

Talk to US



 Call Centre 0860 102 555

 WhatsApp 021 518 1120

Experiencing Trauma Work-Life balance
Mood Swings Feeling Tired Long Hours
Struggling to Sleep Relationships Fear
Feeling Stressed Losing a loved one
Coping Skills Financial Stress Paranoia

04/05/2022 Wed



Hello, my name is Tebogo. I am struggling with the loss of my wife. I need someone to talk to. Can I talk to you?

15:32PM

04/05/2022 Wed



Hi Tebogo, thank you for reaching out to us. We are very sorry to hear about the loss of your wife. Please know we are here to assist you and your family anytime you need to talk. To talk about your emotions surrounding grief allows you to better understand yourself and those around you.

15:35 PM