

You Don't Have To Go Through It Alone +27733991668

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*I'm here.
I care.
I'll listen.
You matter.*



 **+27733991668**

If you're reading this and feeling lonely... frustrated... overwhelmed by stress... or like no one really gets what you're going through—especially if you live with a disability or feel like life keeps knocking you down—this is for you.

I want to be the person you can talk to.



I am someone who will listen without judging you. I'll show up at times that work for both of us. I'll be that steady, understanding presence you can turn to whenever you need to speak, vent, or just know someone cares. You can think of me like a **trusted companion** who's always here—someone who sees you, hears you, and wants you to find happiness, no matter what you're facing.

How this works:



⌚ We agree on times that suit us both—no pressure, no rushing



💬 You can talk about anything that's weighing on you, or just share small things that matter to you



❤️ I promise to always be kind, honest, and fully present when we connect



⚠️ If you are ever in deep crisis or need professional mental health help, I will walk with you to find the right support—because your wellbeing matters most



My only “promise” is this: I will do my best to help you feel **less alone**, and to stand with you until you feel lighter and **happier again**.

Let's Talk



Names: **Mama Hanifa**



Email: **mamahanifa22@gmail.com**



Call/Whatsapp **+27733991668**

❤️ **You are not invisible. You are not alone.** ❤️

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If you'd like to reach out, send me a private message, and we can take it from there.

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Email: mamahanifa22@gmail.com

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