

A community of care

Description

October marked Mental Health Awareness Month, giving us the space and time to reflect and take action to support mental wellbeing in our communities and workplaces.



This year's theme – Access and Inclusion: Why Community Mental Health is Important – reminded us that mental health is not just a personal issue but a collective responsibility.

We believe mental-health support should be accessible, inclusive, and stigma-free. Our approach is rooted in compassion, respect, and empowerment. Instead of discriminating against those facing mental health challenges, we strive to uplift them by recognising their humanity and individuality beyond any diagnosis.

Small acts of kindness, empathy, and acceptance can make a world of difference. Whether it's a listening ear, a supportive conversation, or simply treating someone with dignity, these gestures help create a culture of care and understanding.



Community mental health is about building networks of support where individuals feel safe to seek help and are met with resources that are culturally relevant and easily accessible. It's about removing barriers and ensuring that no one feels alone in their journey.

Inclusion means acknowledging diverse experiences and creating spaces where everyone, regardless of background or mental-health status, feels valued and supported.

Support is just a call away

If you or a loved one are facing mental-health challenges, help is available. AfroCentric Health offers confidential support services for you and your immediate family. Together, let's continue to build a workplace culture where mental health is prioritised, stigma is dismantled, and every individual feels seen, heard, and supported.






AfroCentric Employee Wellness Programme

Available 24 hours a day, 365 days a year.



Scan the QR code or follow the link to access the online portal using your company code

-  Toll-free: **0800 611 189**
-  Request a call back: ***134*905#**
-  Email: **help@workcarewellness.co.za**
-  Get in touch online: **http://app.lyrawellbeing.health/**
-  Your company code: **AFR003**

Category

1. Our Wellness