



Khumbul'ekhaya

STOP • ACT • REPORT



**MINERALS COUNCIL
SOUTH AFRICA**

There is no health without mental health



Remember –
It's OK to be sad,
angry, afraid or
worried – speak
to someone you
trust and get help

Take part in mental health screening

**Get mental health support
- you don't need to struggle alone**

MASOISE
Health Programme



Show your support on Facebook and Twitter:

#Safety&HealthFirst #Khumbul'Ekhaya #RememberHome