

IT'S OK NOT TO BE OK.

TOXIC MASCULINITY IS DESTRUCTIVE

Embrace your true self and build healthier relationships. Expressing emotions makes you a role model, forming a compassionate society.

SUICIDE PREVENTION IS AVAILABLE

Talking about struggles saves lives. It's a courageous step towards healing, preventing tragedies, and building a supportive community.

TALKING & COUNSELLING IS POWERFUL

Counselling promotes wellbeing and resilience. Your voice matters – seeking help leads to a healthier, happier life where you feel valued.

SUBSTANCE ABUSE IS AVOIDABLE

Open communication can help break addiction cycles. Seeking help is self-care, leading to a hopeful and brighter future.

DON'T MAN UP. SPEAK UP.

We see you and appreciate you.

COACHING, COUNSELLING,
HEALTH INFORMATION, OR ADVICE.



Call **0860 111 322**
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