



PSYCHOSOCIAL SERVICES

Life presents us with many unexpected challenges. We need to develop the emotional and mental strength necessary to get through the tough times.

Contact your EHWP to have a confidential conversation with their counsellors who will provide counselling and support to help you overcome life's challenges.

The following psychosocial services are available to you and your immediate family members.

- ✔ Family Challenges – Marital; Divorce; Parenting; Relationships
- ✔ Mental Health – Stress; Anxiety; Depression and Trauma counselling
- ✔ Bereavement Counselling
- ✔ Alcohol abuse and drug dependency
- ✔ HIV & AIDS Management

FACE-TO-FACE COUNSELLING



Face-to-face counselling has been suspended during lockdown, however, counselling will still be made available via Telephone, Skype, Zoom and Mobile device video platforms (subject to the availability of digital platforms for the counsellor and client).

Remember to reach out for help if your anxiety is reaching unmanageable proportions.

CONTACT DETAILS

- ▶ Toll free:
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- ▶ eMail:
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- ▶ USSD:
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