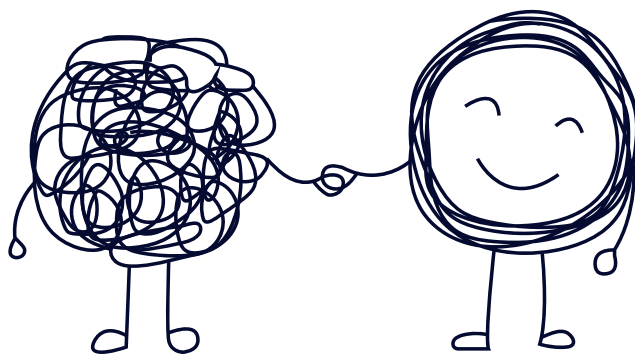




INFORMATIONAL

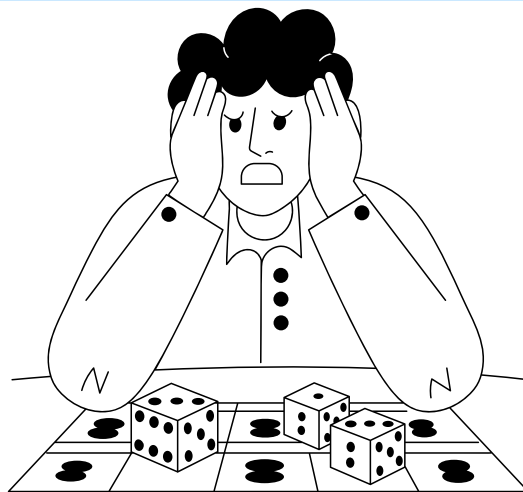
MENTAL HEALTH:



MENTAL HEALTH HAS BECOME ONE OF THE MOST
PROMINENT ISSUES IN WORKPLACES TODAY.

MANY OF US FACE CHALLENGES SUCH AS ANXIETY,
DEPRESSION, SELF-WORTH STRUGGLES, FAMILY OR
MARITAL STRESS, AND FINANCIAL PRESSURES.

THESE DIFFICULTIES DON'T STAY AT HOME - THEY
AFFECT HOW WE FEEL AND PERFORM AT WORK
TOO.



UNFORTUNATELY, SOME PEOPLE TURN TO COPING
MECHANISMS LIKE ONLINE GAMBLING, WHICH
MAY SEEM LIKE A QUICK ESCAPE BUT OFTEN
MAKES THINGS WORSE. GAMBLING CAN LEAD TO
FINANCIAL STRAIN, RELATIONSHIP BREAKDOWNS,
AND EVEN DEEPER FEELINGS OF STRESS, GUILT,
AND ISOLATION.





WHY THIS MATTERS

MENTAL HEALTH AFFECTS EVERYONE:

It influences how we think, feel, and interact at work and at home.

UNHEALTHY COPING BEHAVIORS

(like gambling, substance misuse, or withdrawal) often worsen the original problem.

SEEKING HELP IS NOT WEAKNESS:

It's a step toward resilience, healing, and taking back control.



REMEMBER: SUPPORT IS AVAILABLE

YOU ARE NOT ALONE. SUPPORT IS AVAILABLE THROUGH THE SADAG
HOTLINE AS WELL AS THE YULIFE APP, WHICH OFFERS RESOURCES
AND TOOLS TO HELP WITH:

- STRESS AND ANXIETY MANAGEMENT
- BUILDING RESILIENCE AND SELF-WORTH
- ACCESS TO COUNSELLING AND PROFESSIONAL
GUIDANCE
- SUPPORT FOR FAMILY, FINANCIAL, AND PERSONAL
CHALLENGES



WHAT YOU CAN DO TODAY



REACH OUT:

If you are struggling, use the YuLife app to connect with professional support or contact SADAG.

CHECK IN ON OTHERS:

A simple conversation with a colleague can make a huge difference.

PRIORITIZE YOURSELF:

Small daily habits like rest, exercise, and open communication build stronger mental health.



AS A COMPANY, WE CARE DEEPLY ABOUT YOUR WELLBEING.
REMEMBER: ASKING FOR HELP IS A SIGN OF STRENGTH, NOT
WEAKNESS. IF YOU EVER FEEL OVERWHELMED, PLEASE KNOW THAT
SUPPORT IS ONLY A CLICK AWAY IN YOUR YULIFE APP OR VIA SADAG.

LET'S SUPPORT ONE ANOTHER AND BUILD A HEALTHIER, STRONGER
WORKPLACE TOGETHER



SERVICE PROVIDER CONTACT DETAILS

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Prism Employee Benefits is a specialist Benefits Consultancy.

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Prism Employee Benefits Whatsapp Hotline:

064 909 3193

Insurer: Yulife

Yulife is the risk provider for: Funeral Cover and Grocery cover

Contact Email address: admin-sa@yulife.com

South African Depression and Anxiety Group (SADAG):



CIPLA WhatsApp Chat line: 076 882 2775

SMS: 31393

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