

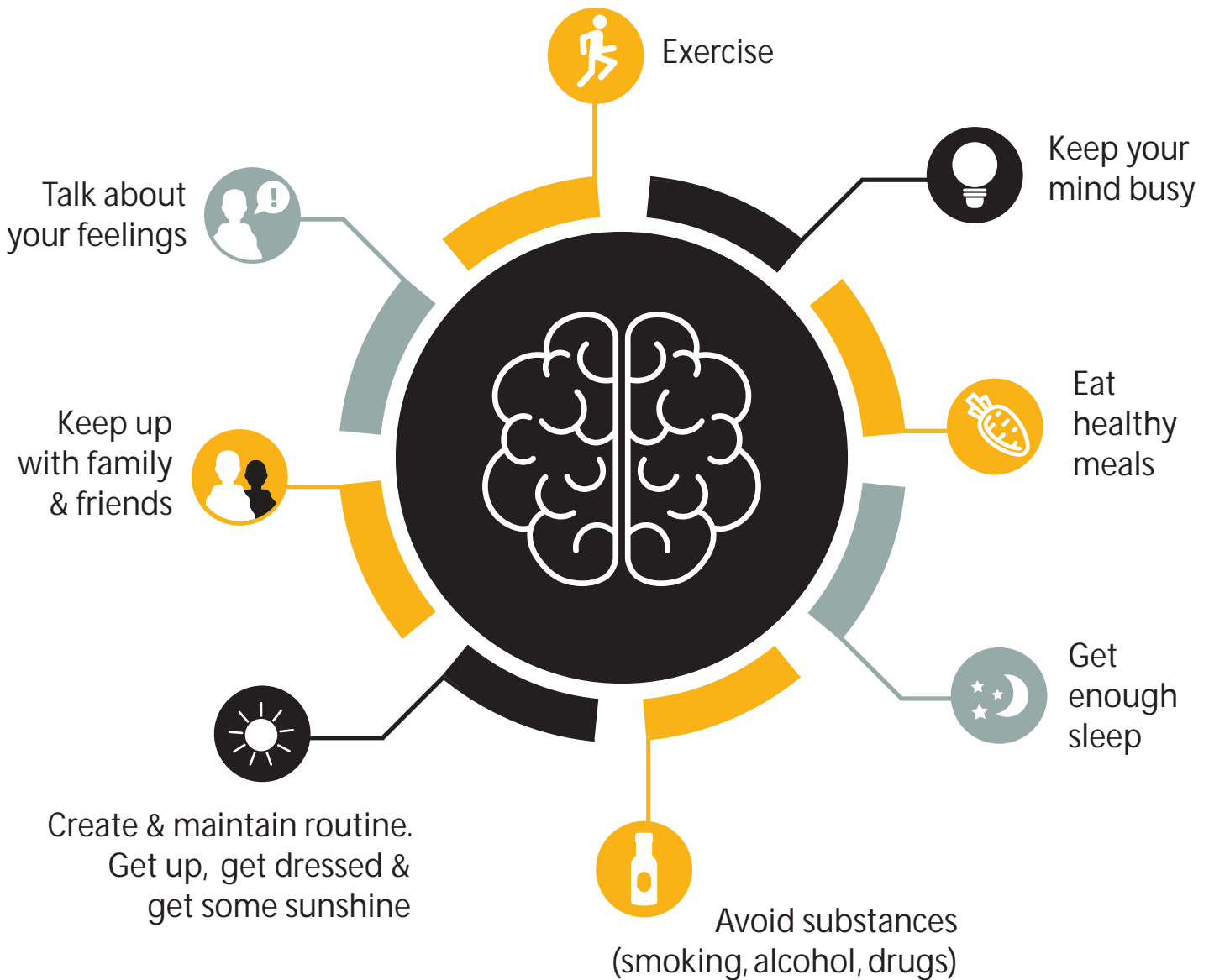
# MENTAL WELLNESS

in a global pandemic.



**St John**

Here for Good



## SEEK HELP IF NEEDED

(SADAG 0800 456 789)