

2024



## MENTAL HEALTH PROGRAMME

In support of the programme, chronic medication for depression will be covered up to R150 per beneficiary, per month, subject to registration on the Chronic Medicine Programme and obtaining the medication from a DSP.

This programme aims to improve your quality of life and empowers you to manage your condition more effectively. Once you've enrolled on the programme, a dedicated counsellor will be assigned to assist you and will collaborate with your treating doctor to ensure that you get the support you need.



### WHAT DOES THE PROGRAMME OFFER?

Access to a counsellor that will work with you, your treating doctor, and where appropriate, with other healthcare professionals to assist in improving your condition.

Educational material about mental health which empowers you to manage your condition.

### HOW DO I ACCESS THE PROGRAMME?

**1** To find out more about the mental health programme, simply call 0860 106 155.

**2** You will be assessed to determine your eligibility to join the mental health programme.

**3** Nominate the treating doctor you want to continue looking after your mental health condition so we may monitor treatment and the management of your condition.

### WHO CAN JOIN THE PROGRAMME?

Members on all of our options who suffer from mental health conditions such as depression, anxiety, post-traumatic stress disorder (PTSD) and alcohol abuse may be assessed and registered on the programme.

### DETAILS FOR MENTAL HEALTH PROGRAMME



Call: 0860 106 155

Email: [mentalhealth@bonitas.co.za](mailto:mentalhealth@bonitas.co.za)

Email (for BonCap): [BonCapWellness@bonitas.co.za](mailto:BonCapWellness@bonitas.co.za)