

GET SUPPORT

for your health and wellbeing

HEALTH & WELLBEING

Nutrition,
Blood pressure,
Diabetes, Fitness
Exercise, Diet

MENTAL HEALTH

Stress, Anxiety,
Depression, Suicide,
Bereavement

TRAUMA COUNSELLING

Robbery, Rape, Assault, Accident,
Mugging, Abuse

FINANCIAL COACHING

Awareness,
Budgeting,
Blacklisting,
Debt, Planning,
Retirement

HIV MANAGEMENT

Prevention,
Counselling,
Adherence,
Infection Control,
Advice

LEGAL OPINION

Divorce , Wills , Custody,
Orders, Estates, Property

HOW ARE YOU GOING TO
MAKE USE
OF YOUR FREE
HEALTH SUPPORT
SERVICES?
THIS YEAR?



LifeAssist is here to help you stay
strong in 2026 — for your mind,
body and wellbeing.



COUNSELLING . LIFE COACHING . HEALTH ADVICE



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

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

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