



CARING FOR YOU WHILE YOU CARE FOR OTHERS

As a valued employee, you have free and confidential access to support with whatever you're facing this festive season.



Whatever you're facing, we are here to help, privately, for you and your family.

**Don't wait.
Get support now.**

COACHING | COUNSELLING | HEALTH INFORMATION | ADVICE

Call **0860 111 322**

WhatsApp (Text) 061 438 7903

Callback *134*20068#

help@lifeassist.co.za yourlifeassist.co.za/sunint

FREE • VOLUNTARY • PROFESSIONAL • PRIVATE • CONFIDENTIAL

SAVE THE
DETAILS

