UNLIMITED HEALTH | Professional Counselling Support




# WE'RE HERE FOR YOU

## Support that's here for you.

Losing a loved one can be one of life's most difficult moments but we're here for you with access to confidential, professional counselling 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

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.

# 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
- Telephonic financial and legal support is available 08:30 and 17:00, Monday to Friday

**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]