



GO TSHWAKGOGA GO NNA MO LEFIFING

TSHUBA LESEDI

GO NA LE TSHOLOFELO YA BOTSHELO JO BO PHEPA

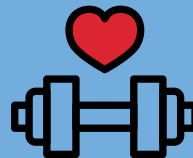
Go laola le go thibela go nwa bojalwa ka tsela e e feteletseng:



**Tlhome
ditekanyetso:
tlogela go nwa
ka 21h30**



**Tila mafelo a ka go
tlhotlheletsang go
nwa thata tse di jaaka
dithaveneng le
mafelong a bojalwa**



**Nna le mekgwa e
e siameng ya go
itshidila mmele**



**Batla thuso -
leletsa dinomoro
tse di fa tlase**

A O TLHOKA THUSO?

Go bona tshedimosetso e e oketsegileng le thuso ya go lwantsha go dirisa diokobatsi ka tsela e e sa tshwanelang, leletsa **South African Depression and Anxiety Group (SADAG)** mogala wa diura di le 24 wa Tiriso e e Sa Siamang ya Diokobatsi mo go **0800 12 13 14**. Gape o ka leletsa **South African National Council on Alcoholism and Drug Dependence (SANCA)** mo go **011 892 3829** kgotsa wa romela molaetsa wa WhatsApp mo go **076 535 1701**.

