



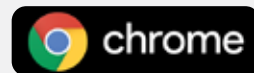
YES Mindful Matters sign-up guide



Getting started



Search for and download the Syked app:



alternatively visit **www.syked.co.za**

Sign up

Once you have downloaded the app or logged in, you will have to sign-up to get started.

When creating a profile, add your allocated groupcode:

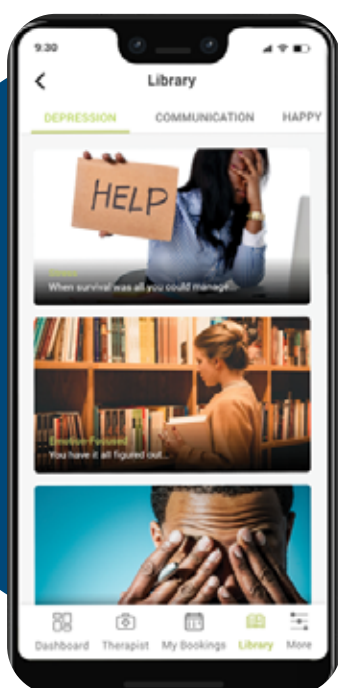
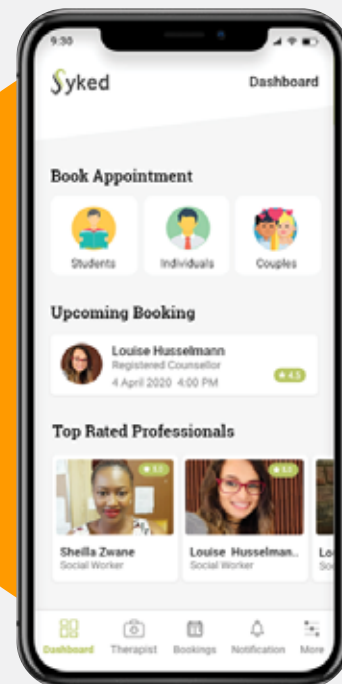
YES4MM

A black smartphone is shown displaying the 'Create Account' screen of the Syked app. The screen has a white background with a blue header. Below the header, there are two radio buttons for 'Patient' (selected) and 'Therapist'. Below these are two buttons for 'Google' and 'Facebook'. The form includes input fields for 'First Name', 'Last Name', 'Email', 'Phone Number' (with a '+27' prefix), 'Password', 'Confirm Password', 'Next of Kin Name', 'Next of Kin Number', and 'Group Code'. A red arrow points to the 'Group Code' field. At the bottom, there is a line of small text: 'By signing up you agree to our Terms of Service and Privacy Policy'.

Booking process



- Select the “Employee” tab to get started with the booking process.
- Follow the prompts, including completing the questionnaire.
- View list of available therapists and choose a therapist of your choice.
- Select preferred session time from the therapist’s schedule. Await session confirmation notification.
- On the day and time of appointment, simply log in to your Syked profile on your cellphone or computer to start your session.



Resource centre

You also have access to a wide selection of wellness content and exercises related to your everyday experiences.

These will help you learn more practical and effective skills to navigate your personal life and can be accessed in the library or through the exercise section of the Syked platform.



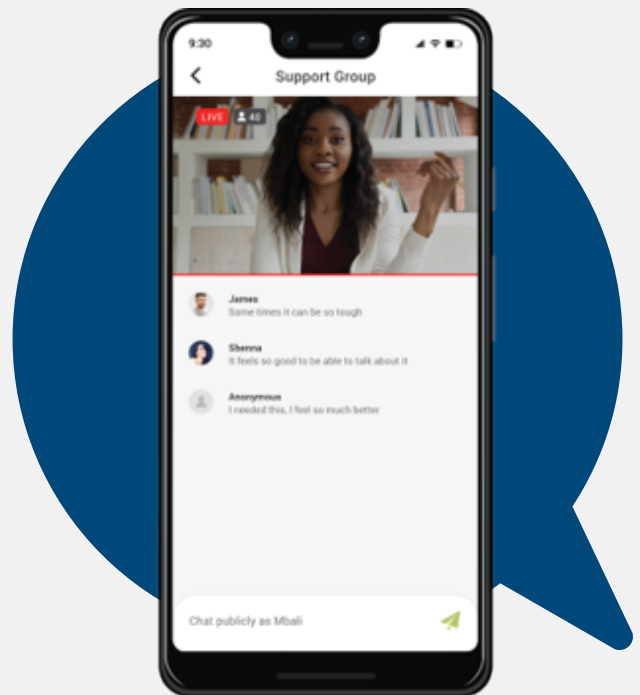
Digital support groups



You may not necessarily need to have a one-on-one session with a therapist but you may benefit from participating in digital group sessions with a qualified mental health practitioner.

These sessions cover a wide range of topics on mental wellness and enable you to learn different ways of coping with life stressors.

Your mental health journey can begin here, where your anonymity is ensured as you sit in the comfort of your chosen safe space.



Our support desk is available to assist you, if you have any challenges via:

Whatsapp: 065 729 9214
Email: support@syked.co.za

