



## Mental health matters

### Description

The AfroCentric Employee Wellness Team has prioritised mental health as a key pillar with an array of programmes, events and communication. It's all customised to raise awareness and help eradicate the stigma that is still attached to mental health issues.

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Sandile Mbele, Executive Director for AfroCentric Corporate Solutions, sponsored our Mental Health Webinar on 25 July. The session was held in a continuity-style format with Ronald Abvaje as facilitator.

More than 750 employees from across the Group attended the event, which aimed to:

- Increase mental health awareness
- Create visibility for mental health programmes
- Reduce stigma and debunk myths about mental health
- Educate on mental health issues
- Provide support for employees to manage and cope.

**The speakers and their topics were:**

<b>Topic</b>	<b>Panellist</b>
Executive sponsor	Sandile Mbele
Workplace bullying	Professor Susan Steinman
Cyber mindfulness	Cyber Security
AfroCentric Young Minds think tank	Shaakirah Aboo
South African Depression and Anxiety Group (SADAG)	SADAG representative
EAP and wellness programme	Marion Borchers
My journey	Employee testimonial (Bronwyn Marais)

If you missed the webinar, or would perhaps like to revisit the conversation, you can catch up by clicking [here](#).

**Category**

1. Our Wellness