

# LifeLine Johannesburg

BUILDING COMMUNITY HEART



Counselling Line: 011-728-1347    WhatsApp: 065-989-9238

**Feeling stressed and anxious is normal during this abnormal time of the COVID-19 shutdown. You don't have to grapple with this burden on your own.**

**Phone LifeLine Johannesburg on 011 728 1347 from 9 am to 9 pm daily.**

**For a virtual face-to-face session on WhatsApp make a booking by sending a WhatsApp message to 065 989 9238 or access our website [lifelinejhb.org.za](http://lifelinejhb.org.za).**