



nov2021

# wellness @work

your wellness matters  
keeping you healthy – keeping us all healthy

## there is always someone who cares to help you

**it's ok not to be ok** – talk to someone who can help you



|                       |               |
|-----------------------|---------------|
| national gbv helpline | 0800 150 150  |
| aids helpline         | 0800 012 322  |
| childline             | 0800 055 555  |
| rape crisis           | 021 447 9762  |
| suicide helpline      | 080 056 7567  |
| lifeline              | 0861 322 322  |
| diabetes sa           | 0861 111 3913 |
| cansa                 | 0800 226 622  |

|  |              |
|--|--------------|
| national counselling line                  | 0861 322 322 |
| legal aid                                  | 0800 110 110 |
| south african depression and anxiety group | 0800 567 567 |
| crime stop                                 | 0860 001 011 |
| human rights commission                    | 011 877 3600 |
| toll free crisis line                      | 086 157 4747 |

## Give yourself a well deserved **pat-on-the-back**



*It is almost the end of the year as we turn toward self-reflection and think of the many changes faced and made in 2021 –*

• becoming resilient • going that extra mile • becoming more flexible and adaptable • stepping up to assist and support another • finding the 'grit' to meet expectations • enjoying life even at a distance • painful goodbyes said • uncertainties faced • finding your health mojo • staying tough to stay the course during many waves of 2021 • succeeding through the valleys and peaks • *coming out of it better - WELL DONE!*

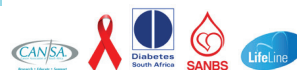
*Give yourself a pat on the back and enjoy being right here, right now.*

**If you need help**  
remember your manager or hr person is there to listen.  
You can also email  
[amandap@primeserv.co.za](mailto:amandap@primeserv.co.za)

### november health days

- 1-5 SADC Malaria Week
- 3 Disability Rights Awareness Month
- 6 National Children's Day
- 14 World Diabetes Day
- 17 World Prematurity Day
- 25 International Day of the Elimination of Violence against Women
- 25 16 Days of Activism for No Violence against Women and Children (25 Nov – 10 Dec)

[www.primeserv.co.za](http://www.primeserv.co.za)



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always consult a registered health professional for any health related treatment required

integrated business support services