

COUNT ME IN → **END GENDER-BASED VIOLENCE**

Our actions matter

- We **can control** how we act.
- We **have the power** to identify the signs of abuse and to stop it.
- We **have the power** to help a person, a cause or an organisation.
- We **have the power** to make wise choices to keep us safe from hurt and harm.
- We **have private and confidential counselling** and guidance that we can count on from LifeAssist.

VICTIMS OF RAPE AND ASSAULT need counselling and medical care within 3 DAYS (72 hours) to give themselves a chance to prevent HIV and STDs. Contact LifeAssist for this life-changing benefit.



One *Sun* Wellness

Call **0860 111 322** [SA] or **+27 11 912 1198** [INT]

Email **help@lifeassist.co.za**

www.yourlifeassist.co.za/sunint

24/7 for you and your family.