



## Extra Support

**Sometimes we might need a bit more support than what the Mygrow journey can offer.**

At Mygrow, we view the platform as an “online gym” to help you build Emotional Intelligence (EQ) “muscles”. Just like in a normal gym, where you implement specific physical exercises over time to increase your strength, the Mygrow platform ensures you practise techniques over time to grow your EQ.

In an ideal world, when it comes to physical health and fitness, everyone would be healthy enough to attend gym and get physically stronger and fitter on their own. But this isn't the reality for everyone. Some have physical injuries that may require a more specific rehabilitation process. If you have a broken bone or a torn ligament, some extra support and recovery is needed. Just carrying on going to the gym isn't going to fix these specific things. Often these recovery processes involve the input of professionals who are specialists in their field – a physiotherapist or biokineticist, or maybe even an orthopaedic surgeon.

If you have ever been in the position of needing to physically recover from a specific injury, you will know that exercising as usual is seldom a good idea. In situations like this, some extra support is needed to recover properly.

The same applies at Mygrow when it comes to psychological health.

If you are facing a psychological ‘broken leg’ or an emotional ‘torn ligament’, you may well need a bit of extra support to navigate this time. It is possible that you are facing something that will require the input of professionals who are properly equipped to help you recover. If you feel that you may have a need for more in-depth psychological support, beyond the scope of what Mygrow can offer, please do not hesitate to seek further help.

Sometimes asking for help is the most helpful thing you can do for yourself.



**Mark Baker**

Mygrow CEO and  
Chief Psychologist

## Where can I find support?

Many companies offer Employee Assistance Programs (EAPs) that usually include free and confidential counselling or psychological support. This is a wonderful benefit that you should take advantage of since it may already be paid for by your company. If you're hesitant to reach out openly for yourself, you can inquire "on behalf of a friend" to find out how to get started. But you can be quite confident about confidentiality being critical to the way these EAP's work and the company may not even know that you are making use of the service.

If your company doesn't have a wellness program, there are still resources available to you. Some of which we have listed on the last page of this document.

As Mygrow is a South African-based organisation, we have a number of avenues we feel confident to recommend. If you are based in another part of the world, there will also be appropriate avenues in your context too. But choosing the right support is important.

Here is a short video series we put together in partnership with Men's Health Magazine around the question of how to find extra help if you need it.

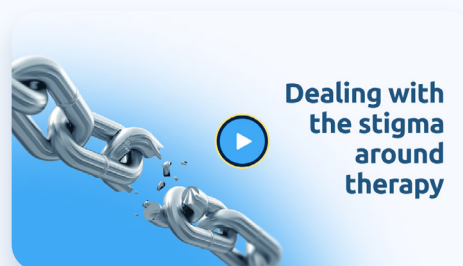


### When is the right time to seek therapy?

Facing a crisis? Mental health challenges? Navigating big changes? These are just a few instances where you might need a little extra help.

### Dealing with the stigma around therapy.

It takes a lot of courage to seek out help. Framing therapy as a tool to help you reach your goals helps to break the stigma.



### What should I expect at my first therapy session?

You can sit with someone who is qualified and not biased, who will listen to you and make you feel safe, and respected and allow you to be authentic.

## South African Helplines



Find nearby Therapists, Counsellors, Psychologists, Psychiatrists, Psychoanalysts, and Mental Health Clinics.

[therapyroute.com](https://therapyroute.com)



Free counselling via our helpline from LifeLine, confidential and anonymous. Speak to a qualified LifeLine counsellor today.

011 715 2000  
[lifelinesa.co.za](https://lifelinesa.co.za)



The South African Depression and Anxiety Group (SADAG) is at the forefront of patient advocacy, education and destigmatisation of mental illness in the country.

[sadag.org](https://sadag.org)

Suicide Crisis Line

0800 567 567

CIPLA Free Counselling

0800 456 789

Adcock Ingram Depression & Anxiety Helpline

0800 70 80 90

Dr Reddy's Mental Health Helpline

0800 21 22 23

## International Helplines



Our mission is to live in a world where access to quality suicide prevention support is available, accepted and encouraged.

[lifeline-international.com](https://lifeline-international.com)



The world's largest network of credentialled and experienced therapists who can help you with a range of issues including depression, anxiety, relationships, trauma, grief, and more.

[betterhelp.com](https://betterhelp.com)