



IT'S OKAY NOT TO BE OKAY

IF YOU ARE STRUGGLING OR NEED TO TALK TO SOMEONE
CALL OUR 24/7 TOLL FREE CIPLA MENTAL HEALTH HELPLINE:

0800 456 789





CREATING HOPE THROUGH ACTION - WORLD SUICIDE PREVENTION DAY 2023

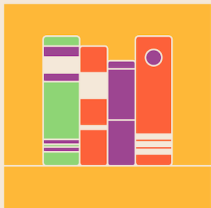
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MATTER





CREATING HOPE
THROUGH ACTION -
WORLD SUICIDE
PREVENTION DAY 2023

**WE CARE. THERE IS HOPE, AND THERE IS HELP.
CALL 0800 456 789 TO SPEAK TO A COUNSELLOR**



NEVER GIVE UP

24/7 MENTAL HEALTH HELPLINE:

0800 456 789



CREATING HOPE THROUGH ACTION
WORLD SUICIDE PREVENTION DAY 2023



Making Mental Health Matter



**CALL OUR CIPLA MENTAL HEALTH HELPLINE
0800 456 789 & SPEAK TO A COUNSELLOR TODAY**

CREATING HOPE THROUGH ACTION - WORLD SUICIDE PREVENTION DAY 2023



**You
are not
alone**

**Contact our Mental Health
WhatsApp Chat Line**

076 882 2775 (8 am–5 pm)



WRITE A MESSAGE OF HOPE



(0800 456 789 |  076 882 2775 (8 am – 5 pm)

DAILY AFFIRMATION

I'M SO
LOVED!

I'M NOT
PERFECT, AND
THAT'S OKAY!

I'M
BEAUTIFUL
AND KIND!

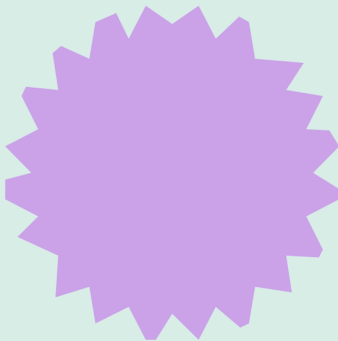
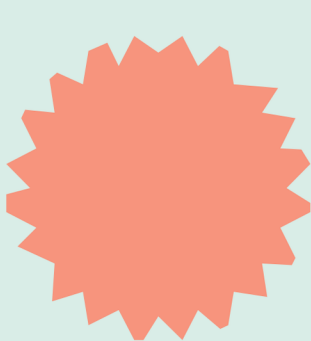
IT'S OKAY
NOT TO BE
OKAY

I BELIEVE
IN
MYSELF!

NOT
EVERYDAY
HAS TO BE A
GOOD DAY

My affirmations for today:

My Mental Health Matters because...





BE KIND
TO YOUR
MIND

CREATING HOPE THROUGH ACTION - WORLD SUICIDE PREVENTION DAY 2023
WE'RE HERE FOR YOU CALL OUR MENTAL HEALTH HELPLINE 0800 456 789



WHAT MADE YOU SMILE TODAY?



IT'S OKAY NOT TO BE OKAY
CALL A SADAG COUNSELLOR ON THE CIPLA
MENTAL HEALTH HELPLINE:0800 456 789





DON'T BE AFRAID
TO OPEN UP AND
ASK FOR HELP!

CALL SADAG

♥ MESSAGE OF HOPE ♥
FOR SOMEONE WHO NEEDS IT



THERE IS ALWAYS

HELP!

YOU ARE NOT

ALONE!

#HAVEHOPE

MESSAGE OF HOPE

CREATING HOPE THROUGH ACTION
WORLD SUICIDE PREVENTION DAY 2023
YOU DON'T HAVE TO GO THROUGH THIS ALONE.
CALL US 0800 456 789



Whatsapp 076 882 2775 (8am - 5pm)



BE KIND TO YOUR MIND

☎ 24/7 Mental Health Helpline 0800 456 789



CREATING HOPE THROUGH ACTION - WORLD SUICIDE PREVENTION DAY 2023

☎ 24/7 Mental Health Helpline 0800 456 789

YOU ARE ENOUGH TODAY
YOU ARE ENOUGH EVERYDAY



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