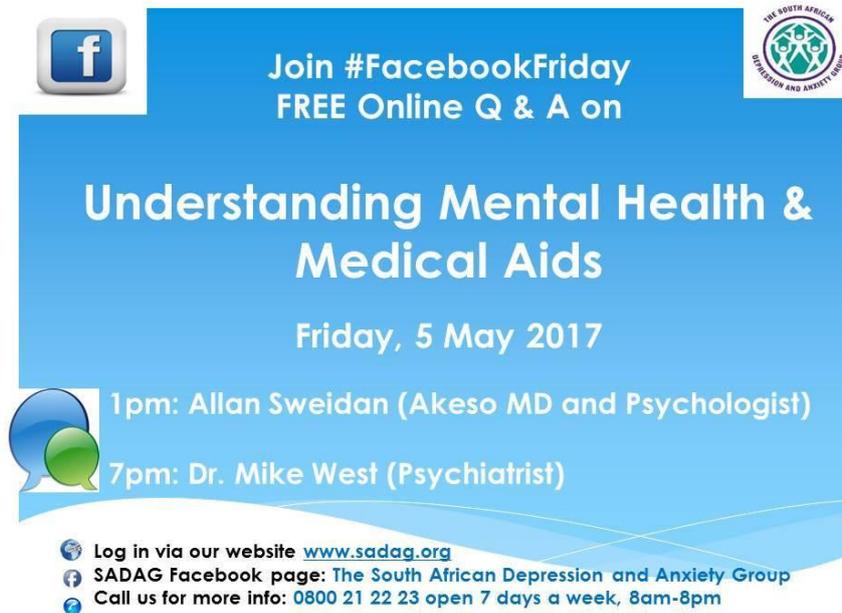


# Facebook Friday

## Understanding Mental Health & Your Medical Aid

5th May at 1pm and 7pm



The graphic is a blue rectangular banner with white text. At the top left is a Facebook 'f' icon. To its right, it says 'Join #FacebookFriday FREE Online Q & A on'. At the top right is the SADAG logo, which is a circular emblem with the text 'THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP' around the perimeter. The main title 'Understanding Mental Health & Medical Aids' is centered in a large font. Below the title is the date 'Friday, 5 May 2017'. At the bottom left, there are two speech bubble icons, one blue and one green. To their right, the event schedule is listed: '1pm: Allan Sweidan (Akeso MD and Psychologist)' and '7pm: Dr. Mike West (Psychiatrist)'. At the very bottom, there are three small icons (a globe, a Facebook 'f', and a telephone) followed by contact information: 'Log in via our website [www.sadag.org](http://www.sadag.org)', 'SADAG Facebook page: The South African Depression and Anxiety Group', and 'Call us for more info: 0800 21 22 23 open 7 days a week, 8am-8pm'.

Join #FacebookFriday  
FREE Online Q & A on

**Understanding Mental Health & Medical Aids**

Friday, 5 May 2017

1pm: Allan Sweidan (Akeso MD and Psychologist)  
7pm: Dr. Mike West (Psychiatrist)

Log in via our website [www.sadag.org](http://www.sadag.org)  
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Receiving a diagnosis of a mental health condition can be frightening. As with any diagnosis, it comes with questions that need to be answered – questions about medication, alternative treatments, long-term prognosis, as well as what will be paid for by the medical aid.

“Individuals accessing mental health and psychiatric services are frequently uninformed, not only about what services are offered, but also about what to expect from mental health and psychiatric professionals,” says Cassey Chambers, SADAG’s Director.

There are an increasing number of cases where patients have finally found the right treatment for their condition, only to discover that they can no longer afford the treatment. Their medical aid has run out or they are now expected to cover the remaining costs themselves, which are often substantial.

“It is crucial for a patient to be familiar with their medical aid scheme’s formulary and protocol,” says Sweidan.

Medical schemes must pay in full, without a co-payment or the use of deductibles, for the diagnosis, treatment and care costs of the Prescribed Minimum Benefits (PMB) conditions. Each option offered by a Medical Scheme must make provision for the PMBs, including hospital plan options. Medical Schemes can make a benefit conditional on a patient obtaining pre-authorisation or joining a benefit management programme.

[Click here](#) to join our Facebook Friday FREE Q&A and ask our Experts for advice to help you cope with various Mental Health issues within the Workplace.

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## Meet our Experts for the Free Online Q&A



### Meet Allan Sweidan at 1pm - 2pm

Allan Sweidan is the MD of Akeso Group of Psychiatric Hospitals, as well as a Clinical Psychologist. Allan began his career in hospitals at Akeso Crescent Clinic in 2004 where he established the Dual Diagnosis Unit and has been involved in developing new hospitals throughout SA, including start-ups in Gauteng and KZN, as well as developing the models at Akeso Kenilworth Clinic and Akeso Stepping Stones. In addition to his role in establishing new and developing existing hospitals, Allan busies

himself with exploring best practice within the context of the private psychiatric industry in SA.



### Meet Dr Mike West at 7pm - 8pm

Dr Mike West is a Psychiatrist who is based in Cape Town, and lectures at the University of Cape Town as well. His special interest is Addictions, Adolescents, Depression, Anxiety and Bipolar. He deals with Medical Schemes on a daily basis, on

behalf of himself and that of his patients. He is familiar with the Kafkaesque nature of Medical Aids in South Africa.

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Facebook Users that would like to remain anonymous can send a private message with their questions, or email their questions to [newsletter@anxiety.org.za](mailto:newsletter@anxiety.org.za) and SADAG will gladly ask on their behalf.

**For free telephonic counselling call 0800 21 22 23 or send an SMS to 31393 and a counsellor will call you back.**

## **Making Mental Health Matter**

[www.sadag.org](http://www.sadag.org)

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