Your **Employee Assistance Programme (EAP)**

Partner with your EAP on your journey to optimal well-being.
We provide professional support where your confidentiality is our priority.

How can we support you?

Family challenges | Financial advice | Health and wellness |
HIV and AIDS | Legal advice | Medical advice | Personal budgeting |
Relationships | Stress management | Substance abuse | Trauma |
Work/Life support Work-related challenges

Toll-free number: 0800 111 223
Email: eap@momentum.co.za
SMS or send a USSD to: *134*664*37#
EAP model : 1- 6 counselling sessions

Download the Hello Doctor appor visit hellodoctor.co.za.

Cape Peninsula University of Technology
creating futures

momentum
wellness