

Hey there
OMSMAF member

KID GOT THE BLUES?

We're here **for them too**

Between work commitments, caring for your family, paying the bills and getting up early every morning to do it all over again, adulting is hard – all the more so when your child is going through a rough patch. The truth is, being a kid in the world today is really tough too, and children and adolescents can suffer from mental illnesses like depression and anxiety just as much as grown-ups do.

You know those risk factors that we discussed in our previous 'Feeling blue?' mailer? These also apply to kids, not to mention many other risk factors such as bullying, long-lasting difficulties at school, natural developmental and hormonal shifts, taking on adult responsibilities, and more. It's hard enough for some adults to express their feelings - for children, the experience can seem even more difficult to understand and describe.

Know the signs

- ✓ Sadness that lasts two or more weeks.
- ✓ Changes in being social or staying away from others.
- ✓ Hurting oneself or talking about hurting oneself.
- ✓ Talking about death or suicide.
- ✓ Having outbursts or being very moody or testy.
- ✓ Out-of-control behaviour that can be harmful.
- ✓ Big changes in mood, behaviour or personality.
- ✓ Changes in eating habits.
- ✓ Loss of weight.
- ✓ Trouble sleeping.
- ✓ Getting headaches or stomach aches often.
- ✓ Trouble concentrating.
- ✓ Doing poorly in school.
- ✓ Not going to school.

Help is here

OMSMAF provides significantly more benefits than the basic PMB requirements of most medical schemes in the country, giving you access to our Mental Health Programme to support you (or your dependants) with mental health conditions such as depression, general anxiety, bipolar mood disorder, post-traumatic stress disorder and others. Once registered on the programme, you will be entitled to a certain number of therapy consultations paid from the Fund's risk pool, leaving your day-to-day benefits untouched. You can find out more about the programme by calling **0860 100 076**.

Finding it hard to look after other aspects of your wellbeing? Please remember that OMSMAF offers you a range of special wellness benefits such as a nutritional assessment and a healthy eating plan for holistic health support.

And, as an Old Mutual employee, you and your loved ones get counselling support from Lyra Wellbeing. Connect directly to the Lyra Wellbeing support centre, the Hub, using the app's **one-click function here**, and talk to a trained, registered counsellor whenever you need to and wherever you are. Counselling and chats are available 24 hours a day, 7 days a week, 365 days a year.

Please visit <https://app.lyrawellbeing.health/welcome> and use company code **OLD001** to activate your account.

How to contact Lyra

1. Dial ***134*905#** on your mobile phone to request a callback.
2. Call **0800 006 068** toll-free in South Africa.
3. Send an email to **oldmutual-ewp@icas.co.za** for callback requests.
4. Live chat via the **Lyra Wellbeing Hub app**, using company code **OLD001** to activate your account.

Not on the OMSMAF WhatsApp broadcast group?
Scan the QR code to ensure that you get all the updates right away.



Chat soon,
The OMSMAF Team



VISION

To be the medical scheme of choice for the Old Mutual Group.



MISSION

To be an affordable medical scheme that guarantees best-of-class member experience, value and quality.