

COVID-19 Leerondersteuning Learning Support

Are you feeling locked in during this lockdown period? Are you feeling negative, depressed, anxious or do you just need someone to talk to about what you are currently experiencing? It is important to remember that this is a new experience for parents as well as children and that whatever you are currently feeling is normal. Should you need someone to talk to about these feelings, please contact me, Ruška Warricker.

I am a registered Psychological Counsellor that completed my degrees in 2002 at UP and I specialise in mental health. I am thus able to assist adults as well as children. I focus on short term therapy, for example, but not limited to;

- Trauma Counselling
- Depression
- Relationship Counselling
- Managing Conflict
- Parental Guidance
- Emotional Support
- Anxiety
- Managing Stress
- Good Communication

For the past 13 years I have also been working with employee assistance programmes and during this time I have been doing life skills training on, for example, but not limited to;

- Basic Financial Literacy
- Managing Stress
- HIV & AIDS Education
- Time Management
- Managing Conflict
- TB Education

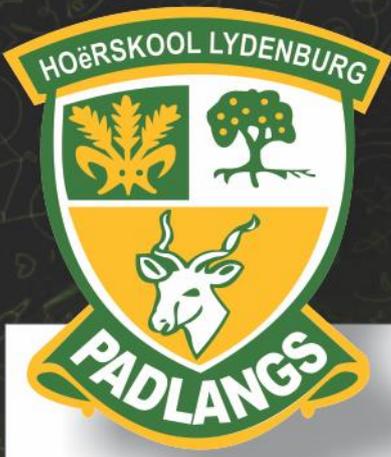
EAP/EWP

I am able to assist you on whichever virtual platform you prefer and your information as well as your problem will remain confidential. If you should wish to stay anonymous I will still be able to assist you. The above services are available to anyone who needs it, at no cost to you.

I am available at any time of the day or night. You can contact me on 082 786 4089 or at ruska@vodamail.co.za

Do not wait until it is too late, rather contact me and we can talk through your challenges.

If you are working at any of the Samancor, Two Rivers Platinum, Dwarsrivier or Glencore Lydenburg mines, please remember that you have an EAP/EWP programme with Careways/Life EHS that is available to both you and your family at no cost.



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Unfortunately, this service is only available for free to permanent employees of the above mentioned companies and their families. You can receive psychological counselling for personal, work related problems as well as legal and financial advice. All you need to do is to contact the care centre on 0800 004 770. This number is free from any Telkom line. Should you not have a Telkom line, you can sms your name and telephone number to 31581 and you will be contacted.

A WhatsApp number is also available, where you can send your company name, personal details with your telephone number to 066 448 2273 and you will then be contacted. You are also more than welcome to contact me if you are not certain whether you qualify for the EWP service.