

PAYING IT FORWARD

Our current situation has a huge effect on our economy and as a result adding stress to individuals, families, communities. Parents having to home-school their children, not able to see each other, trying to care for elderly relatives, trapped in abusive relationships, and the financial stress due to the lockdown, possible job losses and the lack of income.

So, this **“PAYING IT FORWARD”** initiative means we have access to The Talking Point’s national network of qualified professionals and counsellors through our Hamtern Assist product being made available during the lockdown period between **7am and 9pm, Monday to Saturday**, at no additional cost.

Every call taken will be handled with the utmost sensitivity and confidentiality and a team of qualified professionals will help identify and resolve and schedule more interventions accordingly.

What type of issues will we be dealing with?

- Responding to the outbreak and how to handle it.
- Not being able to earn an income and the fear of being laid off.
- Fear and worry about your own physical and mental health and those of your loved ones.
- How parents and caregivers can deal with the COVID-19 calmly and confidently.
- How unhealthy eating, no exercise or sleeping habits leads to irritability and “acting out.
- Taking a break from media coverage of COVID-19 and the alternatives.
- Why you must ask for help if you feel anxious, overwhelmed or concerned.

How can we help you?

- Call us on 0861 005 004 during the times provided
- Case managers will connect you with a qualified professional.
- They will engage with empathy, listen, guide, counsel and assist where they can.
- Calls can be made to a landline, mobile, WhatsApp, video call, Skype, Zoom or sms.
- Guidance on how to handle the anxiety, stress and the circumstances more effectively.

The goal with this **“PAYING IT FORWARD”** initiative, is to be part of the solution that will help improve and solve the anxiety and stress suffered, help you manage your circumstances and focus on your health and that of your family.