



SERVICES OFFERED

Available for VUT employees and their loved ones

DIGITAL MENTAL HEALTH SUPPORT

Anonymous access to mental health support through live audio talks, mental health assessments and a library of self-guided mental health tools.

COUNSELLING

Unlimited text-based chat support, telephonic and virtual counselling, onsite counselling health information and education from registered health professionals to deal with issues such as stress, anxiety, depression, addiction, relationship and marriage problems, parenting, abuse, rape and trauma. This service is available 24 hours per day, seven days a week, 365 days.

COACHING

Life coaching to help identify, plan, and achieve goals. Parent coaching and confidential support to navigate the challenges of successful parenting. Career guidance and leadership coaching.

LEGAL ADVICE

Advice, information and discounted legal services to deal with issues such as divorce, maintenance, law suits, getting arrested, garnishee orders, repossessions, black listings etc. ER matters excluded.

FINANCIAL ADVICE

Advice and support for common financial problems such as debt, budgeting, loan finance, tax, wills and estate planning.

MANAGERIAL SUPPORT

Exclusive coaching, orientation sessions and support for managers, to assist them to cope with stressful situations, to help them manage employees and to equip them with more effective inter-personal skills.



Scan the QR code to download the **Join Panda app** and access **AskNelson's** digital mental health support today.

Look out for this AskNelson icon  in the app, if you don't see it please email help@joinpanda.com

FOR MORE INFORMATION CONTACT YOUR HR BUSINESS PARTNER



 Text-based chat via the **App**

 www.kaelo.co.za

 0861 635 766 or dial *134*928# | Send a 'please call me' to 072 620 5699
Standard call rates apply.

 asknelson@kaelo.co.za

