

Mental wellbeing

MENTAL HEALTH CARE PROGRAMME

The Mental Health Care Programme helps you manage major depression episodes with your healthcare provider, ensures high-quality, coordinated care for the best outcomes

BENEFITS

- Three consultations with your Premier Plus GP (virtual or face-to-face)
- Psychotherapy sessions
- Antidepressant medicine access when enrolled by a Premier Plus GP

HOW TO JOIN

- Once you have given consent, a Premier Plus GP or network psychologist can enrol you via HealthID
- Members on LA KeyPlus must be enrolled by their chosen Premier Plus GP
- Find a provider at www.lahealth.co.za.



PROGRAMME DETAILS

- The programme offers tools and benefits to monitor and manage your condition, with your healthcare provider tracking progress on HealthID
- The Programme runs for six months; extendable to 12 months if clinically needed



DEPRESSION RISK MANAGEMENT PROGRAMME

When we have identified your eligibility with a Mental Wellbeing Assessment, you qualify to be registered on the Depression Risk Management Programme and the Scheme pays for a treatment basket-of-care that includes non-PMB GP and other related benefits



WE'RE IN IT FOR YOUR HEALTH

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INTERNET-BASED COGNITIVE BEHAVIOURAL THERAPY (ICBT)

- Provides online tools for mental health management, accessible 24/7
- Focuses on depression, anxiety, resilience, sleep, and stress management
- Includes 24-hour self-harm and suicide support
- Personal supporters to guide you through modules



FUNDING

- Digital Therapeutics funded by Scheme for members on the Mental Health Care Programme
- Referred members who are not on the Programme can fund ICBT through available medical savings

ELIGIBILITY FOR ICBT

- You must register on the Mental Health Care Programme
- If not on the Programme, you can be referred by a GP, psychologist, or psychiatrist
- Must be older than 18 years
- Even if not registered on the Mental Health Care Programme, you have access to certain wellbeing modules via Silvercloud Mental Health Programme



CONTACT US

TEL: 0860 103 933

OR VISIT: WWW.LAHEALTH.CO.ZA

FOR MORE INFORMATION.



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