



ARE YOU A MAN ENOUGH TO CHANGE THE CONVERSATION?

FROM 'BE A MAN ABOUT IT' TO 'OPEN UP ABOUT IT'

This quarter we are putting men's mental health on the table.

WHY?

Let's start with some home truths.

Did you know that globally, more than twice as many men die due to suicide when compared with women? Unfortunately, here in South Africa that number is much higher with men being five times more likely to take their own lives.

While it is devastating to think that so many men are suffering in silence because of mental health concerns, it means that you are not alone – there are many other men, just like you, who find themselves in this difficult situation.

DON'T YOU THINK THE TIME HAS COME TO STAND TOGETHER AND OPEN UP?

OMSMAF is here for you with our mental health benefit providing access to mental health practitioners and medication to help address issues such as depression, general anxiety, bipolar mood disorder, post-traumatic stress disorder and others.

And if you are going through a tough time and are trying to find the strength to overcome emotional difficulties, please remember that you've got a healthcare partner in OMSMAF to help keep your physical health on track too with a range of special benefits including an annual prostate-specific antigen test and other health risk assessments, as well as nutritional and fitness benefits.

DON'T WAIT

Call OMSMAF today on 0860 100 076

and select the mental health benefit option, which gives you access to mental health practitioners and medication to help address issues such as depression, general anxiety, bipolar mood disorder, post-traumatic stress disorder and others.



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