



## Mental Health Resource


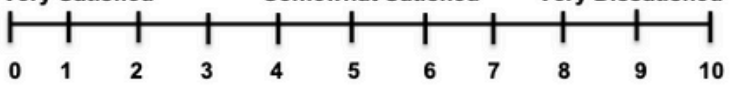

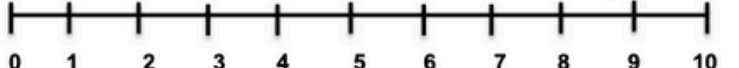

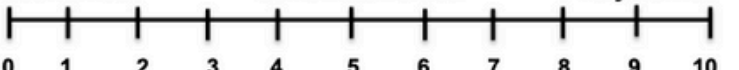

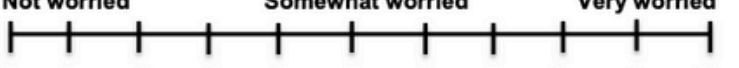

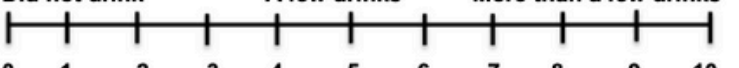

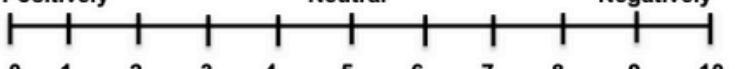
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This Mental Health Resource aims to inform you on basic aspects concerning mental health such as preventative methods, signs of mental distress and support for those in mental distress. However, if further assistance is required any of the following helplines can be contacted.

- Suicide Crisis Line (24hr): **0800 567 567**
- Lifeline Counselling (24hr): **0861 322 322/ Lifelineoffice@gmail.com**
- Pharmadynamics Police and Trauma Line: **0800 20 50 26**
- Helpline (24hr): **0800 567 567**
- Cipla 24hr Mental Health Helpline: **0800 456 789**
- SADAG Mental Health Line: **011 234 4837**
- Akeso Psychiatric Response Unit (24hr): **0861 435 787**
- Adcock Ingram Depression & Anxiety Helpline (24hr): **0800 70 80 90**
- The South African Depression & Anxiety Group: **011 234 8182**
- Trauma Centre: **021 465 7373**
- ABC of Stress (Leon Grove): **082 443 5696**
- Substance Abuse Helpline (24hr): **0800 12 13 14/ 32312 SADAG (SMS)**
- Department of Social Development Substance Abuse Helpline (24hr): **0800 12 13 14/ 32312 SADAG (SMS)**
- Narcotics Anonymous Rehabilitation (24hr): **083 900 69 62/ [www.na.org.za](http://www.na.org.za) (Website)**
- Alcoholics Anonymous: **0861 435 722/ [www.aasouthafrica.org.za](http://www.aasouthafrica.org.za) (Website)**

## PERSONAL CHECK-IN

A personal check-in can make us aware of how we are feeling and how we are coping with life in the present moment.

<p>1. How satisfied are you with the amount of sleep you had last night?</p> 	<p>Very Satisfied      Somewhat Satisfied      Very Dissatisfied</p> 
<p>2. How worried are you about any family problems?</p> 	<p>Not worried      Somewhat worried      Very worried</p> 
<p>3. How worried are you about any financial problems?</p> 	<p>Not worried      Somewhat worried      Very worried</p> 
<p>4. How worried are you about any relationship problems?</p> 	<p>Not worried      Somewhat worried      Very worried</p> 
<p>5. How much did you have to drink last night?</p> 	<p>Did not drink      A few drinks      More than a few drinks</p> 
<p>6. How will the above 5 factors impact on my day?</p> 	<p>Positively      Neutral      Negatively</p> 

## OUR MENTAL HEALTH AND WELLBEING

Our mental health and wellbeing include various aspects about ourselves our emotional and social wellbeing.



Mental Health includes aspects about our environment, our work/job, financial wellness as well as our intellectual wellness.

As human beings, we need stimulation in thinking, learning and doing. A supportive environment that is experienced as encouraging, nurturing and protective, supports our health and wellbeing.

Mental health impacts on how we feel, what we think and what we do – our Heart, Head and Hand!

