

# WCED



## EMPLOYEE HEALTH & WELLNESS PROGRAMME

YOUR **WELLBEING** IS IMPORTANT TO US

24/7/365 confidential, professional support to you and your immediate family members.



Family challenges



Personal budgeting



Trauma



Financial advice



Relationships



Legal advice



Health and wellness



Stress management



Medical advice



HIV and AIDS



Substance abuse



Work-related challenges



Work/Life support



Western Cape  
Government  
FOR YOU

Education

Toll-free number  
**0800 111 011**

Email  
**wced@mhg.co.za**



METROPOLITAN  
Health