



# MENTAL HEALTH

AWARENESS MONTH

Post Office   
**MEDIPOS** Medical Scheme  
Putting your wellbeing first

**NEWSFLASH**

October 2024

## October is Mental Health Awareness Month

### Mental Health Myths

Despite significant progress over the past few years in terms of education, awareness and access to mental health services, societies keep perpetuating untruths about mental health. The result is that individuals who need help often don't feel comfortable asking for it or making the necessary changes, for fear of being judged or seen as weak. Here are some of the most common myths, and the truths you need to know.

#### **Myth 1: Only weak people experience poor mental health**

**Fact:** Today, it's better understood that issues such as depression or anxiety have nothing to do with a lack of mental fortitude or resilience. Anyone can experience depression and anxiety, even those who're mentally strong. Furthermore, there are times when you're more likely to have poor mental health than other times. This is the normal circumstance of life.

#### **Myth 2: If you're healthy, financially secure and supported by family, you've no reason to be depressed**

**Fact:** You don't have to have lost a loved one, lost your job or be in poor physical health. There are many factors that can lead to poor mental health, including chemical imbalances in the brain, natural personality traits, family history, hormonal changes and natural ageing. Fortunately, today there is help at hand.

#### **Myth 3: If a teenager is experiencing poor mental health, it's nothing more than hormones**

**Fact:** It's estimated that around one in seven teenagers experience poor mental health before the age of 20, the leading forms of which are depression, anxiety and behavioural disorders. This can be the result of many factors, often outside their control and that of their parents. The circumstances can be different among individuals, and it's important not to make assumptions.

#### **Myth 4: Therapy can't help**

**Fact:** Science has long proven that therapy, in combination with medicine, is highly effective in treating poor mental health. By talking with a professional, one-on-one or in a group, you'll come to understand more about your condition, your feelings, thoughts and moods, and you'll develop management skills and healthy coping mechanisms.

#### **Myth 5: If you have poor mental health, you're crazy**

**Fact:** There is a wide range of mental health disorders, and few of them are related to insanity. The main classes include depressive and anxiety disorders, disorders relating to trauma, obsessive-compulsion, dissociation, eating disorders, elimination disorders, somatic symptom disorders, and sleep-wake cycle disorders. There are also conditions such as sexual dysfunction, gender dysphoria, disruptive, impulse control and conduct disorders, substance-related and addictive disorders, neurocognitive disorders, personality disorders, paraphilic disorders, neurodevelopmental disorders, bipolar disorders, and disorders on the schizophrenia spectrum. Furthermore, the severity of the condition and symptoms may vary among individuals. Just because an individual is experiencing poor mental health, it doesn't necessarily mean they've lost control of their mental faculties.

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## Bottom line

The way we speak about mental health matters. We shouldn't perpetuate myths, and we should treat everyone with respect, which will allow those with mental health challenges to access the help they need and make the recovery they deserve.

### MEDIPOS Benefits:

MEDIPOS offers a psychiatry/mental health management programme that will enable us to work more closely with members and their doctors to ensure that you receive the quality of care you deserve. The objective is to assist in recognising the symptoms and signs of psychiatric conditions and how to manage them. Our disease management professional nurses are available to assist you as well as keep in contact with you on a regular basis call 0860 100 078 or email [dm@medipos.co.za](mailto:dm@medipos.co.za)

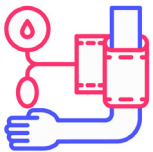
## KNOW-YOUR-NUMBERS (KYN)

### WHAT DOES KYN ENTAIL?

Know-your-numbers (KYN) is designed as a personal health risk toolkit to manage our health and quality of life.

### THE 4 KEY KYN MEASURES

By knowing these numbers and regularly monitoring them, one can proactively identify and better manage most of the deadlier modern-day illnesses.



#### Blood pressure

**Good: 120/80 mm Hg  
or less**

**See a doctor: Above  
140/90, Below 90/60**

A lower blood pressure prevents heart failure, heart attacks or strokes



#### Cholesterol

**Good: 5.17 mmol/L**

**See a doctor: Exceeding  
5.2 mmol/L**

Reducing bad cholesterol reduces artery blockages that limit blood flow and cause heart attacks/strokes



#### Blood sugar

**Good: 5.5 mmol/L**

**See a doctor: Prediabetic  
5.6 to 6.9 mmol/L  
Diabetic exceeding  
7 mmol/L**

Too much sugar in your body causes damage to your heart, brain, eyes, and kidneys



#### Body Mass Index

**Good: 18.5 to 24.9**

**See a doctor:  
Exceeding 30**

Excess weight indicates a risk of a range of serious health problems that impact the quality of life

### Effective ways to keep your numbers in check:

- Perform moderate activity for at least 30 minutes a day, five days per week
- Eat a heart-healthy diet, and when you are insulin resistant or diabetic, please consult a competent dietician
- Quit smoking Limit alcohol. If you drink alcohol
- Know your medicines and how it affects you

## MEDIPOS CONTACT DETAILS

### CLIENT SERVICES TEAM AND HOSPITAL AND PRE-AUTHORISATION

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Email: [preauth@medipos.co.za](mailto:preauth@medipos.co.za)

Website: [www.medipos.co.za](http://www.medipos.co.za)

### REPORT FRAUD TO:

MEDIPOS Anti-fraud Hotline Tel: 0800 112 811 or SMS: 33490

Email: [information@whistleblowing.co.za](mailto:information@whistleblowing.co.za)

### ADDRESS FOR THE SUBMISSION OF CLAIMS

Email: [claims@medipos.co.za](mailto:claims@medipos.co.za)

P.O Box 921, Westville, 3629

### SEND US YOUR SUGGESTIONS!

Please send us your suggestions on how you think the Scheme can improve its service delivery and benefits. Your suggestions may be emailed to: [fundmanagement@medipos.co.za](mailto:fundmanagement@medipos.co.za)