

ADDICTION WHEN COPING BECOMES A HARMFUL CYCLE — IT'S TIME TO TALK

Addiction often begins as a way to cope- with stress, pain, trauma, or simply life.

But over time, coping can spin out of control, affecting your health and relationships.

COMMON TYPES OF ADDICTION



ALCOHOL



GAMBLING



PORNOGRAPHY OR SEX



SMOKING
OR VAPING



SOCIAL MEDIA
OR SCREEN TIME



SHOPPING
OR SPENDING



WORK OR
PERFECTIONISM



DRUGS (PRESCRIPTION
OR ILLEGAL)



FOOD
OR SUGAR

If you're feeling overwhelmed, stuck,
or unsure how to stop... you're not alone.

Reach out to LifeAssist today.

This service is free and confidential.



Reach out to LifeAssist for counselling or health advice.



Call **0860 111 322**
WhatsApp (Text) 061 438 7903

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

 your
life!