

COUNSELLING SERVICES

momentum
wellness



This service provides confidential preventative and proactive interventions for the early detection, identification and/or resolution of work, personal and health problems that may adversely affect your wellbeing and ability to perform at work. As the main member you have access to telephonic counselling sessions. Immediate family members (spouse and children) have access to trauma counselling sessions.

These problems and issues include, relationships, health, trauma, stress, substance abuse, gambling and other addictions, financial problems, communication problems and coping with change. Under these circumstances and based on an initial assessment, you will be entitled to three telephonic counselling sessions.



To access the services call....

0800 2 B WELL
2 2 9355

Select option 2 (Momentum Wellness) or option 4 (Momentum Health4Me) to access the service.

www.momentumwellness.co.za

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Should it be determined that the nature of your problem requires long-term intervention, you will also be assisted with an immediate referral to an appropriate healthcare professional. These problems may include, depression, anxiety disorders and psychiatric disorders.

GETTING HELP IS EASY!

STEP 1

BOOKING (MONDAY-FRIDAY, 8AM-4PM)

Call 0800 229 355 to access this service. You will be contacted within 72 hours to book your first session. This session will be conducted telephonically.

STEP 2

ASSESSMENT (MONDAY-FRIDAY, 8AM-4PM)

Session 1 - x1 hour assessment with a qualified counsellor to determine if you require telephonic counselling and establish the most suitable intervention for you.

STEP 3

INTERVENTION (MONDAY-FRIDAY, 8AM-4PM)

Session 2 - x1 hour counselling or coaching sessions by an appropriate qualified health professional. These sessions will be conducted telephonically or on Skype.

STEP 4

SUPPORT (MONDAY-FRIDAY, 8AM-4PM)

Session 3 - At this session, the counsellor or coach will discuss a plan to assist you with resources, tools and a strategy that will support your wellbeing.

AFTER HOURS SERVICES (4pm-8am, 7 days a week)

We provide telephonic after hours counselling services for those times when you need immediate assistance to cope with trauma. Call 0800 229 355 to access this service.



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