

PAIN WORTHLESSNESS
FEAR FINANCIAL ANXIETY STRESS
STIGMA GUILT DESPAIR IDENTITY
DEPRESSION ANXIETY TRAUMA GRIEF

WORLD SUICIDE PREVENTION DAY

HOPELESSNESS ISOLATION ABUSE REJECTION LOSS
FAILURE BULLYING LONELINESS
PRESSURE SHAME
ABANDONMENT CONFLICT

YOU ARE NOT ALONE.

IT IS INCREDIBLY BRAVE TO OPEN UP AND GET HELP.



HEALTH
& WELLBEING



MENTAL
HEALTH



TRAUMA



FINANCIAL



LEGAL

If you, a family member or colleague is feeling depressed or suicidal, please get help immediately. Call LifeAssist or contact:

SADAG 0800 567 567
South African Depression & Anxiety Group

LIFELINE 0861 322 322

GBVCC: 0800 428 428
Gender-based Violence Command Centre

CHILDLINE: 116
Toll-Free Helpline

DON'T WAIT GET HELP NOW!

COACHING, COUNSELLING,
HEALTH INFORMATION, OR ADVICE.



Call 0860 111 322
WhatsApp (Text) 061 438 7903

Callback *134*20068#
help@lifeassist.co.za
www.yourlifeassist.co.za/sunint

FREE • VOLUNTARY • PROFESSIONAL • PRIVATE • CONFIDENTIAL

