



Hey there **OMSMAF family**

You're human, right? *Just kidding - we know you are.*

The thing about us humans is that we're only...well, human. None of us is perfect, and we all have ups and downs. Still, if you are experiencing ongoing symptoms affecting your ability to function properly, it's time for professional support. *Not sure if this is you?* Why not check out our most recent **'Feeling blue?' mailer**, where you can find out more about some of the symptoms of common mental disorders - they can and do happen to anyone. We're also taking a look at some of the risk factors that might increase the chances of you or someone in your family developing a mental disorder.

OMSMAF is here for you through it all with our Mental Health Programme, which you can find out more about by calling **0860 100 076**.

As an Old Mutual employee you also have access to round the clock counselling from Lyra. Connect directly to the Lyra support centre using the app's [**one-click function here**](#) or call **0800 006 068** toll-free in South Africa.

We'll be back with some important pointers on kids' mental health soon.

Take care!



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.



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