UNLIMITED HEALTH | Professional Counselling Support



Support that's here for you.

Healthcare work can ask a lot of you.

That's why, in partnership with the KZN Department of Health and Lyra Health, you now have access to confidential, professional counselling at no cost to you.

Whether you're dealing with stress, grief, trauma, everyday pressures or simply need someone to talk to, professional support is available 24/7.

Because the people who care for everyone else need someone in their corner too.

PROFESSIONAL COUNSELLING SUPPORT

FREE TO YOU FOR 12 MONTHS

CONFIDENTIAL COUNSELLING
With qualified professionals

SUPPORT 24/7
Whenever you need it

ACCESS YOUR WAY
By phone or through The Unlimited Lyra Hub app

Support for
STRESS, TRAUMA, GRIEF
and everyday challenges

Help with
FINANCIAL AND LEGAL
related concerns telephonically and via the app

Counselling available in
11 OFFICIAL LANGUAGES

You're not the only one who benefits!

Every month, we contribute to The Unlimited Child, helping children in underserved communities get the early support they need to thrive. Together, we've helped more than 2.5 million children become school-ready, giving them the chance to reach their potential and unlimit their lives.

Find out more by visiting theunlimitedchild.org



TWO EASY WAYS TO GET SUPPORT

Choose the way that works best for you.

CALL

To speak to someone directly, call us on 0861 990 000.

Select the 24/7 counselling helpline option and we'll connect you with a professional counsellor.

ONLINE

You can access support, whenever you need it, through The Unlimited Lyra Hub app.

Just scan this QR code or visit bit.ly/lyrahub.

Keep an eye on your SMS for the unique access code you'll use to log in to the app.

Get The Unlimited App
Get unbelievable value.

Available on the App Store | Google Play | AppGallery

WHAT YOU NEED TO KNOW

Some important details about your benefit

- Your counselling benefit is available at no cost to eligible government employees
- Your benefit is valid for 12 months from activation
- You can access professional counselling immediately once your benefit is active
- Your counselling sessions are completely confidential
- Support is available 24/7 by calling 0861 990 000 or through The Unlimited Lyra Hub app chat
- In-person consultations are available by referral at your own cost
- Telephonic financial and legal support is available 08:30 and 17:00, Monday to Friday

WE'VE GOT YOU COVERED

More ways The Unlimited can help you protect what matters. And because life doesn't always go according to plan, we're here to help you protect the people and things that matter most.

Unlimited Life
Protection for those you love.

Unlimited Health
Affordable family healthcare.

Unlimited Motor
Keeping you safely on the road.

Unlimited Legal
Legal support you can count on.

Unlimited Mobile
Airtime & Data offers.

Unlimited Lifestyle
Dining, coffees, experiences & more!

Trusted by over **3 MILLION** South Africans

Over **R1 BILLION** in claims paid

Over **32 OFFICES** nationwide

Call or WhatsApp us on
0861 990 000
Emergencies | Customer Care | Claims

theunlimited.co.za

Unlimit Your Life.

THE UNLIMITED
Insurance | Lifestyle | Rewards

The Unlimited is an authorised financial services provider [21473]