

Welcome to your new world of wellness!

Ask Nelson has officially arrived and we're very excited and passionate about helping WestconGroup staff reach their full potential when it comes to wellness. If you are not sure what we are all about then please spend some time reading up on our services below. The best part is that they are 100% confidential meaning no one will know if you give us a call

The following services are available from Ask Nelson:

### Telephone Counselling



Call Ask Nelson for free telephone counselling. Qualified social workers and psychologists can help you deal with a range of issues such as stress, relationships, children, depression, abuse, alcohol and drug addictions etc. For immediate assistance you can call us on 0861 635 766. You can also send an SMS to 40640 or a "please call me" to 072 620 5699, or send an email to asknelson@kaeloxelus.co.za and we will respond to your SMS or email within 8 working hours.

### Face to Face Counselling



Depending on situation, we may refer you/your dependant to a social worker or a psychologist for face to face counselling. These appointments are included in your benefits and you will not have to pay for them.

### Trauma Counselling



We can help you, your family and your co-workers with special counselling to help you cope with trauma. This includes things like hijackings, robberies, rape, murder, domestic violence, suicide and death.

### Financial Advice



We can help you cope with financial pressure and also provide professional advice on things like budgeting, debt management, debt counselling, personal and home loans, short-term insurance quotes, wills and tax. Most services are free but some, like debt counselling and tax returns, are available at discounted rates.

### Legal Advice



If you ever get into trouble with the law or if you need help with things like contracts, divorce, maintenance payments and garnishee orders, we can give you free telephonic legal advice. As part of this service you have access to a ½ hour of free face to face consultation time with a legal advisor.

### Managerial Support Services



We offer managers extra support to help you cope with your work-related challenges as well as your personal stress and responsibility. Let us coach and counsel you. We can also make care calls to any high risk employees you are concerned about.

The **Ask Nelson** counselling services are available 24 hours a day, 7 days a week, 365 days a year. Remember that we can assist you and any immediate family members- free of charge, whenever you need us. Contact us - we know we can help you and we would love to support you to live a healthier and happier life.

Telephone 0861 635 766  
SMS 40640  
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