

CORE EMOTIONAL WELLBEING

MY HEALTH COACH

Whether you experience a traumatic event, such as an accident, assault or the loss of a loved one, or a significant life event related to family care, like having a baby or dealing with relationship difficulties, you will receive emotional support.

Discovery Healthy Company helps you achieve emotional wellness through these services.



Trauma counselling for you and your loved ones, available via phone or face-to-face where clinically appropriate.



Track your emotional wellbeing with daily mood capturing via the app or web.



Library of online educational content to support emotional well-being.



Emotional assessment includes risk evaluation with tailored support.



Enhance your emotional wellbeing through online self-defence and empowerment courses that foster confidence and resilience.



Chat to Healthy Company for free advice

Healthy Company is here for you. Access Healthy Company on the Discovery app, on our website at www.discovery.co.za or call us on 0800 320 420.