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**COVID-19 (Coronavirus) Advisory 6.0 for upcoming appointments**  
**Couch Centre For New Beginning, Unit of Augmenta Health (Pvt) Ltd**

**Mandatory Use of Telemental Health Services till further notice**

The ongoing safety of our staff, clients and communities will remain our primary focus. With that in mind, here is some important information about receiving mental health care until further notice. Given the increased risk of COVID-19 transmission in the current environment, we recommend that clients prioritise **Telemental Health Services** to prevent exposure to COVID-19 in the healthcare setting.

Considering the limitations of any form of telehealth services for mental health emergencies, do reach out to your nearest emergency medical service. Also, monitor your physical symptoms and seek medical attention if you experience cough, fever or shortness of breath. Please seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Ensure rigorously adhering to the following recommended practices.

**STAY HOME TO HELP STOP THE SPREAD**

**BUT IF YOU NEED TO GO OUT, REMEMBER:**

Keep a distance of 6 feet (2 meters, or about one body length) away from other people

Stay away from mass gatherings

Avoid touching other people, and that includes handshakes and always wear a mask

**SELF-DISTANCING IS THE NEW SELF-CARE**

Simple precautions and planning can make a big difference. Stick to the facts to keep stress and anxiety at bay.

Stay informed and feel empowered. Consider using Augmenta Health website

([www.augmentahealth.com/covid-19](http://www.augmentahealth.com/covid-19)) or social media handles (@Augmentahealth) to keep a tab on regular updates and educating yourself on the Mental Health considerations during COVID-19 outbreak.