

MEN'S MENTAL HEALTH AWARENESS

Many South African men experience symptoms of depression or anxiety. Many don't even realise it. Most don't talk about it.



Silent struggles. Heavy thoughts. Short tempers.
You're not alone.

Help is available from LifeAssist – privately,
professionally, and without judgement.

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!**

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