

NEED SOMEONE TO TALK TO? YOU'RE NOT ALONE.

SOMETIMES LIFE FEELS OVERWHELMING. THAT'S OKAY. WHAT MATTERS IS REACHING OUT AND ASKING FOR HELP.

FREE WHATSAPP CHAT **WITH A TRAINED SADAG COUNSELLOR**

Available 7 days a week | 8am - 5pm Confidential | No judgement | No cost

STRUGGLING WITH ALCOHOL, PRESSURE, STRESS OR ANXIETY?

You do not need to go through it alone. Help is just a message away.

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WhatsApp 087 163 2025

You might not need it now - but someone you know might. TAKE THE NUMBER.

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