

# What's Happening in Your Life?

When you face challenges, ICAS, a Lyra Health Company can help. Caring professionals are available 24 hours a day, 7 days a week, 365 days a year, to help you and your dependents address concerns both big and small.

**Call or visit us online to receive expert assistance with:**

## Stress

- What are some relaxation techniques?
- My schedule is always overloaded. Help!

## Wellbeing

- I want to start an exercise routine.
- How can I start eating better?
- It's time to quit smoking.

## Substance Use

- I worry that I might be drinking too much.
- What do I do if my child is on drugs?

## Child and Elder Care

- I need good child care that fits my schedule.
- I am considering fostering a child. Where do I start?
- My aging parents live far away. What resources are available to help them?

## Emotional Distress

- Sometimes I feel sad and I'm not sure why.
- I worry more than I'd like.

## Relationships

- I want to get along better with my significant other.
- How do I handle a difficult co-worker?
- My child acts out and I don't know what to do.

## Finances

- I want to buy a house. How much do I need to get started?
- What can I do about my debt problems?

## Legal

- I'm in a custody dispute.
- How do I set up a power of attorney for an elderly parent?



Life



Wellbeing



Family



Work

**Our services are:**

## Free

- There is no charge for services provided by ICAS.
- ICAS offers 12 free EAP counselling sessions per person, per year.
- Services are available to individuals aged 16 and older.

## Confidential

- Any information you share is confidential, except when your safety or the safety of another individual is at risk.

## Available 24/7/365—Get started today

- To get started, call 0800611060 / +27113417351/2 (Callback) / 0027661344486 (WhatsApp). If you're out of the country, please call +27 11 341 7342 to reach a consultant who will answer your call and ask you a few questions in order to get a better understanding of the kind of support you need. Thereafter, you will be transferred to the appropriate professional. While you don't need to give your name, you will need to state which company you work for.
- For local language resources, access ICAS Hub at [app.icas.health](https://app.icas.health), or search for ICAS Hub in the app or the play store. Access ICAS Hub with company passcode: VMware or visit [vmware.lyrahealth.com](https://vmware.lyrahealth.com) (for English resources only).