

You're not Alone:

Get Support when you need it with Sizani

Olá Nandoca,

Life has its ups and downs and sometimes we all need a little extra support. Whether it's stress, relationship troubles, financial pressure, or health concerns – **you don't have to face it alone.**

That's why we've got **Sizani** – a free, confidential support service available to **all Nandocas at Restaurant Support and your immediate family members too.**

What can Sizani help with? Plenty.

Here's what you and your loved ones can access:

Counselling

For stress, anxiety, depression, relationship challenges, grief, and trauma.

Financial Guidance

Help with budgeting, debt counselling, credit management, and financial recovery plans.

Legal Advice

Support with court orders, divorce or maintenance issues, wills, and debt-related concerns.

Health Information

Get accurate info on medical diagnoses, nutrition, physical wellbeing, HIV/AIDS, and more.

It's private. It's professional. It's there for you – 24/7.

Whether you just need to chat, get expert advice, or help a family member in need, **Sizani is here to support your total wellbeing – body, mind, and wallet.**

Here's how to reach out:

Toll-Free Call: 0800 NTHUSE (684 873)

USSD (no airtime needed): *134*1103#

Let's take care of ourselves and each other. You're never alone with Sizani in your corner.

Sizani. Supporting Nandocas, always.

