

YOU ARE NOT ALONE



PLATINUM
HEALTH

Despite the challenges we are all facing now due to COVID-19, we can still find purpose in our lives and be supportive of one another.

When faced with a difficult situation, focus on what you can change, accept matters that are beyond your control and always strive to live by your values.

Where to turn for help

If you're struggling to cope mentally

Help is a call away

010 133 0525

