MANAGING YOUR
MENTAL HEALTH

Your mental health determines how you experience and behave in the world around you.

A mental health condition often doesn't have only one cause. A combination of biological, psychological and social factors can influence it.

These factors may include:

- A person's genetics
- The presence of other chronic conditions, such as diabetes or chronic pain
- Difficult social circumstances
- Traumatic life experiences

Experiencing a mental health condition is **not** a sign of weakness or being evil. It's a medical condition in the same way as diabetes and high blood pressure, for example.

Examples of mental health conditions

Anxiety disorders and depression are common mental health conditions, both globally and in South Africa. Other examples include:

- Eating disorders
- Anxiety disorders such as post-traumatic stress disorder (PTSD) and obsessive-compulsive disorder
- Bipolar mood disorder
- Psychotic disorders such as schizophrenia
- Personality disorders

REMEMBER: We're all human and have our limitations. What works best for you is good enough.

MENTAL HEALTH TIPS

To protect your mental health, you can practise daily activities that may help you feel good and cope better with life. Try out these tips to see which ones suit you:

- Eat healthier food
- Get enough sleep
- Maintain your physical health
- Focus on the positive things in your life
- Connect with others through community support groups
- Develop strong coping skills
- Learn to understand your feelings
- Avoid using drugs and/or alcohol to cope with complicated feelings
- Talk to someone you trust for support
- Get professional help – speak to your doctor and enrol in the MBMed Medical Aid Fund Mental Health Programme

MBMED MEDICAL AID FUND'S MENTAL HEALTH PROGRAMME

This programme aims to improve your quality of life and empowers you to manage your condition more effectively. Once you've enrolled in the programme, a dedicated Care Manager will be assigned to assist you and collaborate with your treating doctor to ensure you get the support you need.

How do I access the programme?

Step 1: Simply call 0860 106 155 to register your mental health condition.

Step 2: You will be assessed to determine your eligibility to enrol in the Mental Health Programme.

Step 3: Nominate the treating doctor you want to continue supporting your mental health. You must grant us informed consent – this will allow us to share information with your doctor and monitor the treatment and management of your mental health so you get the best possible care.

What does this programme offer?

- Access to a Care Manager who will work with you, your treating doctor and, where appropriate, other healthcare professionals to improve your condition.

- A Care Manager who will help you set up appointments with your doctor, obtain authorisation for healthcare services, guide you on understanding the importance of preventative care and the use of wellness benefits or resolve queries related to any other health conditions.

- Educational material about mental health which empowers you to manage your condition.

Is there any other support or information available that I can access?

You can access HealthCloud, an informative tool on our Member Zone, to look up medical information and read articles on your condition and many others.

Who can join this programme?

Members who live with mental health conditions such as depression, anxiety, PTSD and alcohol abuse may be assessed and registered on this programme.

For more information about this Mental Health Programme, call 0860 106 155 or email mbmed@medscheme.co.za.