

NEED HELP?

You don't have to wait for a crisis to reach out.
Whether you're feeling overwhelmed, stuck, or just tired
– there are things you can do today.

Here are a few ways to start:

?

**Can I talk to you
for a minute?**

Start with someone
you feel safe with.

?

**Can you help me
find help?**

Ask someone to
guide you to find
help.

?

**I don't know what
I need, but I need
something.**

You don't need to have
it all figured out.

?

**I'm not coping
right now.**

Say it out loud. It's OK.

?

**Is there someone
I can call?**

LifeAssist is here for
you. Call us so that we
can figure out a way
forward, together.

**Help is
always
available.**

Reach out.



COUNSELLING . LIFE COACHING . HEALTH ADVICE



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

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

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