



MENTAL HEALTH AWARENESS MONTH

Mind your mind!

Looking after your mental health is extremely important, as your physical, social, and financial wellbeing are all closely tied to your mental health.

Many people struggle with their mental health from time to time, and as many as one in three South Africans will suffer from a mental health disorder in his or her lifetime. The Covid-19 pandemic and lockdown made life even more challenging than usual, and medical schemes are seeing a sharp increase in claims related to mental health.

Use the table below to see where your mental health is at, and to seek out appropriate help when you need it.

	What you may be feeling or experiencing	What you can do about it, and where MBMed can help	Handy resources and additional information
	<i>"From time to time I feel a bit down, or stressed, or anxious."</i>	Don't worry – it is very normal to feel like that from time to time! Consider making lifestyle changes to help you cope, such as better eating habits, exercise and/or meditation. There are many free smartphone apps that can help you with exercises in mindfulness, breathing, gratitude, creativity, and more.	See some independent suggestions for top mental health apps here . The Panda App is also being used widely in South Africa and is proving to be very popular. You can read more about Panda here .
	<i>"I am feeling more down, or stressed, or anxious than usual and need a bit of help to get through this."</i>	There are many support structures that can help you through a difficult patch; whether trusted friends or family members, spiritual leaders, or an employee wellbeing programme.	Consider contacting a support organisation, such as the South African Depression and Anxiety Group .
	<i>"I often feel down, or stressed, or anxious, and it feels as if it is getting worse."</i>	If the steps above are not enough, consider seeing a psychologist or similar healthcare provider. This is covered through a Mental Health benefit.	Please refer to your Mental Health Benefit Limit for in- and out-of-hospital care in your Member Guide on the Scheme's website .
	<i>"I have been clinically diagnosed with a mental health issue such as bipolar mood disorder, or obsessive-compulsive disorder, and have things under control with medication."</i>	Remember that certain mental health conditions qualify for Prescribed Minimum Benefits, with additional conditions being covered on MBMed. By registering on the Chronic Medicine Management Programme if you suffer from one of the qualifying conditions, your medication will be paid from your Chronic Medicine Benefits, rather than depleting your Mental Health Allocated Benefits.	Please refer to your Chronic Medicine Benefits in your Member Guide on the Scheme's website .
	<i>"I have been clinically diagnosed with a mental health issue, but it feels as if my medication is not helping."</i>	The Scheme has a Mental Health Programme to assist qualifying members with moderate to severe mental health issues to manage their condition and to avoid hospitalisation.	Please refer to the Care Programmes in your Member Guide on the Scheme's website .
	<i>"I really need some intensive help – it feels as if I am in a downward spiral. What will happen if things get worse?"</i>	The Scheme offers a specific mental health benefit for outpatient contact sessions, or admission to hospital, as part of its Hospital Benefits. GAP cover applies in hospital only.	Please refer to your Hospital and Trauma Benefits in your Member Guide on the Scheme's website .