



YES Mindful Matters: Wellness & Career Support Toolkit

As at May 2025





Mindful Matters overview

Discover how Mindful Matters, a valuable mental well-being resource from the Youth Employment Service (YES) in collaboration with Syked, is empowering both YES Youth and their Supervisors with tools for mental wellness and career development.

What is Mindful Matters?

Mindful Matters is a comprehensive mental health and career support initiative designed to help YES Youth and their Supervisors manage workplace dynamics, stress, and personal challenges effectively. Developed in partnership with Syked, an established online counselling service, this initiative provides a holistic approach to mental well-being and career development.



Mental Health & Career Resources Offered

One-on-One Online Counselling:

Qualified Syked counsellors provide personalised guidance on career growth, workplace challenges, and personal well-being.

Online Support Groups:

Connect with peers and supervisors in dedicated support groups to gain informative tools and strategies.

Career Guidance & Coaching:

Gain access to expert insights on workplace success, leadership skills, and career planning.

Tailored Content:

Engage with podcasts, videos, and blogs covering mental health, stress management, and professional development.

Quick Start Guide

Step 1:

Access resources via the Syked app (available on Android & Apple app store) or visit syked.co.za.

Step 2:

Create a profile on Syked using the allocated group code to unlock free access. Group Codes:

- Youth: **YES4MM**
- Supervisor: **YES4MMS**

Step 3:

Navigate to the dashboard to book counselling sessions, join support groups, and explore career & wellness content.

Step 4:

Participate in online counselling and career development sessions, all conveniently conducted on the Syked platform.

Who Can Access Mindful Matters?

Mindful Matters is entirely free for all active YES Youth and Supervisors participating in the YES Programme.

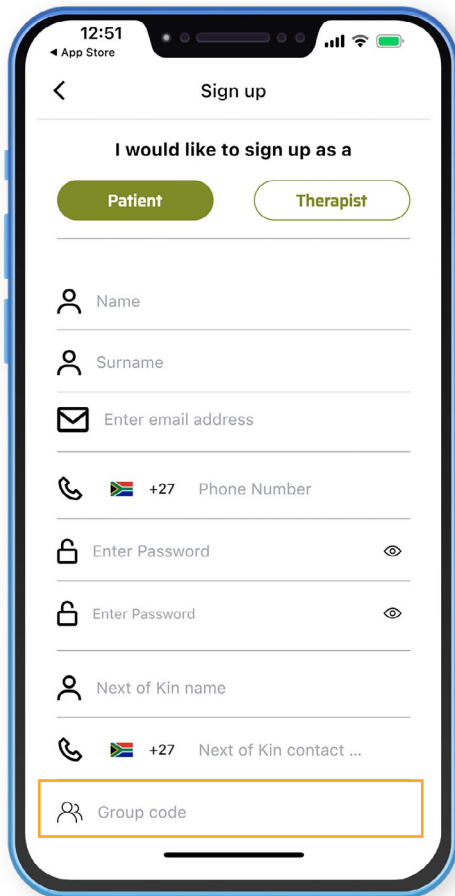
We encourage all organisations hosting YES Youth to actively promote and utilise the Mindful Matters programme to ensure a healthier, more resilient, and career-ready workforce.

Getting started

Search for and download the Syked app:



alternatively visit www.syked.co.za



The screenshot shows the 'Sign up' screen of the Syked app. At the top, it says 'I would like to sign up as a' with two buttons: 'Patient' (highlighted in green) and 'Therapist'. Below this are several input fields: 'Name', 'Surname', 'Enter email address', 'Phone Number' (with a South African flag and '+27' prefix), 'Enter Password' (with an eye icon to toggle visibility), 'Next of Kin name', and 'Next of Kin contact ...' (with a South African flag and '+27' prefix). At the bottom, there is a 'Group code' field with a person icon.

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**:

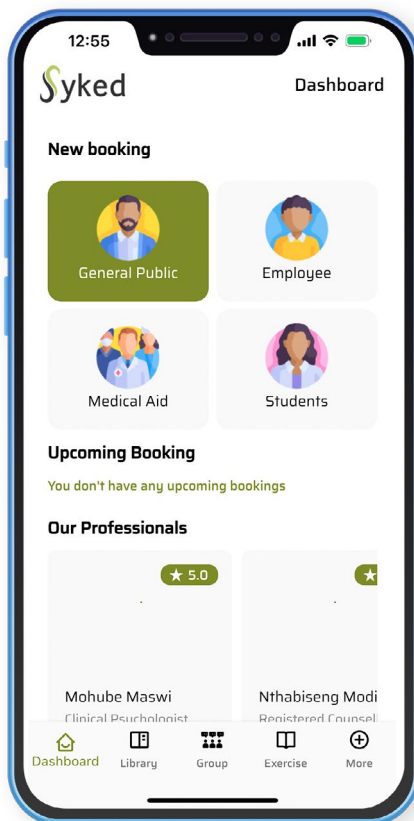
Group Codes

Youth: **YES4MM**

Supervisors: **YES4MMS**



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 **select 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.

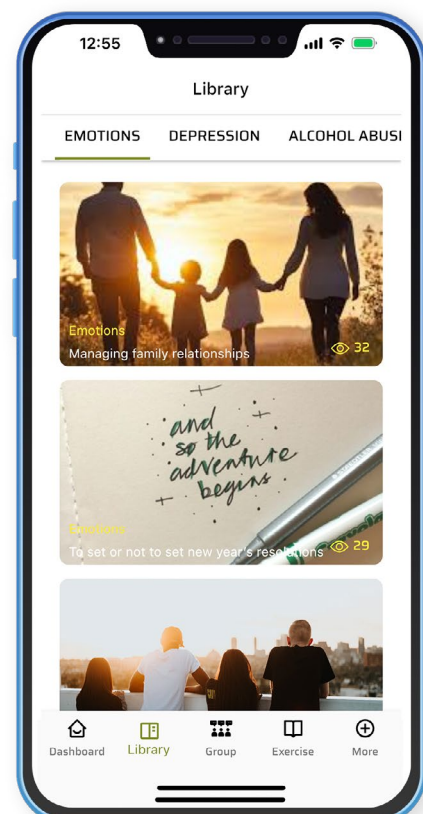
Resource Centre

Wellness Content

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

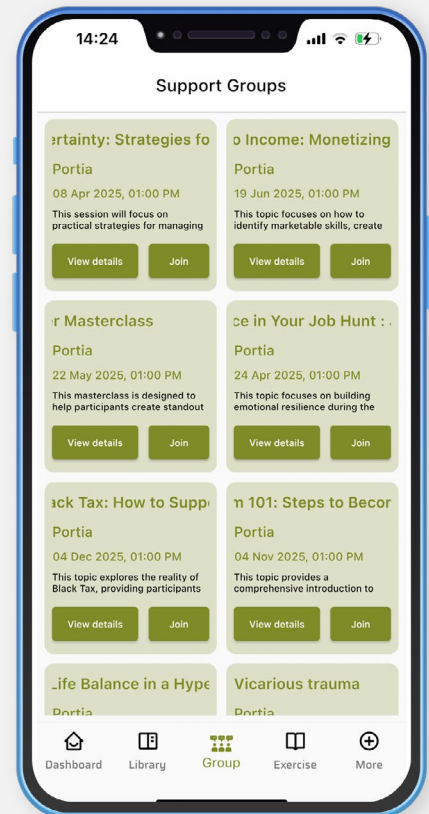
Skills

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



