

Your Wellness Journey Starts Here.

Empowering you with the knowledge, care, and support to make smart choices for your health and your future.



Youth Month is a time to reflect on the power, potential, and resilience of South Africa's young people.

As we honour Youth Day on 16 June, Alliance-Midmed is here to remind you that your health and wellness matter, and your choices today shape your tomorrow.



The Real Talk on Youth Wellness

Young people face many wellness challenges, and we see you. Whether it's juggling studies or work, navigating social pressure, or figuring out who you are and where you're going, it's not always easy.

We're here to support you through:

- **Mental health support:** anxiety, depression, burnout, and emotional wellbeing
- **Sexual health and reproductive care:** access to healthcare professionals, contraceptive guidance, STI testing and support
- **Making informed choices:** decisions around relationships, substance use, and self-care all impact your future
- **Building strong habits:** balanced nutrition, regular movement, rest, and open communication
- **Early detection and preventive care:** get screened, stay protected, and use your benefits wisely

Here's What You Can Do:

- Prioritise your mental and emotional health: reach out when you need help
- Be informed about your body, boundaries, and relationships
- Get your annual screenings and check-ups
- Know your benefits and use them
- Choose wellness — your future self will thank you



We're With You Every Step of the Way

At Alliance-Midmed, we believe young people deserve access to care, clarity, and compassion. We're here to help you make empowered health choices and grow into the best version of yourself.

Need help or have questions?
Call us on **0860 002 101** or email **service@alliancemidmed.co.za**.

**Take charge.
Stay informed.
Live well.**

The Alliance-Midmed Team
Your health. Your future. Your power.