*

*Help is a call away*



**PLATINUM  
HEALTH**

Platinum Health understands that our members are dealing with a lot right now and many may be suffering from anxiety and are struggling to cope mentally.

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.

**WE WANT YOU TO KNOW THAT YOU  
ARE NOT ALONE!**

Platinum Health EAP Counselors are available 24 hours per day, 7 days per week to help you get through this challenging time.

**Call 010 133 0525**

