

MENTAL HEALTH AWARENESS MONTH



World Mental Health Day, celebrated on 10 October, is an international day for global mental health education, awareness and advocacy against social stigma.

Almost **400 million people** worldwide and 26% of South Africans suffer from mental or neurological disorders or from psychosocial problems, including disorders related to alcohol and drug abuse.



A mental health condition often doesn't have only one cause. A combination of biological, psychological and social factors can influence it, such as:



Your genetics



The presence of other chronic conditions, such as diabetes or chronic pain



Difficult social circumstances



Traumatic life experiences

Like physical disorders, mental health disorders vary in severity. They can be:

- **TRANSIENT** (like an acute stress disorder, which may occur in response to a traumatic event and lasts for up to a month)
- **PERIODIC** (like bipolar disorder, characterized by periods of mania or hypomania followed by periods of depression)
- **LONG LASTING AND PROGRESSIVE** (like Alzheimer's disease, involving gradual and continuous cognitive decline)

Experiencing a mental health condition is not a sign of weakness - it's a medical condition.

How to recognise mental health concerns



PHYSICAL

- Fatigue
- Insomnia
- Aches
- Neglected health & nutrition



MENTAL

- Forgetfulness
- Poor decision-making
- Boredom
- Lack of creativity & motivation



EMOTIONAL

- Depression
- Anxiety
- Anger
- Guilt
- Feelings of worthlessness
- Loss of purpose



BEHAVIOURAL

- Isolation
- Avoiding social events
- Neglecting responsibilities
- Increased cynicism
- Unhealthy coping mechanisms

Protect your mental health by



Spending time outdoors



Developing and maintaining a healthy bedtime routine



Keeping active



Maintaining a balanced diet



Being curious and open to new experiences



Not using alcohol and drugs as a coping mechanism



Maintaining a healthy work-life balance



Speak to a professional if you are overwhelmed or are having thoughts of death or suicide



How can the Benefit Society help you?

Most mental health disorders can be effectively treated by health professionals using medication, therapy or counselling. Treatment can be provided outside of a hospital, in a hospital or in some cases may be excluded.



IN-HOSPITAL:

The hospital and major medical benefit includes a mental health benefit, which requires pre-authorisation - see page 50 of the Member Guide for details.



OUT OF HOSPITAL:

- **Chronic Disease List (CDL) PMB conditions:** Medication is paid from the chronic medicine benefit. If your condition has been registered, treatment in line with your treatment plan will be paid from your mental health benefit up to R16 870 with no co-payment. If treatment is not line with the treatment plan, costs are paid at 90% of the SRPL rate. Formularies will apply.
- **Non-CDL conditions:** If your condition is registered as chronic, prescribed medication is paid from the chronic medicine benefit and treatment is paid from the mental health benefit up to R16 870 but paid at 90% of the SRPL rate. Formularies will apply.
- **Other conditions:** Medication is paid from either your acute or chronic medicine benefit and treatment is paid from the mental health benefit up to R16 870 but paid at 90% of the SRPL rate.

NEED HELP? Reach out to the Benefit Society if you have any queries.

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