

# YOUR HEALTH COMES FIRST



## HEALTH AND WELLNESS

A wellness state is one in which the person is conscious of his capabilities and is able to confront the daily and normal tensions of life, to work productively and to make a contribution to their own comfort.

Mental health does not only refers to big or severe issues, but also specific, daily, personal, social, family and relationship problems that any healthy person can have in their life.

We offer our patients family, couples and group therapy and individual therapy for adults, teenagers and children.

### *When to seek attention?*

- Personal difficulties
- Anxiety
- Stress
- Painful situation
- Depression
- Addictions
- Duel
- Trauma
- Separation
- Couples issues
- Family issues
- Work issues

### *Why is Mental Health important?*

- ✔ Thought control  
FEELINGS AND BEHAVIOURS
- ✔ Improves perspective  
TOWARDS PROBLEMS
- ✔ Fast recovery  
AFTER A SETBACK
- ✔ Wellness  
WITH YOURSELF
- ✔ Good and healthy  
RELATIONS
- ✔ Capability to  
CONFRONT ANY CHALLENGE
- ✔ Be  
PHYSICALLY HEALTHY
- ✔ Work in  
A PRODUCTIVE WAY
- ✔ Reach  
YOUR POTENTIAL
- ✔ Contribute to  
YOUR COMMUNITY

SIMNSA members are not required a referral for Psychology consultations.