

FRIENDSHIPS MAKE US STRONGER

Friendships shape how we cope, connect, and feel supported through life. They do not need to be perfect to be powerful.

SUPPORTS OUR WELLBEING

Friends lift our mood, reduce stress, and help us feel steadier during challenging times.

MAKES EVERYDAY MOMENTS BETTER

Shared laughs, messages, and simple routines add warmth to ordinary days.

REMINDS US WE ARE NOT ALONE

Knowing someone is there to listen can make hard moments feel more manageable.

IS ABOUT SHOWING UP

It is built through small actions, honesty, and being there when it matters.

GROWS WITH US

Some friendships last a lifetime, others for a season, and each one plays a role.

AND...IS WORTH CELEBRATING

A check-in, a thank you, or a coffee can remind someone they truly matter.



If you feel lonely, stuck in unhealthy friendships, or simply want to grow as a friend, reach out to a LifeAssist counsellor for support.



COUNSELLING . LIFE COACHING . HEALTH ADVICE



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