



GO TSHWAKGOGA GO NNA MO LEFIFING

TSHUBA LESEDI

GO DIRISA DIOKOBATSI KA TSELA E E SA TSHWANELANG GO NA LE DITLAMORAGO TSA GO YA GO ILE

Matshwao a go re o feteletse ka go nwa bojalwa:



Mathata a
semolao le a
madi



Go itlhokomolosa
maikarabelo
(a sekolo, a tiro,
a lelapa)



Mathata a botsogo
(sebeta, pelo, go
tshwenyega thata
mo maikutlong)



Go eletsa go nwa
le go ikogela
morago

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**.

