



Hey there **OMSMAF family**

Worried that your child might be taking serious mental strain? All kinds of life events can affect the mental health of our children - who are actually just little people with feelings as big as ours. Kids can be impacted by other factors, such as bullying, long-lasting difficulties at school, and taking on adult responsibilities. Mental illness can show up in different ways in children, so if you are a parent or guardian, please take a careful look at our most recent **‘Kid Got The Blues?’** mailer, which includes a list of symptoms in children that may indicate professional help is needed.

The Mental Health Programme from OMSMAF is available to your dependants as well, and you can find out more about it by calling **0860 100 076**.

And don't overlook that round the clock counselling access from Lyra, available to Old Mutual employees and their families. 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.

Keep an eye out for our next mailer on building resilience for the whole family - it could be the start of a new, stronger chapter for you all.

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.