

ADDICTION **VS** YOU

**LISTEN TO YOUR INNER VOICE.
MAKE A BETTER CHOICE.**

Believe in yourself. Take it one day at a time.
Every small step counts.

ADDICTION says

"You need me"

"You can't cope without me"

"Just one more time"

"You're not strong enough"

VS



YOU Say:

"I am stronger"

"I deserve better"

"I have better ways to cope"

"I will choose recovery"



**YOU ARE
NOT ALONE.**

Reach out to LifeAssist
for support
- it's free, private, and
available anytime.



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

FREE • VOLUNTARY • PROFESSIONAL • PRIVATE • CONFIDENTIAL