

# ***YOU ARE NOT ALONE***



**PLATINUM  
HEALTH**

Despite the challenges we are all facing now due to COVID-19, we can still find purpose in our lives and be supportive of one another.

When faced with a difficult situation, focus on what you can change, accept matters that are beyond your control and always strive to live by your values.

Where to turn for help  
If you're struggling to  
cope mentally  
Help is a call away  
**010 133 0525**

