



POLMED[®]

OUR INVESTMENT OUR HEALTH OUR FUTURE

YOUR MENTAL HEALTH MATTERS MAKE IT YOUR PRIORITY

CONTRIBUTING FACTORS THAT CAN AFFECT YOUR MENTAL HEALTH:



Trauma



History of abuse



Genetic Factors



Family history



Excessive use of alcohol or drugs



Feelings of loneliness or isolation



SIGNS AND SYMPTOMS OF AFFECTED MENTAL HEALTH



Low or no energy



Feeling helpless or hopeless



Eating more than the recommended daily allowance



Sleeping longer than 8 hours a day



Suicidal thoughts



Feeling disconnected or isolated



Alcohol and drug abuse



Feeling worried, anxious and scared



Shouting or fighting with family and friends



Inability to cope with daily problems or stress

SOME OF THE TYPES OF MENTAL HEALTH CONDITIONS:



Substance abuse



Depression



Post-Traumatic Stress Disorder (PTSD)



Suicidal thoughts

TIPS TO IMPROVE YOUR MENTAL HEALTH:



Maintain a healthy diet



Connect with others



Get 8 hours of sleep



Exercise regularly and stay active



Take time out for things you enjoy



Ask for help

Talk to us: Contact POLMED Disease Risk Management department on 0860 765 633 or WhatsApp POLMED at 060 070 2547 or send an email to polpsych@medscheme.co.za