

Are you struggling to cope mentally during the COVID-19 pandemic?

Help is a call away



PLATINUM
HEALTH

Platinum Health understands that our members are dealing with a lot right now and many members 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 socialize. 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 Employee Assistance Programme (EAP) Counselors are available 24 hours per day, 7 days per week, to help you get through this challenging time.

If you need help:

Call 010 133 0525

or

Email

EAP@platinumhealth.co.za

