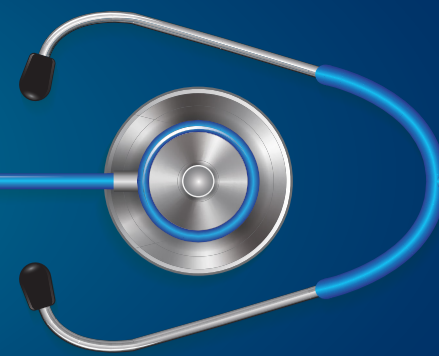


Platinum Health Page



The pressure of an increasingly demanding work culture is one of the biggest challenges to society's mental health. Feeling unhappy about the amount of time you spend at work and neglecting other aspects of life because of work may increase your vulnerability to stress. Increased levels of stress can, if not addressed early enough, lead to burn-out or more severe mental health problems.

[Click here](#)

to find out how you can achieve a healthy work-life balance

Find a DSP on our DSP search tool

Platinum Health offers a Designated Service Provider (DSP) search tool on its website (www.platinumhealth.co.za) to help members find a range of DSP providers such as general practitioners, pharmacies, hospitals, dentists, optometrists and Platinum Health medical facilities.

To find out how to use the DSP search tool,

[Click here](#)



MUMPS

Mumps is not a very common childhood infection but there are still occasional outbreaks in South Africa. Mumps is caused by a virus that is contagious like the flu. Complications from mumps infection are rare but if it is not monitored carefully, they can be serious and even life threatening.

To learn more about how mumps spreads, its symptoms and treatment,

[Click here](#)

HOW TO PREVENT SEXUALLY TRANSMITTED ILLNESSES (STIs)

Sexually transmitted infections (or STIs) are infections that can be caught or passed on when you have unprotected sexual activity, or close sexual contact, with another person who already has an STI. Using a condom for all types of sexual activity is the best way to avoid STIs and HIV.

To learn more about the symptoms of STIs, its treatment and prevention,

[Click here](#)



Suicide *Are you feeling Suicidal?*

Major Depression is a mental health disorder characterised by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life. The persistent feeling of sadness or loss of interest that characterises major depression can lead to a range of behavioural and physical symptoms. These may include changes in sleep, appetite, energy level, concentration, daily behaviour, or self-esteem. Depression can also be associated with thoughts of suicide. The important thing to know is that help is available.

To find out more,

[Click here](#)



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