UNLIMITED HEALTH | Professional Counselling Support



WE'RE HERE FOR YOU

Support when you need it.

We understand that losing a loved one can be one of life's most difficult moments, and we're here for you.

With access to confidential counselling, you have access to professional support for three months at no cost to you.

Because sometimes, having someone to talk to can make all the difference.

PROFESSIONAL COUNSELLING SUPPORT

FREE TO YOU FOR 3 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

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.

Sign in using company code UNL003.

This service is provided by Lyra, an independent third party not controlled by The Unlimited. Any personal information you share, including health information, is collected and managed by Lyra under its privacy notice, available on its platform. By using the service, you acknowledge this.

WHAT YOU NEED TO KNOW

Some important details

- Your counselling benefit is available for 3 months to support you through this time, at no cost to you
- Your counselling sessions are completely confidential
- You can access professional counselling support 24/7 by phone or through The Unlimited Lyra Hub app
- In-person consultations are available by referral, for your own cost
- Financial & Legal support is available telephonically and via the app, Monday to Friday 8h30 to 17h00

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

theunlimited.co.za

Unlimit Your Life.

THE UNLIMITED
Insurance | Lifestyle | Rewards