

# Mipaka yenye Afya



Kuweka mipaka ni jambo zuri. Unapoelezea kile ambacho ungependa na kile ambacho hungenda, watu wataelewa mipaka yako. Tunaweza kukusaidia.



Simu ya Bure  
0800 723 120

Simu za mkononi au za intaneti haziwezi kuhakikishwa. Tafadhali fikiria njia nyingine ya kufikia iliyoorodheshwa hapa.



WhatsApp  
+1 984 920 6875



Bonyeza Moja kwa Moja  
+27 875 502 320



Tovuti  
<https://sap.helpwheretheyouare.com>  
Kanuni ya Kampuni: UMB



Baruapepe  
[support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)



iConnectYou  
Pakua programu kutoka kwa iOS au duka lolote la programu ya Android na kujiandikisha kwa kutumia nambari ya siri ifuatayo: 238753

AUNI INAPATIKANA SAA 24 KWA SIKU, SIKU 7 KWA WIKI

Usaidizi hutolewa na 'Business Health Services-BHS, iliyo na wataalamu ambao si wa shirika lako. Wanafuata viwango vya kitaaluma kuhusu usiri, na hawafichui maelezo ya watu ambao wamewasiliana na huduma. Taarifa yoyote unayoshiriki ni kwa hiari yako na haitashirikiwa na shirika lako.

# Healthy Boundaries



Setting boundaries is good. When you explain what you are okay with and what you are not okay with, people will understand your limits. We can help.



Freephone  
0800 723 120

Mobile or internet based calls may not be guaranteed. Please consider another access method listed here.



WhatsApp  
+1 984 920 6875



Direct Dial  
+27 875 502 320



Website  
<https://sap.helpwhereyouare.com>  
Company Code: UMB



Email  
[support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)



iConnectYou  
Download the app from iOS or any Android app store and register using the following passcode:  
238753

**SUPPORT IS AVAILABLE 24 HOURS PER DAY, 7 DAYS PER WEEK**

Support is provided by 'Business Health Services-BHS, staffed by professionals who are completely independent of your organisation. They are bound by professional standards regarding confidentiality and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your organisation.